

## **ES 515: Stress and the Brain**

### **HEALTH, EXERCISE SCI & RECREATION MGMT**

The experience of stress is common to our lives. Stressful events change brain function and behavior and are a major factor contributing to the development of psychiatric disorders. In this course we will focus on the mechanisms through which stress changes our brain. In our classes we will discuss: 1/ how to define stress; 2/ the neurophysiological response to stress; 3/ the impact of genetic background and physical activity; and 4/ the relationship between stress and psychiatric disorders. Students will present and discuss research papers, and learn protocols and techniques to investigate the effects of stress on brain function and behavior.

3 Credits

### **Instruction Type(s)**

- Lecture: Lecture for ES 515

### **Subject Areas**

- [Health and Physical Education, General](#)

### **Related Areas**

- [Health and Physical Education/Fitness, Other](#)
- [Kinesiology and Exercise Science](#)
- [Socio-Psychological Sports Studies](#)
- [Sport and Fitness Administration/Management](#)

