

❖科目名 Course Title			
English IV (Current Topics)			
❖担当教員 Instructor			
マーシャル スミス (Marshall Smith)			
❖開講学期 Semester	Fall	❖対象学年 Year	2
❖履修可能人数 Capacity	10	❖単位数 Number of Credits	2
❖授業形態 Type of Class			

❖キーワード Key Words	
English, human health, lifestyle disease, natural laws of health, nutrition	
❖授業の目的 Course Objectives	
Help students not only improve their English, but also be able to establish healthy living habits for the future.	
❖授業概要 Course Description	
This class is taught in English and looks at current and practical topics related to human health and lifestyle. The "8 Natural Laws of Health" that include good nutrition, plenty of exercise, water, sunlight, temperance, air, rest and trust are discussed along with lifestyle diseases, food facts, weight control and other important topics for helping students not only improve their English, but also be able to establish healthy living habits for the future.	
❖到達目標 Course Goals	
Improve English skills Learn causes of lifestyle diseases Establish healthy living habits	
❖授業計画 Course Schedule	
<ol style="list-style-type: none"> 1. Course Introduction 2. Health Overview (NEW START) 3. Medical Overview 4. The Western Diet 5. Modern Nutrition 6. Lifestyle Diseases I 7. Lifestyle Diseases II 8. Lifestyle Diseases Presentations 9. Understanding Food I 10. Understanding Food II 11. Understanding Food Presentations 12. Weight Control and Mental Health I 13. Weight Control and Mental Health II 14. Weight Control and Mental Health Presentations 15. Final Lecture and Exam/Report 	
❖成績評価 Grading System	
Active participation Reports Group work Presentations Other assignments Graded reading Final exam or report	

❖テキストTextbooks
<i>Health Power: Health by Choice not Chance</i> (available in class)
❖参考書Reading List
Moodle graded (extensive) reading program
❖準備学習Homework
Graded readers
Other homework
❖オフィスアワーOffice Hours
Please make appointments after class or by email
❖連絡先 (E-mail) E-mail
marshall@obihiro.ac.jp
❖質問・相談への対応方法Contact Information
Office: N3307-7
Phone (内) 5619
❖履修上の注意Notes
Textbook available in class
❖備考Other Information
Contact instructor if have any question(s) or want additional information

※「対象学年」と「単位数」は、科目提供大学における数字であり、受講大学に応じて異なるので、所属大学で確認してください。

※「履修可能人数」は、科目提供大学以外の人数であり、遠隔と対面それぞれの受講形態で履修できる人数を示しています。(例.5(遠隔), 5(対面):遠隔授業で5名, 対面授業で5名まで履修可能。)

※北海道大学の対面授業は、教室の収容人数によって履修できない場合があります。