Nebraska Wesleyan University

HHP 2040 Stress and Disease Management

Catalog

2025-2026

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.
(Normally offered each spring semester.)

Archway Curriculum: Foundational Literacies: Diversity, Equity, and Inclusion – Global
Archway Curriculum: Integrative Core: Human Health and Disease Thread

Course Hours

2 hours

Departments

1. Health and Human Performance (Undergraduate)