

## **EFFECTIVE: SEPTEMBER 2006 CURRICULUM GUIDELINES**

Α.	Division:	Instructional Division	Ef	fective Date:	September, 2006				
В.	Department / Program Area:	Faculty of Child, Family & Community Studies: Therapeutic Recreation	Re	vision	New Course X				
			If Revision, Section(s) Revised: Date of Previous Revision: Current Date: 25 November		25 November 2004				
C:	THRT 3504	THRT 3504 <b>D</b> : Managing Stress: Principles and Strategies for Healf							
	stress and disease. The nature of stress is examined from a mind/body or wellness perspective. Wellness is recognized as a process, an integrated method of functioning aimed at maximizing human potential. Students demonstrate a range of health promotion and wellness strategies.								
G:	Allocation of Contact Hours to Type of Instruction / Learning Settings  Primary Methods of Instructional Delivery and/or Learning Settings:  Lecture/Practice  Number of Contact Hours: (per semester for each descriptor)  40 Hours  Number of Weeks per Semester:			Course Prerequisites: THRT 1204					
				Course Corequisites:					
				J: Course for which this Course is a Prerequisite THRT 4855 and THRT 4905					
	Flexible Delivery ranging over 1 to 15 weeks		K: Maximum Class Size: 30						
L:	PLEASE INDI	CATE:							
	134.61 ref562.26001 142 .25418004134.61 ref/P &MCID 9 BDC BT/TT1 1 Tf-0.00301 Tc .9950 Tw 10.02 0 0 10.02  College Credit Non-Transfer  College Credit Transfer:								
	SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS (www.bccat.bc.ca)								

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## M: Course Objectives / Learning Outcomes

Upon successful completion of this course, the student will be able to:

- 1. discuss the types and nature of stress
- 2. compare and contrast theoretical models of stress and disease
- 3. discuss concepts of physical health, including the physiology of stress
- 4. discuss concepts of psychosocial health, including the psychology of stress
- 5. defend theories and models of spiritual health
- 6. facilitate the development of coping strategies techniques for managing stress and promoting health

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