

ROWAN UNIVERSITY CURRICULUM PROPOSAL

PROPOSAL TITLE: Stress Management

0837-170

CHECK APPROPRIATE: UNDERGRADUATE GRADUATE SEMESTER HOURS

SPONSOR(S): Richard Fopeano, Ph.D.
Leslie Spencer, Ph.D.

DEPARTMENT/TELEPHONE # Health and Exercise Science/ 4785

CHECK ONE: COURSE MINOR PROGRAM CONCENTRATION SPECIALIZATION
 ACHIEVEMENT CERTIFICATE CERTIFICATION PROGRAM MAJOR PROGRAM

Step #1 (Department)

Approved (Date) 10/23/97

Not Approved (Date)

R Fopeano
Dept. Curriculum Chr.

10/23/97
Reviewed (Date)

James Bussell
Dept. Chr.

Step #2 (Receipt)

SCC# 97-98-152

10 24 97

Date Received Senate

Senate Curriculum Chr.

Step #3 (School)

Reviewed Date: 11/3/97

Recommend to Approved

Recommend NOT to Approve

Forward for Open Hearing:

WITHOUT Reservations

WITH Reservations:

Comments:

J. Spencer
School Committee Chr.

Step #4 (Academic Dean): Recommended NOT Recommended Conditionally Recommended (See Comments)

Comments:

Dean Signature/Date

[Signature] 3/1/98

Step #5 (Senate Curriculum Committee): Open Hearing Date: 9/23/98 Approved by Curriculum Committee Date: 3/23/98

Returned to Sponsor(s) for the following reason:

Step #6 (Senate) Date announced/voted on at Senate: 1/28/98 If voted on: Approved NOT Approved

Date forwarded to Executive Vice President/Provost: _____

Senate Curriculum Committee chair Signature/Date: _____

Step #7 (Executive Vice President/Provost): Date Received _____

___ Approved

___ NOT Approved If no, reasons are as follows:

Student Credit Hours _____

Faculty Load Hours _____

Equalized Credit Hours _____

Official Copy & Approval Sheet Filed (Date) 5/26/98

Executive Vice President/Provost Signature C. V. Peterson

Registrar

Date Approved Course Description Received 5/27/98

Hegis Taxonomy and Course Number Assigned CE37-176

Date/Signature of Registrar Robert A. Kulak 5/28/98

Notification Forward:

_____ Senate Curriculum Committee Chairperson

_____ Department Chairpersons

_____ Academic Dean(s)

_____ Registrar

_____ Sponsor(s)

COURSE PROPOSAL: Stress Management

1. Details

- a. Course Title:** Stress Management
- b. Sponsors:** Richard Fopeano, Health and Exercise Science Department
- c. Credit Hours:** 3 credit hours
- d. Course Level:** Freshmen Level
- e. Prerequisites::** No Prerequisites:
- f. Suggested Time and scale of implementation:** A minimum of 1 section offered annually, beginning in the 1999 school year.
- g. Curricular Effect:** Major requirement for individuals within the Health Promotions and Fitness Management track.
- h. Adequacy of Present Staff/Resources:** Present faculty are available to teach this course.
- i. Library Resources:** Current holdings are adequate for the needs of this course.

2. Rationale

The Health Promotion and Fitness Management Specialization within the Department of Health and Exercise Science prepares individuals to deal with a variety of health related issues in the lives of the adult population. Assisting individuals to effectively recognize and deal with stress in their own lives is an essential component of any Health Promotion and Fitness Management program. This course is designed to assist the student in the understanding of the nature of stress in our society and the impact it has on one's general health status. Since stress is seen as universal, the recognition of the role stress plays in society will be investigated. The positive and negative effects of stress on the individual will be addressed as well as the personal choices one has to dealing with it.. Learning to recognize stress and to eventually developing the skills to manage it for one's own benefit will be addressed.

3. Essence of the Course

a. Objectives:

By the completion of the course the student will demonstrate competencies in the following areas:

1. Identify the various personal, social and environmental causation of stress
2. Recognize the physiological changes brought on by stress

c. Evaluation and Grading Procedures

A variety of methods will be used to evaluate student progress. These will include:

- Personal Stress Assessments
- Research Projects
- Classroom demonstrations
- Oral Presentations
- Interviews
- Examinations and Quizzes

d. Course Evaluation

The course will be evaluated at the conclusion of each semester through student evaluations, teacher (self) evaluation and classroom observations conducted by a qualified member of the Department of Health and Exercise Science.

4. Results of Consultation

Review of the current course offerings from throughout the campus reveal that there is not currently a course offered in the area of stress management. Thus no formal out side consultation is presented.

Stress Management
0837.???
3 Semester Hours

Catalogue Description:

This course focuses on the nature of stress and the impact it has on a person's health. The student will study the relationship of the physiological, psychological and social factors which contribute to one's general stress balance, and develop personal lifeskills to combat the negative impact of stress.