

Medicine and Science in Life 2

Syllabus Number 0C202
General Basic Subjects
Elective 2 credit
NISHIMURA, Keita

1. Course Description

We will be encountering various health-related issues through our whole life. Therefore, in order to obtain healthy and comfortable life, we need to deeply understand such issues which may arise at each life stage.

This class is related to Comprehensive Basic Learning Objectives #2, #3 and #5.

2. Course Objectives

The objectives of this class is to understand current status and issues about “health” in our society, and also to recognize appropriate countermeasures against such issues.

Studying them, you will be able to carry out practical activities to improve even your own QOL.

3. Grading Policy

Grades will be evaluated by participation attitude (20%), mid-term achievement test (20%), and final achievement test (60%).

4. Textbook and Reference

5. Requirements(Assignments)

As preparation before the class, understand the technical terms instructed (about 1 hour).

Review and understand the notebooks created during the class before proceeding to the next (about 1 hour).

6. Note

7. Schedule

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| [1] | Over-all remarks |
| [2] | Health: what's that? |
| [3] | Health: status and issues in Japan today |
| [4] | Lifestyle-related diseases |
| [5] | Diabetes |
| [6] | Metabolic syndrome |
| [7] | Mid-term achievement test |
| [8] | Obesity |
| [9] | Sarcopenia |
| [10] | Locomotive syndrome |
| [11] | Smoking |
| [12] | Alcohol |
| [13] | Drugs |
| [14] | Mental stress |
| [15] | Final achievement test |