Nebraska Wesleyan University

PSYCH 2450 Health Psychology

Catalog

2025-2026

Course Description

An introduction to the field of health psychology, which is devoted to understanding how people stay healthy, why they become ill, and how they respond to illness and disease. Topics will be discussed from local, national, and global perspectives, and will include the behavioral aspects of the health care system, exercise and nutrition, health-compromising behaviors, stress, AIDS, and the etiology and correlates of health, disease, and dysfunction.
Prerequisite(s): PSYCH 1010/PSYCH 1010FYW Introduction to Psychological Science.
(Normally offered each spring semester.)

Course Hours

4 hours

Departments

1. Psychology