

## **PH 330 - Stress and Population Health**

3 Credit Hours

This course will focus on the physiological, psychological, and behavioral responses to stress and the resulting impact on health, at the individual, community and population levels. Specifically, students will analyze research investigating the associations of factors such as acute and chronic stress, traumatic stress, with diseases of the cardiovascular system, the metabolic system, the neurological system and the immune system. Through case studies and independent research, students will explore and develop programs and policies designed to control and facilitate positive stress management at the individual, organizational, and community levels.

### **Prerequisites**

[PH 301 BG 210](#)