

衛生学・公衆衛生学特講

Elective 2 credit
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1. Course Description

One of the important issues in the field of sports and health science in Japan is to improve the health level of society as a whole by getting people to acquire appropriate health behaviors. In this regard, behavioral science-based research and public health activities based on such studies are important. In a super-aging society like Japan, both scientific research results and practical activities to enable people to make appropriate behavioral modification, are especially required for the prevention of lifestyle-related non-communicable diseases. In this lecture, I will first explain public health problems expected due to the very low birth-rate in Japan, and then explain behavioral theories that are considered to be the basis of behavior modification possibly available for getting physically and mentally healthy life.