

# PSYC 328. HEALTH PSYCHOLOGY.

---

Credits: 3

Offered by: Psychology (Faculty of Science)

This course is not offered this catalogue year.

## Description

A survey of major issues in health psychology: historical perspective; health effects of stress and stress management; pain mechanisms and management; prevention and management of chronic diseases, hypertension, coronary heart disease, cancer, and immunological disorders. Behaviour change strategies for smoking, weight regulation, physical inactivity, and sexual risk behaviour.

- Fall
- 2 lectures
- Prerequisite: PSYC 213 and PSYC 215.
- Restrictions: Not open to students who have taken PSYC 429.
- Available only to U2 and above.

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

[Launch Visual Schedule Builder](#)