

KIN-38 — STRESS MANAGEMENT

About This Course

Transfer: UC, CSU

3.00 units

Prerequisite: None.

Description: The nature, physiology, and psychology of stress. Students will explore perceptions, attitudes, beliefs, and lifestyle factors that may be pre-cursors and contributors to distress. Students will also explore a variety of coping strategies and relaxation techniques. The lab portion of this class provides the opportunity for students to practice techniques and develop a personalized stress management program. 45 hours lecture and 27 hours laboratory. (Letter grade only)