



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PE
Course Number:	266
Descriptive Title:	Stress Management for Healthy Living
Division:	Health Sciences and Athletics
Department:	Physical Education
Course Disciplines:	Physical Education
Catalog Description:	This course examines the effects of stress as it relates to work, sports, academics and daily life. Topics include understanding the nature of stress, the physiological and psychological reactions to stress and its effects on health (psychoneuroimmunology), assessments of personal coping styles, strategies for coping effectively with stress, relaxation techniques, mindfulness, and positive self-talk. Emphasis is placed on practical application of stress management techniques in daily life.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	English 1A
Enrollment Limitation:	
Hours Lecture (per week):	3
Hours Laboratory (per week):	0
Outside Study Hours:	6
Total Course Hours:	54
Course Units:	3
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Fall 2018
Transfer UC:	No
Effective Date:	
General Education: ECC	Area 5 - Health and Physical Education
Term:	
Other:	
CSU GE:	Area E - Lifelong Understanding and Self-Development
Term:	

	Other:
	IGETC:
	Term:
	Other:
Student Learning Outcomes:	<p>SLO #1</p> <p>Upon successful completion, students will be able to identify and evaluate major sources and types of stress.</p> <p>SLO #2</p> <p>Upon successful completion, students will be able to demonstrate the application of progressive relaxation, autogenics, and stretching exercises that help alleviate daily and life event stressors.</p> <p>SLO #3</p> <p>Upon completion, students will be able to identify and apply three stress management techniques.</p>
Course Objectives:	<ol style="list-style-type: none"> 1. Identify the physiological aspects of the stress response and its effects on the human body. 2. Evaluate what is causing stress and isolate its physical and psychological manifestations. 3. Analyze the different types of stress i.e. chronic vs. acute stress and the normal stresses of daily life. 4. Evaluate the differences between stress induced emotions of anxiety, anger, and fear. 5. Describe the models of stress and perception. 6. Employ an aerobic and strength exercise program as a stress reduction tool. 7. Identify the nutritional needs for the body during stressful events. 8. Analyze a stressful situation and apply stress managing techniques.
Major Topics:	<p>I. Introduction to Stress and Health (6 hours, lecture)</p> <p>A. Relationship between stress and health</p> <p>B. Defining stress, health and wellness</p> <p>C. Stress terminology</p> <p>D. Stress assessments</p> <p>II. The Nature of Stress (5 hours, lecture)</p> <p>A. Times of change and uncertainty</p> <p>B. Stress response</p> <p>C. Types of stressors</p>

III. Science of Stress (6 hours, lecture)

- A. Central nervous system
- B. Autonomic nervous system
- C. Hormones and neurotransmitters

IV. The Stress Managing Emotions: Anger, Anxiety, Fear, and Joy (3 hours, lecture)

- A. Anatomy of anger
- B. Anatomy of anxiety and fear
- C. Joy, eustress, and the art of happiness

V. Stress-Prone and Stress-Resistant Personality Traits (3 hours, lecture)

- A. Behavior types

VI. Managing Stress: Coping Strategies (10 hours, lecture)

- A. Cognitive restructuring: reframing
- B. Behavior modification
- C. Time management
- D. Humor therapy
- E. Communication skills

VII. Health habits as stress buffers including: (12 hours, lecture)

- A. Physical exercise
- B. Nutrition
- C. Sleep
- D. Healthy pleasures

VIII. Quieting the Mind and Body (9 hours, lecture)

- A. Relaxation
- B. Breathing
- C. Meditation

Total Lecture Hours: 54

Total Laboratory Hours:	0
Total Hours:	54
Primary Method of Evaluation:	Substantial writing assignments
Typical Assignment Using Primary Method of Evaluation:	Please submit a two-page typed paper identifying and describing personal top ten stressors. Why is it a stressor? How does the stressor make you feel and what do you do to alleviate the stress? Following, your analysis, develop and implement a personal stress reduction program.
Critical Thinking Assignment 1:	Develop a relaxation or visualization script to meet specific individual needs.
Critical Thinking Assignment 2:	Research and present a stress management technique in class. Explain the technique, provide proof that it is a valid stress management technique, discuss statistics and valid research articles. Present through Prezi, PowerPoint, or demonstration.
Other Evaluation Methods:	Class performance, Completion, Journal kept throughout course, Multiple Choice, Objective Exam, Presentation, Quizzes, True/False, Written Homework
Instructional Methods:	Demonstration, Discussion, Group Activities, Guest Speakers, Lab, Lecture, Multimedia Presentations, Role Play/Simulation
If other:	
Work Outside of Class:	Answer questions, Journal (done on a continuing basis throughout the semester), Problem solving activity, Required reading, Skill practice, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Texts:	John Romas and Manoj Sharma, <u>Practical Stress Management</u> , 7th ed., Pearson, 2017. (Discipline Standard) Jerrold Greenberg, <u>Comprehensive Stress Management</u> , 15th ed., McGraw Hill, 2020.
Alternative Texts:	
Required Supplementary Readings:	Brian Luke Seaward, <u>The Art of Peace and Relaxation Workbook</u> , 8th ed., Jones & Bartlett Learning, 2013. (Discipline Standard)
Other Required Materials:	
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	

Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
Requisite course:	English 1A
Requisite and Matching skill(s):Bold the requisite skill. List the corresponding course objective under each skill(s).	<p>Student should be able to read and use critical thinking skills for class discussions and writing assignments.</p> <p>ENGL 1A - Read and apply critical-thinking skills to numerous published articles and to college-level, book-length works for the purpose of writing and discussion.</p> <p>ENGL 1A - Compose multi-paragraph, thesis-driven essays with logical and appropriate supporting ideas, and with unity and coherence.</p> <p>ENGL 1A - Demonstrate ability to locate and utilize a variety of academic databases, peer-reviewed journals, and scholarly websites.</p> <p>ENGL 1A - Utilize MLA guidelines to format essays, cite sources in the texts of essays, and compile Works Cited lists.</p>
Requisite Skill:	
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Danielle Roman
Date:	2/16/2017
Original Board Approval Date:	11/20/2017
Last Reviewed and/or Revised by:	GIFFORD LINDHEIM
Date:	11/09/2023
Last Board Approval Date:	01/17/2024
Effective Term:	Fall 2024