

**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.)