

科目ナンバリング		U-LAS40 10010 LE26										
授業科目名 <英訳>		Biology and Sociology of Chronic Diseases-E2 Biology and Sociology of Chronic Diseases-E2					担当者所属 職名・氏名		医学研究科 助教 LUO , Yan			
群	健康・スポーツ科目群			分野(分類)		健康・スポーツ科学(基礎)			使用言語	英語		
旧群		単位数	2単位		週コマ数	1コマ		授業形態	講義 (対面授業科目)			
開講年度・ 開講期	2024・前期		曜時限	木3			配当学年	全回生		対象学生	全学向	
【授業の概要・目的】												
In this course, we will explore common social and environmental factors that affect health. Each lecture will focus on a specific risk factor and its related chronic diseases, encompassing both the sociological and biological aspects of the diseases. We will then discuss strategies for disease prevention and management, considering both individual and population perspectives. Students will gain an understanding of the significance of maintaining a healthy lifestyle and discover approaches that can help with behavioral changes. Additionally, we will highlight the importance of population-based interventions, such as national health policies, in influencing human health. Students will learn how to critically evaluate scientific evidence and will be encouraged to make informed decisions based on their own interpretations of value. The class will encompass lectures, short videos, and group discussions to facilitate learning and engagement.												
【到達目標】												
1. To understand social and environmental risk factors for chronic diseases. 2. To learn strategies for starting and maintaining a healthy lifestyle. 3. To recognize the importance of health policies and health promotion programs in improving population health. 4. To develop skills for critically evaluating scientific evidence and making informed decisions.												
【授業計画と内容】												
In principle, the course will be offered according to the following plan. The order and content may be subject to slight changes. Week 1: Course introduction Week 2-3: Sex/gender, race/ethnicity, as risk factors (e.g., autoimmune diseases, heart disease); and health strategies addressing gender inequality Week 4-5: Aging as a risk factor (e.g., dementia, arthritis); and the healthcare system in Japan aiming to tackle population aging Week 6-7: Stress as a risk factor (e.g., PTSD, cancer); and cognitive behavioral strategies for coping with stress Week 8-10: Physical activity, diet, and lifestyle diseases; and the lifestyle disease prevention programs in Japan Week 11-12: Environmental risk factors: Allergic diseases & Radiation Week 13-14: Smoking, alcohol and drugs as risk factors: Health effects & Population- and individual-level interventions Week 15: Summary Week 16: Feedback												

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【履修要件】

特になし

【成績評価の方法・観点】

Attendance and active participation 30%

Assignments 30%

Final report 40%

【教科書】

使用しない

【参考書等】

（参考書）

Reference materials will be provided during the class.

【授業外学修（予習・復習）等】

Students are expected to attend classes, complete the assigned reading and writing, and contribute to discussions.

【その他（オフィスアワー等）】

Students may ask questions or request to schedule an in-person appointment via email.