## ES 515: Stress and the Brain

## Health, Exercise Sci \& Recreation Mamt

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


