Nebraska Wesleyan University

HHP 104 Stress and Disease Management

Catalog

2011-2012

Course Description

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.)

Course Hours

2 hours

Departments

1. Health and Human Performance