

FOR 845 NATURE AND HEALTH

SPRING 2026 | 3 CREDITS | MONDAYS 12:40–3:30 PM



COURSE OVERVIEW

Why is nature so vital to human health—and why is access so unequal? This course examines the science, history, and social dimensions of nature-health relationships, from early philosophical traditions to modern interdisciplinary research. Students will explore how forests, parks, and other natural environments affect stress recovery, physical activity, social cohesion, climate resilience, and health equity.

WHO SHOULD ENROLL

Graduate students in Forestry, Environmental Science and Policy, CSUS, Geography, Epidemiology, and related fields are encouraged to join. No prior coursework in health or ecology is required—just curiosity about how our environments shape human well-being.

COURSE HIGHLIGHTS

Interdisciplinary Foundations: Integrate perspectives from environmental psychology, epidemiology, forestry, geography, and environmental policy.

Engaged Learning: Participate in interactive discussions, field-based and case study activities, and collaborative journal club reviews.

Guest Lectures: Hear from experts across disciplines.

Applied Focus: Design a novel research paper or intervention applying nature-health concepts to real-world environmental and equity challenges.

CONTACT

Please contact Professor Samantha Gailey (sgailey@msu.edu) with any questions.



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