

## PY 342: Health Psychology

The course presents the influences of behavior, culture, lifestyle, stress and coping, and psychosocial factors on health, illness, and chronic disease. Topics include health disparities and health promotion. Students will learn to apply biopsychosocial research to promote health equality, modify health behaviors, and prevent diseases.

**Hours:** 3

**Prerequisites:**

PY 100, PY 225 or PE 333.

**Program:** Psychology

**Semester Offered:**

Fall,

Online - Spring