

Faculty Council
PROPOSAL SUMMARY – HSC-220

EXECUTIVE SUMMARY

Location of HSC-220: <https://drive.google.com/open?id=1RSb4okzMneq9ZjUB0UIntYwMEbd1vVMP>

The proposed 2 credit course was submitted by the Department of Health and Physical Recreation on 8-26-2019 and was approved by the dean on 9-3-2019. It is a new course brought by the Curriculum Committee to the FC for review. The syllabus is in University's standard format (<https://www.lincoln.edu/faculty-staff/faculty-portal>). The intent of the proposal is for a course which will be required in a new Health Promotion track, and elective for other interested students. The course will be hands on, student centered, and practically oriented.

EXACT WORDING:

HSC-220 Stress Management

Course Description:

The course explores the causes of stress and its mental and physical impact on the body. Students will have the opportunity to practice and employ stress management techniques to be healthier and to live more fulfilling and satisfying lives. Prerequisite: HPR 101 Dimensions of Wellness

DISCUSSION:

Health Promotion programs typically require a course in stress management

Stress management skills are needed by nearly everyone, including by students in the a sometimes high stress college environment.

The course will not require additional faculty, but it may serve needs in other departments, such as in Nursing.

FACULTY COUNCIL MOTION:

Recommend Faculty Approval of HSC-220

STATUS:

FC Motion approved 10-22-2019