

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

