



EFFECTIVE: SEPTEMBER 2006 CURRICULUM GUIDELINES

A. Division: Instructional Division **Effective Date:** September, 2006

B. Department / Program Area: Faculty of Child, Family & Community Studies: Therapeutic Recreation **Revision** New Course

If Revision, Section(s) Revised:
Date of Previous Revision:
Current Date: 25 November 2004

C: THRT 3504 **D: Managing Stress: Principles and Strategies for Health Promotion** **E: 2**

Subject & Course No.	Descriptive Title	Semester Credits						
<p>F: Calendar Description:</p> <p>This course introduces theoretical models of the physiology and psychology of stress and disease. The nature of stress is examined from a mind/body or wellness perspective. Wellness is recognized as a process, an integrated method of functioning aimed at maximizing human potential. Students demonstrate a range of health promotion and wellness strategies.</p>								
<p>G: Allocation of Contact Hours to Type of Instruction / Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture/Practice</p> <p>Number of Contact Hours: (per semester for each descriptor)</p> <p>40 Hours</p> <p>Number of Weeks per Semester:</p> <p>Flexible Delivery ranging over 1 to 15 weeks</p>	<p>H: Course Prerequisites:</p> <p>THRT 1204</p>							
	<p>I: Course Corequisites:</p> <p>NIL</p>							
	<p>J: Course for which this Course is a Prerequisite</p> <p>THRT 4855 and THRT 4905</p>							
	<p>K: Maximum Class Size:</p> <p>30</p>							
<p>L: PLEASE INDICATE:</p> <table style="margin-left: 20px;"> <tr> <td style="border: 1px solid black; width: 30px; height: 20px;"></td> <td>Non-Credit</td> </tr> <tr> <td style="border: 1px solid black; width: 30px; height: 20px;"></td> <td>College Credit Non-Transfer</td> </tr> <tr> <td style="border: 1px solid black; width: 30px; height: 20px; text-align: center;">x</td> <td>College Credit Transfer:</td> </tr> </table> <p style="margin-left: 20px;">SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)</p>				Non-Credit		College Credit Non-Transfer	x	College Credit Transfer:
	Non-Credit							
	College Credit Non-Transfer							
x	College Credit Transfer:							

M: Course Objectives / Learning Outcomes

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

1. discuss the types and nature of stress
2. compare and contrast theoretical models of stress and disease
3. discuss concepts of physical health, including the physiology of stress
4. discuss concepts of psychosocial health, including the psychology of stress
5. defend theories and models of spiritual health
6. facilitate the development of coping strategies techniques for managing stress and promoting health

N: Course Content: The following global ideas guide the design and delivery of this course:

Stress and Stress Management

- The nature of stress
- The physiology of stress
- Stress and disease
- Psychoneuroimmunology
- A holistic approach to stress management
- Family, culture, socio-economic, political and environmental conditions which impact upon health

Physiology of Stress

- Stress response
- Central Nervous system
- Endocrine system
- Neuroendocrine pathways
- Psychophysiology
- Leisure lifestyle choices and stress management

Psychological Health

- Theories of psychological health
- Stress resistant and stress prone personalities
- Emotional health, the impact of anger and fear
- Social health, the impact of social support and meaningful friendships
- Cognitive health: the role of self determination, decision making, mindfulness and self esteem

Spiritual Health

- Definitions, theories and models of spiritual health
- Synthesis of concepts of leisure, human spirit and health
- Applying a model of Spirituality for Stress Management

Strategies for Coping with Stress

- Cognitive Restructuring
- Behaviour Modification
- Journal Writing
- Humor Therapy
- Time management
- Social support

<p>Techniques for managing stress</p> <ul style="list-style-type: none"> • Physical exercise • Nutrition • Progressive muscular relaxation • Yoga • Tai Chi • Massage • Meditation and guided visualization
<p>O: Methods of Instruction</p> <ul style="list-style-type: none"> • Lecture/discussion • Group work • Media • Stress Management Presentations
<p>P: Textbooks and Materials to be Purchased by Students</p> <p>A list of recommended textbooks and materials is provided for students at the beginning of each semester.</p> <p>Resources include:</p> <ul style="list-style-type: none"> • Selected readings from a variety of recreation, therapeutic recreation and health sources • Selected audio-visual and computer resources • Selected readings from books and journals
<p>Q: Means of Assessment: This course will conform to Douglas College policy regarding the number and weighting of evaluations</p> <p>An evaluation schedule is presented at the beginning of the course. Typical means of evaluation will include a combination of written assignments, presentations and testing.</p> <p>This is a graded course</p>
<p>R: Prior Learning Assessment and Recognition:</p> <p>Open for PLAR</p>

Course Designer(s) Therapeutic Recreation Faculty

Education Council / Curriculum Committee Representative

Dean

Registrar