



**ACADEMIC SENATE  
Executive Committee  
REFERRAL FORM**

**CALIFORNIA STATE POLYTECHNIC UNIVERSITY, POMONA**

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Date:	11/19/2025
To:	General Education Committee
From:	Academic Senate Executive Committee
Subject:	Academic Senate Referral
Classification	GE-026-256
Title of Referral:	<u>KIN 3700 - Stress Management: The Science of Living Well (New GE Area 5D)</u>
Background:	See attached referral request form. Additional background provided by the Executive Committee:  New course proposed for GE Area 5D. Approval of KIN 3700 will be accompanied by the discontinuation of KIN 2700.
Recommended resources:	See attached referral request form and supporting documentation. Additional resources recommended by the Executive Committee:  None.  For the Committee's Report on this referral, please list in separate sections, the resources recommended, and resources actually consulted. If a resource was not consulted, briefly state why.
Review and recommend:	Review and recommend as appropriate.
Date required for presenting committee report to the Executive Committee:	3/2/2026

**Your Name:** Ashley Ly

**Your Email:** atly@cpp.edu

**Title of Referral:** KIN 3700 – Stress Management: The Science of Living Well (New GE Area 5D)

**Names and Titles of proponents:**

**Keywords:** Stress, Management, Science, Living, Well

**Is there a deadline by when this referral needs to be considered by the Academic Senate?:**

**Deadline Date:**

**Justification for deadline:**

**BACKGROUND:**

Explores the impact of science, technology, and culture on human well-being, values, and quality of life. Focuses on the science of stress and its effects on mental health, disease, and illness on an individual and global scale. Examines the application and generalization of basic human biological sciences with an emphasis on psychophysiological responses to stress and evidence-based theories for its reduction. Considers the dichotomy of technological advances, including positive uses of biotechnology and AI programs to manage stress, alongside the detrimental effects of technology saturation and social media on mental health. Investigates the impact and paradox of the science and technology of stress in civilizations over time, including how they have affected human living due to rapid and dramatic development (e.g., global hegemony, human displacement). Explores cultural acceptance and the resultant implications of mental health concerns. Themes are explored mainly through lecture, reading, discussion, and personal exploration of the course content.