

# ALCB 414Y: STRESS MANAGEMENT

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	0
<b>Hours:</b>	24 laboratory per quarter (24 total per quarter)
<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 student to recognize stress symptoms and become aware of signals which cause triggers in stress. Learn stress management skills from passive to active take-charge role.

## Course Objectives

The student will be able to:

- identify personal examples of stress symptoms.
- demonstrate breathing techniques to manage stress.
- demonstrate passive relaxation techniques.
- demonstrate autogenic relaxation techniques.
- learn to manage time to relieve stress.

## Course Content

This class may include all or part of these areas:

- Stress symptoms
- Breathing techniques
- Coping techniques
- Passive relaxation techniques
- Autogenic relaxation techniques
- Setting realistic and obtainable goals
- Anger management
- Tai Chi exercises
- Yoga exercises

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

Accessible classroom

## Method(s) of Evaluation

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

## Method(s) of Instruction

Lecture

## 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 Students Programs and Services)-  
Vocational: Noncredit