

SYLLABUS

DATE OF LAST REVIEW:	Fall 2019
CIP CODE:	24.0101
SEMESTER:	Departmental Syllabus
COURSE TITLE:	Biofeedback and Management Skills
COURSE NUMBER:	PSYC-0280
CREDIT HOURS:	3
INSTRUCTOR:	Departmental Syllabus
OFFICE LOCATION:	Departmental Syllabus
OFFICE HOURS:	Departmental Syllabus
TELEPHONE:	Departmental Syllabus
EMAIL:	<i>KCKCC issued email accounts are the official means for electronically communicating with our students.</i>
PREREQUISITE(S):	None

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore, <http://www.kckccbookstore.com/>, for the required texts for your particular class.

COURSE DESCRIPTION:

This course seeks to inform teachers, education majors, and helping professionals on how to use Biofeedback concepts and skills to lower stress in the work place and increase the learning climate.

METHOD OF INSTRUCTION: A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

- I. History and Definitions
 - A. Historical Perspective
 - B. Biofeedback
 - C. Entering the Field of Biofeedback

- II. Instrumentation
 - A. Terminology
 - B. Measurement
 - C. Operating EMG Instruments
- III. Assessment and Initiating Treatment
- IV. Relaxation Techniques
 - A. Breathing Techniques
 - B. Use of Audiotapes
- V. Symptoms indicating Treatment
 - A. Headaches
 - B. Raynaud's Disease
 - C. Hypertension
- VI. Ethical and Professional Considerations
 - A. Professional Ethical Behavior
 - B. Job Descriptions
- VII. Future of Biofeedback

EXPECTED LEARNER OUTCOMES

- A. The student will be able to review biofeedback in its historical context.
- B. The student will be able to describe the definition of biofeedback.
- C. The student will be able to discuss important factors in entering the field of biofeedback.
- D. The student will be able to discuss the meaning of terminology used in the context of biofeedback instrumentation.
- E. The student will be able to describe the processes involved in measuring physiological responses.
- F. The student will be able describe the operation of EMG instruments.
- G. The student will be able to discuss the factors involved in determining if biofeedback is appropriate treatment.
- H. The student will be able to describe various breathing techniques.
- I. The student will be able to discuss the use of audiotapes in conjunction with biofeedback treatment.
- J. The student will be able to describe the treatment of various symptoms with biofeedback.
- K. The student will be able to review ethical issues in the application of biofeedback treatment.
- L. The student will be able to describe jobs utilizing training in biofeedback.
- M. The student will be able to review the possible future utilization of biofeedback.

ASSESSMENT OF LEARNER OUTCOMES:

Student progress is evaluated by means of exams, written assignments, and class participation.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student's progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college's policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

ADA Compliance Statement:**Disability Services**

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the disabilities services office at (913) 288 -7664.

Student Code of Conduct and the Student Handbook:

All enrolled students at Kansas City Kansas Community College are subject to follow all rules, conditions, policies and procedures as described in both the Student Code of Conduct as well as the Student Handbook. All Students are expected to review both of these documents and to understand their responsibilities with regard to academic conduct and policies. The Student Code of Conduct and the Student Handbook can be found on the KCKCC website.

KCKCC Weapons Policy:

The Kansas City, Kansas Community College (KCKCCC) has a Prohibited Weapons Policy, Policy 5.12, applicable to all students, staff and guests of KCKCC. All weapons are generally prohibited on KCKCC property except as permitted under the limited circumstances described in the Weapons Policy and under Kansas law.

Please refer to the KCKCC Weapons Policy at [<http://www.kckcc.edu/explore-kckcc/campus/safety/conceal-carry>] or your Student Handbook for more information. Anyone who witnesses a violation of the KCKCC Weapons Policy should contact Campus Police at: 913-288-7636. Violations of federal, state or local laws or KCKCC policies may result in discipline up to and including expulsion from the college, criminal charges and monetary fines for personal injuries and property damage.