

## 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**

about the accreditation.

- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Sport and Fitness Administration/Management

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions Friday, August 16, 2024 at



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