



Module Definition Form (MDF)

Module code: MOD007056	Version: 3 Date Amended: 06/Feb/2025
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1. Module Title
Stress and Stress Management

2a. Module Leader
Eimear Lee

2b. School
School of Psychology, Sport and Sensory Sciences

2c. Faculty
Faculty of Science and Engineering

3a. Level
6

3b. Module Type
Standard (fine graded)

4a. Credits
15

4b. Study Hours
150

5. Restrictions			
Type	Module Code	Module Name	Condition
Pre-requisites:	None		
Co-requisites:	None		
Exclusions:	None		
Courses to which this module is restricted:	Psychology courses, currently: BSc Psychology with Criminology, BSc Psychology, BSc Psychology with Clinical Psychology		

LEARNING, TEACHING AND ASSESSMENT INFORMATION

6a. Module Description

This module will explore what stress is, how stress can affect us and how stress can be managed. The module will be a mix of theory, applied psychology and practical work. The concept of stress will be explored along with the neurobiology of stress and the measurement of stress. The module will encourage a critical evaluation of the empirical literature on stress management. There will be a strong practical focus in the module and students will get hands on experience of methods discussed in the module (for example, running a stress reduction session or measuring the physiological response to stress).

6b. Outline Content

Concept and history of stress

Theoretical approaches to stress

Biological response to stress (including neurobiological, endocrine, immune and cardiovascular perspectives)

Relationship between stress and health

Measurement of stress, including: psychometric, behavioural, biological and interviews. Measurement of stress will cover the theoretical issues of stress measurement but also the practical aspects of measuring stress in individuals and groups.

Application of stress research and stress management

Stress management at the level of the organisation, the individual and the biological response.

Practical methods of stress reduction: e.g. mindfulness, changing the appraisal of stress, relaxation methods, changes to corporate and occupational structures

Evaluation of stress management

Practical work may include: analysis of saliva and hair biomarkers, advanced cardiovascular analysis and running a stress reduction session.

6c. Key Texts/Literature

The reading list to support this module is available at: <https://readinglists.aru.ac.uk/>

6d. Specialist Learning Resources

Access to laboratory with ability to carry out ELISA & Powerlab (or similar) for cardiovascular data recording and analysis.

7. Learning Outcomes (threshold standards)		
No.	Type	On successful completion of this module the student will be expected to be able to:
1	Knowledge and Understanding	Demonstrate an critical understanding of what stress is, how the body responds to stress and how stress might be reduced.
2	Knowledge and Understanding	Describe the measurement of stress.
3	Intellectual, practical, affective and transferrable skills	Integrate information from the theoretical and empirical literature to present a concise critical summary of the literature.
4	Intellectual, practical, affective and transferrable skills	Evaluate methods used to measure and manage stress using appropriate literature.

8a. Module Occurrence to which this MDF Refers				
Year	Occurrence	Period	Location	Mode of Delivery
2025/6	ZZF	Template For Face To Face Learning Delivery		Face to Face

8b. Learning Activities for the above Module Occurrence			
Learning Activities	Hours	Learning Outcomes	Details of Duration, frequency and other comments
Lectures	12	1-4	1 hr x 11 weeks plus 1 hour lecture in TW 12
Other teacher managed learning	13	3-4	1 hr x 8 weeks seminars, 1 x 3 hour practical session and 1 x 2 hour practical session
Student managed learning	125	1-4	25 hours preparation for seminars and practicals. 3 hours reading per week for lectures (total 33 hours), 91 hours independent work in preparation for coursework
TOTAL:	150		

9. Assessment for the above Module Occurrence

Assessment No.	Assessment Method	Learning Outcomes	Weighting (%)	Fine Grade or Pass/Fail	Qualifying Mark (%)
010	Coursework	1-4	100 (%)	Fine Grade	30 (%)

Coursework equivalent to 3000 words

In order to pass this module, students are required to achieve an overall mark of 40% (for modules at levels 3, 4, 5 and 6) or 50% (for modules at level 7*).

In addition, students are required to:

(a) achieve the qualifying mark for each element of fine graded assessment as specified above

(b) pass any pass/fail elements

[* the pass mark of 50% applies for all module occurrences from the academic year 2024/25 – see Section 3a of this MDF to check the level of the module and Section 8a of this MDF to check the academic year]