

## 健康免疫学特講

Elective 2 credit  
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### 1. Course Description

Maintaining a healthy and sound body is important for sports. The immune system plays an essential role in the maintenance of health, while excessive exercise causes a decline in immune function, and the relationship between sports and immunity is quite close. In general, the immune system can be classified as acquired immune system and innate immune system. This course will discuss the basics of immunology, including the latest findings, as well as sports and related fields. The goal of this lecture is to understand the molecular mechanisms of each system, as well as the relationship between related drugs and athletes' immunity, so that these knowledge can be utilized in the training of athletes.