

## Course Submission for HSC220-Stress Management

### **3a. Explanation and outline of the proposal**

HSC 220: Stress Management has been taught as a 390 course for three semesters in the Health Science Program and is now being brought to the Curriculum Committee for approval. The department has approved the course as well as the Chair and Dean. The course explores the causes of stress and its mental and physical impact on the body. With student-focused content, students will discuss issues relating to one's daily lives such as academic stress, first-generation challenges, time management, financial issues, etc. Students will learn about the stressors in their lives and how they can best manage them. Students will also have the opportunity to practice and employ stress management techniques to become healthier and live a more fulfilling and satisfying life.

### **3b. Rationale (i.e. program review, assessment, changes in discipline, etc.)**

The Health Science department is currently revising their curriculum and beginning in the fall of 2020 there will be two tracks: Health Promotion and Fitness and Sport Management. Stress Management will be a course that is required in the Health Promotion track and will be a course listed as a selective in the Sport Management track.

### **3c. Updated program assessment mapping**

See attached: PSLO #1, #3, #5

### **3d. Evidence to support rationale**

Most programs in Health Promotion offer/require a course in Stress Management. Also, with the stress levels of students extremely high today, the impact of this course will hopefully be life- long.

### **3e. A statement about resource impact**

The resource impact is minimal as the course will be taught by faculty in the department, and no additional faculty are needed to teach the course.

### **3f. A statement about impact to other departments**

The impact to other departments may prove to be beneficial as it may serve as an elective in the Nursing Program.

### **3g. If similar course exists, explanation showing clearly why this course is necessary**

At this time, no similar course is offered at Lincoln. To meet the needs of our Health Science students, this is a necessary course to align our program with other similar programs.

### **3h. The complete list of program student learner outcomes (PSLOs) for the program (s) that the course is aligned with**

#### **The PSLOs for the course are as follows:**

- #1 Describe the five body systems and explain their function (musculoskeletal, cardiovascular, respiratory, digestive, etc.).
- #2 Assess health status
- #4 Implement health programs
- #6 Communicate health program goals, rationales, interventions, results.