

Course:

HHP 104 Stress and Disease Management

2 hours

Majors, Minors & Degrees:

Majors

Health and Fitness Studies (B.S.)

Health and Physical Education (B.S.)

Minors

Health and Fitness Studies

Departments/Programs:

Health and Human Performance

A course designed to develop and expand information about stress, mental health, and major chronic diseases. The course will present causes and warning signs of major chronic diseases and coping strategies for emotional stress.

Prerequisite(s): HHP 015 Health and Wellness.

(Normally offered each fall semester.)