

科目ナンバリング		U-LAS40 10013 LE26							
授業科目名 <英訳>		Health Psychology I-E2 Health Psychology I-E2				担当者所属 職名・氏名		人と社会の未来研究院 講師 DE ALMEIDA, Igor	
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	2025・前期		曜時限	水2		配当学年	全回生	対象学生	全学向
【授業の概要・目的】									
This course will introduce students to the social and psychological variables that influence our physical health and our ability to cope with illness. Topics include stress reactions, risk factors in chronic disease, and prevention of disease.									
【到達目標】									
At the conclusion of this course, students will be able to:									
1. Describe the basic function of the cardiovascular, immune, and endocrine system, and how health behaviors, personal relationships, and stress can influence these systems									
2. Demonstrate understanding of the methods and evidence that exists to explain how psychology can impact physical health									
3. Critically apply research findings in health psychology to real world health problems and solutions									
This course will also develop students' communication and critical thinking skills in English.									
【授業計画と内容】									
As required, and with advanced notice to students, the instructor may make some minor adjustments to the schedule below.									
1 Course welcome and topic introduction									
2 Health Behaviours I									
3 Health Behaviours II									
4 Class activity I									
5 Class activity II									
6 Stress and illness I									
7 Stress and illness II									
8 Class activity III									
9 Patients, providers and the health system									
10 Pain, coping and alternative medicine									
11 Chronic illness									
12 Health status and quality of life									
13 Culture and health									
14 Class Activity IV									
15 Presentations and feedback									
The course format includes interactive lectures accompanied by powerpoint slides and demonstrations (interactive activities, short film) to illustrate concepts. Course time regularly includes small group / class discussions.									
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## Health Psychology I-E2 (2)

### 【履修要件】

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### 【成績評価の方法・観点】

Each class activity and presentation accounts for 20% of the grade.

This course uses a raw score grading system (0-100).

Optional extra activities such as reports and participation in research may be introduced during class. These activities may provide additional points to the final grade.

### 【教科書】

授業中に指示する

Class contents are based on several sources, these are the main references:

Ogden, J. (2019). Health Psychology. ISBN: 0335251862

Cassidy, T. (2022). Stress, Cognition and Health. ISBN: 0367564181

Straub, R. O. (2014) Health Psychology: A Biopsychosocial Approach. ISBN: 1464109370

Irwin, M. R. (2008). Human psychoneuroimmunology: 20 years of discovery. Brain, behavior, and immunity, 22(2), 129-139.

### 【参考書等】

( 参考書 )

Tony Cassidy 『Stress, Cognition and Health』 ( 2022 ) ISBN:0367564181 ( Reference book )

Jane Ogden 『Health Psychology』 ( 2019 ) ISBN:0335251862

Richard O. Straub 『Health Psychology: A Biopsychosocial Approach』 ( 2014 ) ISBN:1464109370

### 【授業外学修 ( 予習・復習 ) 等】

To make satisfactory progress in the course, students will be expected to spend approximately 90 minutes each week outside of class reviewing lecture materials, class notes, and recommended texts.

### 【その他 ( オフィスアワー等 ) 】

Walk-in office hours will be available each week. Students may use office hours to discuss course material or for other general questions, such as studies / careers in psychology. The time and location for walk-in hours will be announced in the first week. Students are also welcome to make appointments for office hours by emailing the instructor in advance and arranging a mutually convenient time.