

**J. Sargeant Reynolds Community College  
Course Content Summary**

**Course Prefix and Number:** HLT 215      **Credits:** 3

**Course Title:** Personal Stress and Stress Management

**Course Description:**

Provides a basic understanding of stress and its physical, psychological, and social effects. Includes the relationships between stress and change, self-evaluation, sources of stress, and current coping skills for handling stress. The assignments in the course require college-level reading fluency and coherent communication through written reports. Lecture 3 hours. Total 3 hours per week. 3 credits

**General Course Purpose:**

This course will discuss the harmful risks of stress on an organism and how stress exerts a summative effect on the human body both positively and negatively.

**Course Prerequisites and Co-requisites:**

None

**Student Learning Outcomes:**

Upon completing the course, the student will be able to

- Determine the nature of stress and its psychophysiological effects;
- Demonstrate competency in time management and relaxation techniques;
- Ascertain the importance of modifying stressful lifestyles and develop appropriate nutrition and exercise programs; and
- Differentiate among various stress management techniques and be able to apply appropriate intervention techniques as indicated.

**Major Topics to Be Included:**

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- Applications of Stress Management Techniques: College Student, Sex Role, Occupational, Family, and Aging

**Effective Date/Updated:** January 30, 2019