

COURSE DETAIL

LIFESTYLE, BEHAVIOR AND PUBLIC HEALTH

Country

Singapore

Host Institution

National University of Singapore

Program(s)

National University of Singapore

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

103

UCEAP Course Suffix**UCEAP Official Title**

LIFESTYLE, BEHAVIOR AND PUBLIC HEALTH

UCEAP Transcript Title

LIFESTYLE & HEALTH

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

In this course, students examine the concept of health, discuss health promotion and disease prevention, and delve into the world of understanding and changing lifestyle behaviors. Students analyze how psychological factors, environments, policies, culture and even corporations shape human behaviors. These insights allow students to design powerful lifestyle interventions. Students gain foundational knowledge and skills necessary for understanding and improving the lifestyle behaviors of populations.

Language(s) of Instruction

English

Host Institution Course Number

SPH2004

Host Institution Course Title

LIFESTYLE, BEHAVIOUR AND PUBLIC HEALTH

Host Institution Course Details

<https://nusmods.com/courses/SPH2004/lifestyle-behaviour-and-public-health>

Host Institution Campus

Host Institution Faculty

Host Institution Degree

Host Institution Department

Public Health

Course Last Reviewed

2025-2026

[Print](#)