

PSY 451

Health & Stress Psychology

Summer 2026

Online Flex | 3 Credits

Course Number	PSY 451-90-2
Course Name	Health & Stress Psychology
School	School of Education and Behavioral Sciences
Term	Summer 2026
Credits	3
Delivery Format	Online Flex
Canvas	https://chaminade.instructure.com

Instructor Information

Instructor	Abby Halston, Ed.D., NCC, LMFT
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Office Location	Behavioral Sciences 111A
Office Hours	By appointment
Communication	Email responses within 24 hours; Canvas assignment comments within 48 hours.

Course Description and Materials

Catalog Course Description

This course examines the relationship among psychological states, social contexts, and physical reactions, with emphasis on stress, illness, exercise, nutrition, sleep, coping skills, relaxation, social support, and lifestyle change. Students explore Eastern approaches, including Daoist, Buddhist, and Confucian perspectives, alongside Western approaches such as evolutionary theory. Experiential learning includes Tai Chi and Qigong.

Prerequisites and Corequisites

None.

Required Materials

- Santee, R. An Integrative Approach to Counseling: Bridging Chinese Thought, Evolutionary Theory, and Stress Management.
- Santee, R. The Tao of Stress: How to Calm, Balance, and Simplify Your Life.

Canvas

Canvas will be used for course materials, announcements, discussions, and assignment submissions. Students are expected to check Canvas regularly.

Credit Hour and Time Allocation

This three-credit course requires a minimum of 135 hours of student engagement. Engagement includes online learning activities, assigned readings, discussions, written assignments, reflective work, examination preparation, and completion of the Personal Stress Management Program.

Course Activity	Estimated Hours
Online instruction and course activities	37.5
Assignments and projects	48
Reflections	15
Examination preparation	10.5
Readings and preparation	24
Total	135

Learning Outcomes

Psychology Program Learning Outcomes (PLOs)

1. Identify key concepts, principles, and overarching themes in psychology.
2. Demonstrate adaptation and change through the critical interpretation, design, and evaluation of psychological research.
3. Demonstrate effective written and oral communication within the field of psychology.
4. Explain the dynamic interaction among mind, body, and social influences as part of educating the whole person.

Course Learning Outcomes (CLOs)

Upon successful completion of PSY 451, students will be able to:

1. Use the scientific method to examine questions in health and stress psychology.
2. Develop, implement, and evaluate a Personal Stress Management Program.
3. Explain the role of Tai Chi and Qigong in health promotion and stress prevention.

4. Identify the cognitive, affective, behavioral, and biological dimensions of stress.
5. Apply holistic approaches to stress management from multiple cultural and theoretical perspectives.

Alignment of Learning Outcomes

Alignment	CLO 1	CLO 2	CLO 3	CLO 4	CLO 5
Marianist Value	5	5	5	5	5
Program Learning Outcome	1	4	4	1	4
Native Hawaiian Value	5	5	5	5	5

Mission and Values

Marianist Values

An education in the Marianist Tradition is marked by five characteristics:

1. Education for formation in faith.
2. Provide an integral, quality education.
3. Educate in family spirit.
4. Educate for service, justice, peace, and the integrity of creation.
5. Educate for adaptation and change.

This course emphasizes Educate for Adaptation and Change by promoting flexible and open-minded thinking, integrating Eastern and Western perspectives on stress, and helping students develop proactive approaches to health and well-being.

Native Hawaiian Values

- 1. Formation in Faith (Mana):** E ola au i ke akua - May I live by God.
- 2. Integral, Quality Education (Na'auao):** Lawe i ka ma'alea a kū'ono'ono - Acquire skill and make it deep.
- 3. Family Spirit ('Ohana):** 'Ike aku, 'ike mai, kōkua aku kōkua mai; pēlā iho lā ka nohona 'ohana - Recognize others, be recognized, help others, be helped.
- 4. Service, Justice, and Peace (Aloha):** Ka lama kū o ka no'eau - Education is the standing torch of wisdom.
- 5. Adaptation and Change ('Āina):** 'A'ohe pau ka 'ike i ka hālau ho'okahi - All knowledge is not taught in the same school.

Course Activities and Assessments

Assessment Summary

Assessment	Description	Points
Discussion Responses	Six substantive responses of at least 250 words, supported by course readings or scholarly sources.	30
Yoga, Tai Chi, or Qigong Critical Evaluation Paper	Critical evaluation of the history, principles, and health benefits of one selected practice.	25
Exercise Reflection Paper	One-week exercise experience and reflection on physical, mental, and emotional effects.	25
PSMP Logs	Three weekly logs documenting implementation of stress-management techniques.	15
PSMP Weekly Reflections	Three weekly reflections analyzing the PSMP experience.	15
PSMP Overall Analysis and Reflection	Comprehensive evaluation of the effectiveness of the student's personalized stress-management strategies.	10
Midterm Examination	Assessment of material from the first half of the course.	100
Final Examination	Comprehensive assessment with emphasis on the second half of the course.	200
Total		420

Discussion Responses

Students will complete six discussion responses. Each response should be thoughtful, substantive, at least 250 words, and demonstrate critical engagement with course concepts. Responses should refer to assigned readings or other scholarly sources.

Major Written Assignments

Yoga, Tai Chi, or Qigong Critical Evaluation Paper

Research and critically evaluate the history, principles, and health benefits of one selected practice.

Exercise Reflection Paper

Complete a one-week exercise regimen and reflect on its physical, mental, and emotional effects.

Personal Stress Management Program

Develop and implement a personalized stress-management plan. Submit three weekly logs, three weekly reflections, and a final overall analysis of the program's effectiveness.

Examinations

The midterm and final examinations may include multiple-choice, short-answer, and essay questions. Study guides will be provided before each examination.

Course Policies**Attendance and Participation**

Regular online participation is required and will be monitored through Canvas activity, discussion posts, assignment submissions, and access to course materials. Students should log in at least three times per week.

Late Work

Late assignments will receive a 50% point deduction. No work will be accepted after the final day of the course. Requests for an extension should be submitted at least 48 hours before the due date and will be considered individually.

Changes to the Syllabus

The instructor may revise the syllabus when necessary. Students will be informed of changes through Canvas or email.

Grades of Incomplete

An Incomplete may be considered only for a documented emergency when at least 75% of the coursework has been completed with a passing grade. A written agreement must identify the remaining work and completion deadline.

Academic Honesty

Students are expected to follow Chaminade University standards for academic honesty. Academic dishonesty may include plagiarism, cheating, theft or alteration of records, and unauthorized assistance.

Title IX and Nondiscrimination

Chaminade University is committed to an environment free of sex discrimination and gender-based violence. Faculty members are required to report disclosures covered by Title IX to the appropriate University official.

Students with Disabilities

Students requesting accommodations should contact Kōkua 'Ike: Center for Student Learning at ada@chaminade.edu. Students should begin the accommodation process as early as possible.

Tutoring and Learning Services

Kōkua 'Ike provides free tutoring and writing support. Contact tutoring@chaminade.edu or 808-739-8305.

Final Grade Scale

Letter Grade	Percentage
A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	0-59%

Course Schedule

The schedule below reflects the Summer 2026 accelerated format. Specific due dates will be posted in Canvas.

Week	Theme	Readings	Assignments Due
1	Course introduction, scientific method, and stress overview	IAC Introduction and Ch. 1; TOS Introduction and Ch. 1-2	Milestone 1; Discussion 1
2	Neuropsychology, mind wandering, and negativity bias	IAC Ch. 2-3; TOS Ch. 3-5	Exercise Reflection Paper
3	Stress response and brain systems	IAC Ch. 4-6	Discussion 2
4	Parasympathetic system and exercise	TOS Ch. 6-8	Yoga, Tai Chi, or Qigong Paper
5	Review and midterm preparation	Review materials	Midterm Examination
6	Sleep, diet, and cultural dimensions	IAC Ch. 7; TOS Ch. 9-10	PSMP Week 1 Log and Reflection
7	Eastern and Western perspectives	IAC Ch. 8-10	Discussion 3; PSMP Week 2 Log and Reflection
8	Stress-management techniques: Benson and Kabat-Zinn	IAC Ch. 11-13	Discussion 4; PSMP Week 3 Log and Reflection
9	Cognitive restructuring	Additional Canvas	Discussion 5; Milestone

	and mindfulness	readings	2; PSMP Overall Analysis and Reflection
10	Social and emotional health; final review	Additional Canvas readings and review materials	Discussion 6; Final Examination

Book abbreviations: IAC = An Integrative Approach to Counseling; TOS = The Tao of Stress.