

<p>Course Name: KNPE 425/3.0</p> <p>Physiology of Stress</p>	<p>Course Instructor: Dr. Kyra Pyke</p>	<p>Contact Hours: Lectures: 2 x 1.5 hrs / 12 weeks</p>
		<p>Prerequisite: KNPE 225/3.0 and KNPE 227/3.0 Level 4 or above in a KINE or PHED Plan.</p>
		<p>Exclusion: KNPE 493/3.0-001 Topic ID Stress Physiology (Offered winter 2016)</p>
<p>Course Description:</p> <p>An in-depth exploration of physiological responses to psychological sources of stress. An emphasis is placed on understanding the pathways through which stress can influence physical health.</p>		<p>Course Texts:</p> <p>Resources will be posted on OnQ.</p>
<p>Intended Student Learning Outcomes:</p> <ul style="list-style-type: none"> Describe stress, physiological stress response activation and its short and long term consequences in order to support advanced topic discussion Apply an understanding of physiological stress responses to explain mechanisms by which stress can influence physical function and health Describe nature and physiological impact of selected stress management strategies to consider potential value as interventions Interpret, evaluate and present research related to physiological responses to psychological stress in order to discuss evidence, generate hypotheses, answer questions and demonstrate communication skills 		<p>Course Evaluation:</p> <p>Term tests- 60%; #1 (20%), #2 (20%), #3 (20%) (not cumulative) Research assignment- 30%; Quizzes-10%- based on readings (available through onQ), lowest three marks will be dropped</p>
<p>Course Outline</p>		
Introduction		Shame as a form of stress
The physiological stress response		Chronic stress and cardiovascular disease – classic animal evidence
Studying stress responses in the lab		Chronic stress and cardiovascular disease – evidence in humans

Acute stress reactivity and cardiac events	Chronic stress and cardiovascular disease – mechanisms
Acute stress reactivity and prediction of CV outcomes	Chronic stress and cardiovascular health - mechanisms
Acute stress and endothelial function	Chronic stress and telomeres
Acute stress and endothelial function Problem statements	Stress management
Stress and endothelial function - cortisol	

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