

# KINS 49: MANAGING PHYSICAL STRESS

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2025
<b>Units:</b>	3
<b>Hours:</b>	3 lecture per week (36 total per quarter)
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- Application of Knowledge - A successful student will be able to identify and explain how lifestyle, age, gender, personality, society and occupation affect stress.
- Application of Knowledge - A successful student will understand and be able to explain the connection with physical stress and emotional health and the physiological repercussions of prolonged stress.

## Description

This course is an introduction to physical techniques that effectively relieve stress related physical problems through the lens of kinesiology. Students will be exposed to information on how lifestyle, environment and society affect physical stress and the ability to successfully manage it. Students will develop and implement a personal stress reduction program using physical activities, including but not limited to massage, meditation, breathing exercises, mindfulness, aerobic exercises and pain control techniques.

## Course Objectives

The student will be able to:

1. Develop an understanding of stress and how it can negatively affect the human mind and body.
2. Understand the connection with physical stress and emotional health and the physiological repercussions of prolonged stress.
3. Evaluate different causes of stress and isolate physical and psychosocial manifestations.
4. Identify how lifestyle, age, gender, personality, society and occupation affect stress.
5. Develop an understanding of a variety of effective coping skills and complete exercises to practice how these skills can be applied daily.
6. Evaluate communication skills in the Information Age and identify challenges in expressing one's own thoughts and feelings and effective communication.
7. Identify effective relaxation techniques.
8. Apply the mechanics of diaphragmatic breathing and breathing exercises to improve lung capacity and induce relaxation.
9. Develop an understanding of how diet affects personal stress levels.

10. Understand how physical exercise in the correct amount is needed for optimal living.
11. Understand the origin of Ecotherapy and the physiological effects of spending time in nature.

## Course Content

1. Develop an understanding of stress and how it can negatively affect the human mind and body
  - a. Definition of stress and understanding of how stress is manifested differently amongst people
  - b. Eustress and distress
    - i. The optimal amount of stress
  - c. Societal, cultural, and job related stress
    - i. Social stress in America and the influence on health
2. Understand the connection with physical stress and emotional health and the physiological repercussions of prolonged stress
  - a. The sociology of stress
    - i. The fight flight response, the physiological response to stress
  - b. Stress and the immune system
    - i. Connection with disease
    - ii. Immune system disorders
  - c. Stress emotions
3. Evaluate different causes of stress and isolate physical and psychosocial manifestations
  - a. One week stress log
  - b. Personal stress inventory
  - c. Posture, flexibility and breathing analysis
  - d. Painful point analysis
4. Identify how lifestyle, age, gender, personality, society and occupation affect stress
  - a. Discuss motivators to behavior change in stress reduction
  - b. Strategies for successfully changing your lifestyle
    - i. Motivators
    - ii. Self-discipline
    - iii. Reinforcing proper behavior
  - c. Impacts to society with increased stressors amongst people
  - d. General stress reduction tips
5. Develop an understanding of a variety of effective coping skills and complete exercises to practice how these skills can be applied daily
  - a. Creating a positive mind set
    - i. Explore situations and practice reframing through a positive mind set
  - b. Setting healthy boundaries
  - c. Effective resource management
    - i. Identifying ways to improve managing time and money
  - d. Creative problem solving
    - i. Explore practical exercises to creatively solve any real life problem
6. Evaluate communication skills in the Information Age and identify challenges in expressing one's own thoughts and feelings and effective communication
  - a. Communication skills/styles in a technological world
  - b. Ways to improve communication to reduce stress
  - c. Identify current hurdles to communication in today's society
    - i. Legal ramifications and ethical boundaries to communication on social platforms or other technologies

7. Knowledge of effective relaxation techniques
  - a. Explore mindfulness and the connection to stress reduction
    - i. Meditation
    - ii. Music
    - iii. Calm/Breathing
  - b. Hatha yoga
    - i. Learn how yoga has developed from primarily an Eastern practice to mainstream mind-body exercises in the United States
    - ii. Learn how yoga can be utilized as a stress reduction technique
8. Apply the mechanics of diaphragmatic breathing and breathing exercises to improve lung capacity and induce relaxation
  - a. The mechanics of proper breathing
  - b. The action of the diaphragm during inhalation and exhalation
  - c. Common breathing faults
  - d. Breathing and stress
9. Develop an understanding of how diet affects personal stress levels
  - a. Explore relationship between stress and nutrient deficiencies
  - b. Understand essential nutrients for healthy living
  - c. Identify foods that trigger a stress response
  - d. Impacts food has on the immune system
10. Understand how physical exercise in the correct amount is needed for optimal living
  - a. Understand connection with stress and cortisol levels
    - i. Impact of physical exercise on cortisol levels
  - b. Physical exercise and connection to mental health
  - c. Understanding correct application of physical exercise for optimal health
11. Knowledge of the origin of Ecotherapy and the physiological effects of spending time in nature
  - a. Originally a discipline of psychology
    - i. Impact to mind-body-spirit
  - b. Nature deficit disorder
  - c. Effects of exposure to nature

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

1. Student may want yoga mat to perform some of the stretching/breathing exercises.
2. When taught as an online distance learning section, students and faculty need ongoing and continuous internet and email access.

## Method(s) of Evaluation

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

All written assignments will be evaluated on content and completeness  
 Physical skill practice assignments will be evaluated on completeness and content of reflection  
 Breathing exercises will be evaluated on completion and content of written reflection  
 Graded multiple-choice midterm exam based on the class text, lecture notes, media sources and instructor generated handouts

Graded written comprehensive final exam based on the textbook readings, skills activities, instructor generated handouts, and other media sources

## Method(s) of Instruction

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

Lecture/demonstration  
 Visual aids  
 Discussion of assigned reading  
 Discussion and problem solving performed in class  
 Homework and extended projects  
 Collaborative learning and small group exercises  
 Visual auditory and tactile demonstration of stress reduction techniques

## Representative Text(s) and Other Materials

Seaward, Brian Luke. *Essentials of Managing Stress*, 4th ed.. 2017.

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

1. Reading
  - a. Assigned readings from the class textbook
  - b. Review of instructor generated handouts on managing and reducing stress
  - c. Review online sources on stress management and activities for helping to reduce physical stress
2. Writing
  - a. Complete a Personal Stress Inventory
  - b. Regular data collection of personal information of 1) a sleep log for one week to assess quality and quantity of sleep and the personal effects on stress management, 2) a one week dietary log and nutrition assessment for two days and assess how diet is affecting your personal stress levels, or 3) Write an exercise program and complete and record the program for one week to assess the effects of exercise on physical stress
  - c. Use online application for stress reduction for one week. The app should be applicable to the reduction of physical stress, such as yoga, meditation, or breathing
    - i. Complete a daily log of the activity and reflection of the experiences
    - ii. Complete a one-minute oral presentation of the app, and present either support for using the application for effective stress reduction or why the application was ineffective for stress reduction
  - d. Develop and implement a Personal Stress Reduction Program. Analyze data collected through course to develop program. This will include a summary of the student's stress related problems (stressors), a narrative portion detailing the strategy the student has developed to counteract the physical manifestations of their stressor for short term and long term time (today, next two weeks, next month, next year, and next five years)
  - e. Bi-weekly small group discussions on a variety of topics relating to stress and stress reduction
3. Skill acquisition and practice of stress management techniques

- a. Complete Stress-Prone Personality Survey and Stress Resistant Personality Survey from the class textbook
- b. Complete exercise on reframing (seeing from a bigger, clearer picture) from the class textbook
- c. Complete exercise Communication Skills 101 from the class textbook
- d. Complete six different breathing exercises utilizing various techniques
- e. Complete a 15-30 minute practice of meditation from the class textbook
- f. Complete a 15-30 minute practice of yoga from the class textbook or an alternate source
- g. Practice a 15-30 minute session of Autogenic Training from the exercises in the class textbook or an alternate source.
- h. Complete a 15-30 minute practice of imagery or visualization from the class textbook or an alternate source
- i. Complete a 15-30 minute practice of progressive relaxation from the class textbook or an alternate source
- j. Complete a 15-30 minute practice of massage/acupressure from the class textbook or an alternate source

## Discipline(s)

Kinesiology