



Bachelor's courses Faculty of Behavioural and Movement Sciences

VU University Amsterdam - Student- & Onderwijszaken - Exchange programme Vrije Universiteit - 2018-2019

Stress and Health

Course code	P_BSTRHEA ()
Period	Period 4
Credits	6.0
Language of tuition	English
Faculty	Fac. der Gedrags- en Bewegingswetensch.
Coordinator	prof. dr. A.H.M. Willemsen
Examinator	prof. dr. A.H.M. Willemsen
Teaching staff	prof. dr. A.H.M. Willemsen
Teaching method(s)	Lecture, Practical
Level	300

Course objective

Knowledge of recent insights into the relation between psychosocial factors and disease risk and an understanding of the underlying physiological mechanisms.

Course content

Overview of epidemiological studies which examine psychosocial factors and personality as risk factors for disease. The underlying physiological mechanisms will be discussed, with particular attention to the cardiovascular system, stress hormonal system and immune system. Students will use the VU-AMS cardiac monitor to obtain cardiovascular data during a day and night and analyze the data as part of the course.

Form of tuition

Lectures and practicals.

Type of assessment

Canvas assignments and paper.

Course reading

Series of articles in English and book chapters.

Remarks

The course is taught in English