Exploration and examination of stress
In our contemporary world

UNDERSTANDING STRESS: A MULTI-PERSPECTIVE APPROACH

HEALTH SCIENCE 12 (HSCI-12)
3 UNITS

Transferable
- UC / CSU
- Degree applicable
- Pass / No Pass Option

- Consideration of the biological, psychological, and sociological aspects of stress across the lifespan.
- Exploration of the stress process in relation to health, disease, lifestyle, and the sociocultural environment.
- Examination of theories and strategies that address the cognitive, physiological, and behavioral components of stress.
- Emphasis on the development of strategies to enhance academic, personal, and social development.

For more information:
Patricia.Louderback@westvalley.edu
408.741.4604