

Course Outline for: HLTH 1118 Stress Management**A. Course Description:**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goals: None

Human beings have the adaptive ability to create and overcome stress in modern society. The evaluation and assessment of the stressors and their impact on overall health and academic performance is addressed. By understanding physiological, psychological, and social aspects of stress, students learn practical strategies for prevention and coping. Through reflection and skill-building, students develop personalized approaches to reduce stress and build resilience.

B. Date last reviewed/updated: October 2026**C. Outline of Major Content Areas:**

1. Scientific foundations of stress
2. Thought, beliefs and emotions and their impacts on stress
3. Impacts of stress on the dimensions of wellness.
4. Occupational Stressors
5. Strategies for Managing Stress
6. Personal Stress Management Plan

D. Course Learning Outcomes:

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

1. Explain the difference between the terms stress, stressor, eustress, distress, and neustress.
2. Examine how the personal and social stressors of modern society have changed over time.
3. Explain the positive and negative impacts of stressors on human physiology.
4. Identify the stressors that occur in different areas of one's life.
5. Evaluate ~~Recognize~~ the impact of improperly managed stress on family health.
6. Apply stress management techniques and strategies to acute stress and chronic stress.

E. Methods for Assessing Student Learning:

Methods for assessment may include, but are not limited to, the following:

1. Quizzes and exams
2. Participation in class activities
3. Assignments

F. Special Information:

None