

**Course:**

**HHP 2040 Stress and Disease Management**

**2 hours**

**Majors, Minors & Degrees:**

**Majors**

Health and Fitness Studies (B.S.)  
Health and Physical Education (B.S.)  
Public Health (B.S.)

**Minors**

Health and Fitness Studies  
Public Health

**Departments/Programs:**

Health and Human Performance (Undergraduate)

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.  
(Normally offered each spring semester.)