

# PSYC 5352 : Health Psychology

The field of health psychology is focused on promoting health and wellness as well as the prevention and treatment of disease and illness. Students will discover how biological, social and psychological factors influence health and illness and explore how research-based interventions can improve health and wellbeing. Students will learn about a wide range of health-related behaviors, including healthy eating, coping strategies, and interventions designed to create a life worth living.

**Credits** 3

**Course ID**

005138