

# PSYC 316 : Health Psychology

This course provides an introduction to the exciting field of health psychology. We will look at the contributions of the discipline of psychology to the promotion and maintenance of health and prevention and treatment of illness. Special emphasis will be placed on health habits, stress and coping, and issues surrounding pain, illness, and loss. This course will encourage students to apply knowledge from health psychology to improve their life and the lives of others.

**Core Course**

**Credits 3**