

PSYC 206

PSYC 206 Introduction to Health Psychology

3 Credits

Following an introduction and a review of methods and theories, learners will examine biological perspectives on health and disease. Then learners will engage the themes of stress and coping, and links among determinants of health including socioeconomic status, early life adversity, physical environments, and access to healthcare. In addition, various factors contributing to health such as personality, race, social support, diet, fitness, and chronic pain will be examined. Other topics include death, dying, grief, and bereavement. Lastly, learners carefully examine how the field of positive psychology may promote health outcomes. Whenever possible, the influence of culture and diversity on health is examined.

Prerequisites

PSYC 101 and PSYC 102

Transfer Credits

Explore transfer credit opportunities by visiting the BC Transfer Guide (<http://www.bctransferguide.ca>)

