

HHPL 175: Controlling Stress & Tension

The Management of Stress and Tension, explores a holistic (body, mind, emotions, and spirit) approach to the management of stress and tension. A theoretical perspective, students will analyze stressors, the stress response, resiliency, coping, lifestyle, and relaxation techniques.

Credits: 1

Program:

Health, Human Perform. & Leisure Studies

COURSE DESCRIPTIONS

Essential Learning Outcomes: ELO #7: Comprehensive Wellness Practices