ORIGINAL COURSE IMPLEMENTATION DATE: September 2001
REVISED COURSE IMPLEMENTATION DATE: September 2018
COURSE TO BE REVIEWED: (six years after UEC approval) March 2024
Course outline form version: 09/15/14

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: KIN 350	**Number of Credits:** 3 Course credit policy (105)
Course Full Title: Stress and Chronic Disease **Course Short Title (if title exceeds 30 characters):**	
Faculty: Faculty of Health Sciences	**Department (or program if no department):** Kinesiology

Calendar Description:

Provides students with knowledge on the relationship between stress and chronic disease. The focus is on understanding disease states that can be produced in part by elevated stress levels. A secondary focus is coping skills with the aim of minimizing stress levels exhibited by the individual.

Note: Students with credit for KPE 350 cannot take this course for further credit.

Prerequisites (or NONE):	KIN 270 (formerly KPE 270).
Corequisites (if applicable, or NONE):	NONE
Pre/corequisites (if applicable, or NONE):	NONE

Equivalent Courses (cannot be taken for additional credit)
Former course code/number: **KPE 350**
Cross-listed with:
Equivalent course(s): **KPE 350**
Note: Equivalent course(s) should be included in the calendar description by way of a note that students with credit for the equivalent course(s) cannot take this course for further credit.

Transfer Credit
Transfer credit already exists: ☐ Yes ☒ No
Transfer credit requested (OReg to submit to BCCAT):
☒ Yes ☐ No (if yes, fill in transfer credit form)
Resubmit revised outline for articulation: ☐ Yes ☐ No
To find out how this course transfers, see **bctransferguide.ca**.

Total Hours: 45
Typical structure of instructional hours:

Lecture hours	30
Seminars/tutorials/workshops	10
Laboratory hours	
Field experience hours	
Experiential (practicum, internship, etc.)	
Online learning activities	
Other contact hours: case studies	5
Total	**45**

Special Topics
Will the course be offered with different topics?
☐ Yes ☒ No
If yes, different lettered courses may be taken for credit:
☐ No ☐ Yes, repeat(s) ☐ Yes, no limit
Note: The specific topic will be recorded when offered.

Maximum enrolment (for information only): 36

Expected frequency of course offerings (every semester, annually, every other year, etc.): once annually

Department / Program Head or Director: Alastair Hodges	**Date approved:**	May 2017
Faculty Council approval	**Date approved:**	May 2017
Campus-Wide Consultation (CWC)	**Date of posting:**	October 20, 2017
Dean/Associate VP: Joanne MacLean	**Date approved:**	May 2017
Undergraduate Education Committee (UEC) approval	**Date of meeting:**	March 23, 2018

Learning Outcomes

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

1. Discuss the negative physiological and psychological impact of chronic stress on the human body.
2. Describe the physiological and psychological symptoms of stress and how stress can exacerbate several different types of diseases.
3. Explain the nature of chronic disease and associated stressors, and their adverse effect on disease severity.
4. Present research in the quickly evolving field of stress and illness/disease control.
5. Demonstrate the neurobiological basis of the stress response.

Prior Learning Assessment and Recognition (PLAR)

☒ Yes ☐ No, PLAR cannot be awarded for this course because

Typical Instructional Methods (guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion)

Lectures, seminars, group projects, case studies, independent research

Grading system: Letter Grades: ☒ Credit/No Credit: ☐ Labs to be scheduled independent of lecture hours: Yes ☐ No ☒

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Text(s) and Resource Materials (if more space is required, download Supplemental Texts and Resource Materials form)

	Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1.	Lovallo, W.R.	Stress & Health	☒	Sage Publications	2005
2.			☐		
3.			☐		
4.			☐		
5.			☐		

Required Additional Supplies and Materials (software, hardware, tools, specialized clothing, etc.)

Typical Evaluation Methods and Weighting

Final exam:	40%	Assignments:	%	Midterm exam:	40%	Practicum:	%
Quizzes/tests:	10%	Lab work:	%	Field experience:	%	Shop work:	%
Presentation:	10%	Other:	%	Other:	%	Total:	100%

Details (if necessary):

Typical Course Content and Topics

1. Introduction and overview
2. The psychology of "stress"
3. Behavioural medicine and biomedicine; Psychosocial models
4. History of the concept of stress
5. The neural physiology of stress
6. Homeostatic regulation
7. Physical and psychological stress
8. Central nervous system integration
9. Stress and the endocrine system
10. The immune system and behaviour
11. The immune system and behaviour
12. Helplessness, coping, and health
13. Genes, stress, and behaviour
14. Individual differences in reactivity to stress
15. Behaviour stress, and health; review