

# ALCB 414Y: STRESS MANAGEMENT

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2025
<b>Units:</b>	0
<b>Hours:</b>	2 lecture per week (24 total per quarter)
<b>Advisory:</b>	Students are advised to participate at their own pace and notify the instructor of any personal or physical limitations.
<b>Degree &amp; Credit Status:</b>	Non-Degree-Applicable Non-Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	None
<b>Grade Type:</b>	Non-Credit Course (Receives no Grade)
<b>Repeatability:</b>	Unlimited Repeatability

## Student Learning Outcomes

- At the end of this course, the student will be able to demonstrate at least 1 breathing technique to relieve stress
- At the end of this course, the student will be able to identify personal examples of stress symptoms. Students will demonstrate knowledge of the various methods that can be used when encountering stressful situations

## Description

Intended for the disabled adult to address common manifestations of stress that impact quality of life. Students will learn information and practices that can be incorporated into a personal stress management plan.

## Course Objectives

The student will be able to:

1. Make use of stress reduction techniques that improve emotional and physical health.
2. Formulate and track the progress of a personal stress management plan.

## Course Content

1. Develop a suite of stress reduction routines that improve balance, movement efficiency, strength, endurance, flexibility, range of motion, aerobic capacity, proprioceptive awareness, and mood stabilization
  - a. Mindfulness meditation session
  - b. Low-resistance lifting for major muscle groups through the use of stretch bands or light hand weights
  - c. Range-of-motion movements and upper- and lower-body stretches that target the fingers, hands, wrists, arms, neck, shoulders, chest, back, hips, quads, ankles, feet, hamstrings, and other muscle groups

- d. Balance work behind the chair
  - e. Breathing exercises
  - f. Modified Tai Chi or yoga movements
2. Formulate and track the progress of a personal stress reduction plan
    - a. Design plans to manage stress

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

1. When taught on or off campus: accessible classroom.
2. When taught online/virtual: students and faculty need internet access with Zoom-capable computer, monitor, and speakers.

## Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Progress on Student Educational Contract  
Instructor observation of ability to reflect course material  
Participation

## Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture/demonstration

## Representative Text(s) and Other Materials

Selected articles, websites, and other reference materials as assigned by instructor.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Not applicable.

## Discipline(s)

Specialized Instruction (Disabled Student Programs and Services):  
Noncredit