

# PSY 235 : Health Psychology

This course is designed to introduce psychology majors and non-majors to the cognitive, behavioral, and biological approaches to health psychology. Students will explore the diversity in health psychology, including international health research; the impact of issues such as ethnicity, age, and gender on health and research; and the increasing variety of approaches to health care across the lifespan. Students will gain a clear understanding of how biological, behavioral, and social factors influence health. Students will explore ways people can change current attitudes, behaviors, and thinking to promote general well-being and make healthier lifestyle choices today that decrease their risk of future illness.

**Credits** 3

**Prerequisite Courses**

PSY 230