

<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 primarily psychological sources of stress. An emphasis is placed on understanding the interaction between stress responses and function/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"> • <u>Describe</u> stress, physiological stress response activation and its short and long term consequences in order to support advanced discussion • <u>Apply</u> an understanding of physiological stress responses to explain mechanisms by which stress can influence function and health • <u>Describe</u> the nature and physiological impact of selected stress management strategies to explain potential value as interventions • <u>Interpret and evaluate and present</u> research related to stress physiology to discuss evidence, generate hypotheses, answer questions and demonstrate communication skills. 		<p>Course Evaluation:</p> <p>TBD</p>
<p>Course Outline</p>		
The physiological stress response	Acute stress and endothelial function – variability and conclusions	
The physiological stress response and stimulating responses in the lab	Impact of acute exercise on stress reactivity	
Acute stress reactivity and CV health	Chronic stress – evidence regarding the influence on cardiovascular health	
Acute stress and endothelial function	Occupational stress – assessment and findings	
Acute stress and endothelial function-mechanisms-SNA	Stress management	
Acute stress and endothelial function – mechanisms – cortisol and ET-1	Stressful life events and depression	