

Health Psychology II

Syllabus Number

SPS-307

Elective

2 credit

OGATA, Takahiro

1. Course Description

The objective of this class is to learn various methods to acquire mental and physical health. Moreover, we study about stress and stress management. This class focuses on the promotion of health as well as the prevention and treatment of disease and illness. Through this class, we learn to avoid risky or unhealthy behaviors and to maintain a positive view that helps fight stress, depression and anxiety.