



# RHLT301 – Principles of Mental and Emotional Health

## Master Course Syllabus

### **Course Overview (QM Standards 1.2)**

#### **Course description:**

This course is a study of mind/body health and the effects of attitudes, emotions, and relationships on physical/mental health. Consideration is given to stress with an emphasis on appropriate management techniques and strategies, and application of these strategies.

#### **Course Goals and Objectives:**

- Recognize stress, including sources, and the physiological response.
- Identify the impact of stress on health.
- Detect the role of perception and thought in mental and emotional health.
- Identify the impact of emotion on health and disease.
- Describe the healing powers of spirituality.
- Identify how money management and time management can impact mental and emotional health.
- Explain the importance of social support and health.
- Identify the impact of environment and lifestyle behaviors on mental and emotional health.
- Identify different methods of stress prevention and reduction.
- Report on individual practice of stress management techniques.

### **Pre-Requisites (QM Standard 1.6)**

No pre-requisites are required for this course.

### **Minimum Technical Requirements and Online Resources (QM Standards 1.5 & 1.7)**

In addition to a web browser (preferably Firefox) that is Blackboard compatible, you will need the following software in order to complete the activities in this class:

1. Word processing package capable of reading and creating .doc, .docx or rich text formatted (rtf) documents.
2. *Adobe Acrobat Reader*: If you do not have *Adobe Acrobat Reader*, you can download it free from <http://www.adobe.com/products/acrobat/readstep.html>
3. PDF Creator Software: If you are using a MAC or do not have software capable of saving a file as a .doc or .docx file and do not have the capability on your campus to print files to PDF, you can download a free version of *CutePDF* at <http://www.cutepdf.com/Products/CutePDF/writer.asp> This software installs a virtual printer on your PC that allows you to print files to the PDF format.
4. Virus Protection Software: This course requires you to download and upload files from your PC. Virus protection software protects your computer and my computer.

**Online Resources:** This course makes use of many online resources. I have made every effort to make sure the links I have are up-to-date. However, due to the changing nature of the web, you may find that a resource is temporarily unavailable or has been removed. If this should happen, please send me an email and I will find an alternative resource or modify the assignment accordingly.

### **Instructor Information (QM Standards 1.8 & 5.3)**

Individual instructors complete this information.

#### **Virtual Office Hours**

I am available in my virtual office by appointment only. Send me an email to set up an appointment.

#### **Personal Commitment**

My personal commitments to you as a participant include:

I will reply to course mail messages within 24 hours;

I will read all discussion postings and will reply where appropriate within 3 days

I will acknowledge my receipt of every course mail message immediately upon reading it. If I am unable to respond to the request or concern at the time of initial reply, I will give you an estimated time for my next reply.

If I am going to be away from the course space for more than a day or two, I will send a message to you indicating the length of my absence.

I will regularly update information regarding due dates in the course announcements.

### **Optional/Required Course Materials (QM Standard 4.6)**

You will find your required textbook information in the course catalog at <http://ilearn-wvrocks.wvnet.edu>. All other required readings and videos are included in each of the modules.

## Grading Policy (QM Standard 3.2)

Each module consists of a discussion, test, and journal entry, each having specific point values. For each assignment you will be given the rubric or grading information from which you will be evaluated.

Discussions (4*20 points)	80
Tests (4*60 points)	240
Journal Entries (4*20 points)	80
<b>Total:</b>	<b>400</b>

The grading scale is as follows:

**A** = 360-400 pts.

**B** = 320-359 pts.

**C** = 280 -319 pts.

**D** = 240 -279 pts.

**F** = < 240 pts.

## Module Objectives and Assessments (QM Standard 2.2, 2.3, 2.4, 2.5, 3.4, 3.5, 5.1)

### Module 1

After you have complete the readings and content for this module you will be able to:

- **Define stress, the different types of stress, and the importance of stress. [M1S2: Self-assessment, M1A1: Sources of Stress Discussion, M1A2: Test]**
- **Identify the dimensions of health and the impact of stress on each dimension. [M1S1: Self-assessment, M1A1: Sources of Stress Discussion, M1A2: Test]**
- **Identify ways to assess stress. [M1A1: Sources of Stress Discussion, M1A2: Test]**
- **Recognize the stress response (fight or flight) and general adaptation syndrome. [M1A1: Sources of Stress Discussion, M1A2: Test]**
- **Identify the connection between stress and physical health. [M1A1: Sources of Stress Discussion, M1A2: Test]**
- **Discuss common sources of stress in today's world. [M1A1: Sources of Stress Discussion, M1A2: Test]**
- **Define relaxation and describe the power nap. [M1A3: Journal Entry: Power nap]**
- **Report on relaxation practice. [M1A3: Journal Entry: Power nap]**

## Module 2

After you have complete the readings and content for this module you will be able to:

- **Recognize the role of perception.** [M2S1: Self-assessment, M2A1: Mindfulness Discussion, M2A2: Test]
- **Identify factors related to changing perception.** [M2A1: Mindfulness Discussion, M2A2: Test]
- **Identify common thinking mistakes and distortions.** [M2S2, Self-assessment, M2A1: Mindfulness Discussion, M2A2: Test]
- **Identify techniques to change thinking patterns.** [M2A1: Mindfulness Discussion, M2A2: Test]
- **Describe mindfulness and ways to incorporate mindfulness into daily life.** [M2A1: Mindfulness Discussion, M2A2: Test]
- **Identify the most challenging emotions and methods for managing these emotions.** [M2A2: Test]
- **Describe the importance of breathing for relaxation.** [M2A3: Journal Entry: Breathing]
- **Report on relaxation practice.** [M2A3: Journal Entry: Breathing]

## Module 3

After you have complete the readings and content for this module you will be able to:

- **Recognize the difference between religion and spirituality.** [M3S1: Self-assessment, M3A1: Test]
- **Identify the positive impact of spirituality on health.** [M3A1: Test]
- **Identify the five qualities of spiritual health.** [M3A1: Test]
- **Define Time management.** [M3A1: Test, M3A2: Time Management Discussion]
- **Discuss the methods of time management.** [M3A1: Test, M3A2: Time Management Discussion]
- **Identify the ABC's of money management.** [M3A1: Test, M3A2: Time Management Discussion]
- **Recognize the relationship between money and mental and emotional health.** [M3A1: Test, M3A2: Time Management Discussion]
- **Describe autogenics as a relaxation technique.** [M3A3: Journal Entry: Autogenics]

- **Report on Relaxation practice. [M3A3: Journal Entry: Autogenics]**

#### **Module 4**

After you have complete the readings and content for this module you will be able to:

- **Define social support. [M4A1: Test]**
- **List the different types of social support. [M4S1: Self-assessment, M4A1: Test]**
- **Identify ways to improve and maintain positive social support. [M4S1: Self-assessment, M4A1: Test]**
- **Discuss factors that can impact your mental and emotional health in your physical environment. [M4A1: Test, M4A2: Physical Environment Discussion]**
- **Identify healthy lifestyle behaviors. [M4A1: Test, M4A2: Physical Environment Discussion]**
- **Recognize the impact of healthy lifestyle behaviors on mental and emotional health. [M4A1: Test, M4A2: Physical Environment Discussion]**
- **Describe Guided Imagery as a relaxation technique. [M4A3: Journal Entry: Guide Imagery]**