



## EFFECTIVE: SEPTEMBER 2006 CURRICULUM GUIDELINES

**A.** Division: Instructional Division      Effective Date: September, 2006

**B.** Department / Program Area: Faculty of Child, Family & Community Studies: Therapeutic Recreation      Revision:  New Course

If Revision, Section(s) Revised:  
Date of Previous Revision:  
Current Date: 25 November 2004

**C:** THRT 3504      **D:** Managing Stress: Principles and Strategies for Health

<p style="text-align: right;">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.</p>	
<p><b>G:</b> Allocation of Contact Hours to Type of Instruction / Learning Settings</p> <p>Primary Methods of Instructional Delivery and/or Learning Settings:</p> <p>Lecture/Practice</p> <p>Number of Contact Hours: (per semester for each descriptor)</p> <p>40 Hours</p> <p>Number of Weeks per Semester:</p> <p>Flexible Delivery ranging over 1 to 15 weeks</p>	<p><b>H:</b> Course Prerequisites:</p> <p style="text-align: center;">THRT 1204</p> <hr/> <p><b>I:</b> Course Corequisites:</p> <p style="text-align: center;">NIL</p> <hr/> <p><b>J:</b> Course for which this Course is a Prerequisite</p> <p style="text-align: center;">THRT 4855 and THRT 4905</p> <hr/> <p><b>K:</b> Maximum Class Size:</p> <p style="text-align: center;">30</p>

**L:** PLEASE INDICATE:

	134.61 ref562.26001 142 .25418004134.61 ref/P AMCID 9 BDC BT/TT1 1 Tf-0.00301 Tc .9950 Tw 10.02 0 0 10.02 81.9000
	College Credit Non-Transfer
x	College Credit Transfer:

SEE BC TRANSFER GUIDE FOR TRANSFER DETAILS ([www.bccat.bc.ca](http://www.bccat.bc.ca))

**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

