

**I. CATALOG DESCRIPTION:**

Department Information:

Division: Physical Education, Athletics & Health

Department: Physical Education

Course ID: PE 236

Course Title: Stress Management and Wellness

Units: 3

Lecture: 2 Hours

Lab: 3 Hours

Prerequisite: None

Catalog and Schedule Description: A study of stress with emphasis on the physiological, psychological, and sociological issues throughout the lifespan. Topics include: recognition and analysis of symptoms of stress, scientific studies, assessment tools, fitness programs, meditation, yoga, nutrition, weight control, and healthy habits that enhance health and well-being.

**II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One**

**III. EXPECTED OUTCOMES FOR STUDENTS:**

Upon successful completion of the course the student should be able to:

- A. Identify and define personal symptoms of stress and explore a variety of ways to reduce unwanted stress.
- B. Analyze motivation and attitude and how they reflect our level of stress.
- C. Participate and evaluate physical fitness activities and how they can reduce symptoms stress.
- D. Apply principles of meditation and breathing techniques to relax and rejuvenate.
- E. Define, analyze and discuss a variety of concepts of stress management
- F. Describe how or what dietary changes can contribute to wellness.
- G. Interpret posttraumatic stress disorders.
- H. Analyze how untreated stress can turn into disease.
- I. Explain the immune system and what part it plays in stress.
- J. Discuss the wellness continuum.
- K. Interpret labels on manufactured foods.
- L. Discuss the sociological implications of stress in the family relationships and the workplace
- M. Discuss, drug, alcohol and other self-medications that suppress the symptoms of stress.

**IV. COURSE CONTENT:**

- A. Stress throughout the lifespan
  1. Frequency, intensity, and duration
  2. Personal symptoms
  3. Motivation and attitude
- B. Stress in relationships
  1. Love
  2. Making relationships work
  3. Living together
  4. Communication
  5. Fighting fair
- C. Post traumatic stress disorder
  1. Consequences
  2. Traumatic events
  3. Coping
- D. Stress and Disease
- E. The endocrine system
  1. The pituitary gland

- 2. The adrenal gland
- F. The stress response
  - 1. Muscle
  - 2. Brain
  - 3. Cardiovascular
  - 4. Skin
- G. The immune system
  - 1. Structure and function
  - 2. Stress and the immune system
- H. Stressful emotions
  - 1. Thoughts
  - 2. Beliefs
  - 3. Emotional Energy
  - 4. Breaking unhealthy emotional cycles
- I. Wellness continuum
  - 1. Personal health
  - 2. Social health
- J. Stress related illness
  - 1. Hypertension
  - 2. Stroke
  - 3. Coronary heart disease
  - 4. Ulcers
  - 5. Migraine
  - 6. Allergies
  - 7. Asthma
- K. Stress and society
  - 1. Stress in the workplace
  - 2. Poverty and stress
  - 3. Stress in the community
  - 4. Racial issues and stress
  - 5. Stress in the family
- L. Humor and Stress
- M. Relaxation techniques
  - 1. Meditation
  - 2. Benefits of mediation
  - 3. Mindfulness
  - 4. Body Scanning
  - 5. Progressive Relaxation
  - 6. Breathing
  - 7. Imagery
- N. Substance abuse
  - 1. Drugs, alcohol, and tobacco
  - 2. Self-medicated foods
- O. Nutrition
  - 1. Vegetarian diets
  - 2. Manufactured foods
  - 3. Low-fat foods
  - 4. Food labels
- P. Exercise and Assessment
  - 1. Yoga
  - 2. Swimming
  - 3. Walking
  - 4. Fitness training
  - 5. Rope jumping
  - 6. Jogging

- 7. Aerobics
- Q. Weight Problems
  - 1. Psychological factors
  - 2. Stress factors
  - 3. Employability factors
  - 4. Health insurance
  - 5. Assessment tools
- R. Sexual Health
  - 1. Sex
  - 2. Sexuality
  - 3. Menopause
  - 4. Aging and sex

**V. METHODS OF INSTRUCTION:**

- A. Lecture
- B. Guest lectures
- C. Videos and tapes
- D. Group discussions
- E. Demonstrations

**VI. TYPICAL ASSIGNMENTS:**

- A. Read the chapter on "Stress and Multiculturalism." Be prepared to discuss in class the multicultural aspects of stress and racial relations.
- B. Writing
  - 1. Write an essay on the physiological and psychological results of a 15 minute meditation.
  - 2. Students will be required to keep a journal with daily writings on reactions to stressful situations. They will also be required to write about methods to relieve stress.

**VII. EVALUATION(S):**

- A. Methods of Evaluations:
  - 1. Examinations, quizzes, essay
  - 2. Two papers (student selected with approval by instructor.)
  - 3. Journal writing - keeping track of stress during the day.
- B. Frequency of Evaluation:
  - 1. Every class session journals are reviewed
  - 2. Papers: One at the beginning, one mid term and one at the conclusion of the semester.
- C. Typical exam question:
  - 1. Explain how laughter affects the level of stress.
  - 2. How is high blood pressure affected by anger and how does it relate to stress?

**VIII. TYPICAL TEXT(S):**

Dahlgren, Ingrid, *It's Your Life: Do you love it?* Kendall/Hunt, 2003  
Steinmetz, Jenny et al, Managing Stress Before It Manages You, Bull Publishing, 1980

**Supplemental Reading:**

The Relaxation & Stress Reduction Workbook Paperback: 276 pages; Dimensions (in inches): 0.69 x 10.96 x 8.58 Publisher: New Harbinger, 5th edition (September 2000) ISBN: 1572242140  
The Healing Power of Whole Foods Paperback: Dimensions (in inches): 1.00 x 11.25 x 8.75  
Publisher: Health ways Nutrition (September 1993) ISBN: 0963747800  
The Healing Power of Humor: Techniques for Getting Through Loss, Setbacks, Upsets, Disappointments, Difficulties, Trials, Tribulations, and All That Paperback: 213 pages;  
Dimensions (in inches): 0.64 x 8.48 x 5.56 Publisher: J. P. Tarcher (March 1989) ISBN: 0874775191

Making the Brain Body Connection: A Playful Guide to Releasing Mental, Physical & Emotional Blocks to Success, Paperback: 175 pages; Dimensions (in inches): 0.43 x 9.72 x 8.02 Publisher: Enhanced Learning & Integration (February 1, 2000) ISBN: 0968106633

How the Way We Talk Can Change the Way We Work: Seven Languages for Transformation Paperback: 256 pages; Dimensions (in inches): 0.73 x 8.60 x 6.60 Publisher: John Wiley & Sons (December 2002) ISBN: 078796378X

Comprehensive Stress Management with Power Web: Health and Human Performance Paperback: 432 pages; Dimensions (in inches): 0.75 x 11.00 x 8.84 Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 7th edition (July 13, 2001) ISBN: 007248506X

Managing Stress: Principles and Strategies for Health and Well-Being (Web Enhanced with CD-ROM) Paperback: 509 pages; Dimensions (in inches): 1.00 x 10.00 x 8.00 Publisher: Jones & Bartlett Pub; 3rd edition (January 15, 2002) ISBN: 0763714623

Comprehensive Stress Management with Power Web: Health and Human Performance Paperback: 432 pages; Dimensions (in inches): 0.75 x 11.00 x 8.84 Publisher: McGraw-Hill Humanities/Social Sciences/Languages; 7th edition (July 13, 2001) ISBN: 007248506X

Instant Calm: Over 100 Easy-To-Use Techniques for Relaxing Mind and Body Paperback: 336 pages; Dimensions (in inches): 0.73 x 7.97 x 5.30 Publisher: Plume; (May 1999) ISBN: 0452274338

Don't Sweat the Small Stuff. and It's All Small Stuff: Simple Ways to Keep the Little Things from Taking over Your Life Paperback: Dimensions (in inches): 0.73 x 6.50 x 5.56 Publisher: Hyper ion (Adult Trd Pap); (January 1, 1997) ISBN: 0786881852

The Don't Sweat the Small Stuff Workbook: Simple Ways to Keep the Little Things from Taking over Your Life Paperback: 212 pages; Dimensions (in inches): 0.62 x 9.28 x 7.29 Publisher: Little Brown & Company; (August 26, 1998) ISBN: 0786883510

Don't Sweat the Small Stuff With Your Family: Simple Ways to Keep Daily Responsibilities and Household Chaos from Taking over Your Life Paperback: 255 pages; Dimensions (in inches): 0.78 x 6.51 x 5.57 Publisher: Hyper ion (Adult Trd Pap); (April 1998)

**IX. OTHER SUPPLIES REQUIRED OF STUDENTS: None**