

# Health Psychology I

Syllabus Number

AHS-201

Elective

2 credit

OGATA, Takahiro

## 1. Course Description

The objective of this class is to learn the basic theory of health psychology and to understand the psychological effect of exercises and sports. This class focuses on the promotion of health as well as the prevention and treatment of disease and illness. By taking this class, we can learn how to prevent health problems.