

Health Promotion

Syllabus Number 4A111
General Basic Subjects
Elective 2 credit
TAKIZAWA, Takeshi

1. Course Description

This class designed to promote student learning with regard to health issues that affect their immediate and long-term health. Maintaining a healthy way of living requires a balance of physical, mental-emotional, and social well-being.

This class provides students with knowledge of skills necessary to confront health related issues and make a smooth transition from puberty to adolescence.

This class relates to DP1.

2. Course Objectives

In the future, Japanese people will need to have wide range of abilities in order to survive in this competitive society. The main purposes of this course are to improve basic social skills. Students will need to develop many creative and practical skills and learn to build up their mental strengths and emotional stability.

3. Grading Policy

Students are required to submit two reports and pass. Final Exam(100%)

4. Textbook and Reference

Textbook

Health Sciences as a New Lifestyle Yoshihiro Yamazaki Old Supervisor, Takashi Asakura Hen Senbokudo Takanobu ISBN 978 - 4 - 8420 - 6589 - 2

5. Requirements(Assignments)

6. Note

7. Schedule

- [1] Introduction: health, society and way of life
- [2] Health Literacy
- [3] Health system
- [4] Diet and health
- [5] Physical exercise and sleep
- [6] Drug infection
- [7] Mental and physical illness and Oral health
- [8] Places of life (school, home, workplace, community) and health
- [9] Health of people over the border
- [10] Environmental health
- [11] Sexual health
- [12] Disease ·disability and health
- [13] Aging, death and health
- [14] Bioethics
- [15] Summary