

# BUTTE COLLEGE

## COURSE OUTLINE

### I. CATALOG DESCRIPTION

**KIN 47 - Stress Management Techniques and Exercise**

**1.5 Unit(s)**

**Prerequisite(s):** NONE

**Recommended Prep:** NONE

**Transfer Status:** CSU

17 hours Lecture

34 hours Lab

This course provides experiential instruction in personal stress management, with a focus on physical techniques and exercise for relaxation. Students will learn a variety of stress management skills to address personal, social, and environmental stressors. Students will learn to differentiate between and control different stress types for balance in life.

### II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. identify and describe the basic concepts of stress management.
- B. perform basic relaxation techniques for stress management.
- C. describe the theoretical and practical aspects of personal stress management.

### III. COURSE CONTENT

#### **A. Unit Titles/Suggested Time Schedule**

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Orientation	1.00
2. Causes of Stress, Definition of Terms and Stress Log	1.00
3. Understanding Stress, Symptoms of Stress	1.00
4. The Stress Response: General Adaption Syndrome (GAS), Biological vs. Nonbiological	1.00
5. Controlling Your Stress	1.00
6. Changing Stress Thinking	1.00
7. Progressive Muscle Relaxation (PMR)	1.00
8. Cognitive Reframe	1.00
9. Stress Management and Disease	1.00
10. Stress and Sleep	1.00
11. Reducing Stress, Avoidable Stressors and Defense Mechanisms	1.00
12. Time Management	1.00
13. Communication	1.00
14. Assertiveness and Mental Imagery	1.00
15. Autogenic Relaxation	1.00
16. Meditation	1.00
17. Humor and Music for Stress Reduction	1.00
Total Hours	17.00

Lab

<u>Topics</u>	<u>Hours</u>
1. Orientation	2.00
2. Causes of Stress, Definition of Terms and Stress Log	2.00
3. Understanding Stress	2.00
4. The Stress Response: General Adaption Syndrome (GAS) Cognitive, Biological vs. Nonbiological	2.00
5. Controlling Your Stress	2.00
6. Changing Stress Thinking	2.00
7. Progressive Muscle Relaxation (PMR)	2.00
8. Cognitive Reframe	2.00
9. Stress and Disease Management. Exercise: PMR	2.00
10. Sleep and Stress Exercise: PMR	2.00
11. Avoidable Stressors and Defense Mechanisms	2.00
12. Time Management	2.00
13. Communication	2.00
14. Assertiveness and Mental Imagery	2.00
15. Autogenic Relaxation	2.00
16. Meditation	2.00
17. Humor and Music for Stress Reduction	2.00
Total Hours	34.00

#### **IV. METHODS OF INSTRUCTION**

- A. Lecture
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations
- F. Drills/Practical

#### **V. METHODS OF EVALUATION**

- A. Class participation
- B. Written or Oral Examinations
- C. Practical Evaluations

#### **VI. EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
  - 1. Read an article on PMR and be prepared to discuss this technique in class.
  - 2. Review and be prepared to discuss Biological vs. Non Biological theories of stress.
- B. Writing Assignments
  - 1. Create a "To Do List" for time management. Write a short essay on what you learned from doing this written exercise.
  - 2. Keep a stress log during the semester.
- C. Out-of-Class Assignments
  - 1. Attend a sporting event and observe the coach and athletes stress reactions and turn in a short essay on your observations.
  - 2. Attend a CAS workshop on stress, time management or test anxiety and turn in the

attendance voucher.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Materials Other Than Textbooks:

- A. The student will be required to provide:
  - a. Athletic apparel
  - b. Tennis or court shoes
  - c. Other materials and/or equipment will be provided by the department
- B. Handouts and websites as assigned by the instructor

**Created/Revised by:** Frances Babich

**Date:** 10/29/2012