

## 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
- Sport and Fitness Administration/Management
- <u>Sports Studies</u>

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