

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.



Instructor

Marshall Smith

Professor,
Department of Human Sciences, Division
of Natural Sciences and Physical
Education

2nd Semester Course offered at
Obihiro University of Agriculture and Veterinary Medicine

English IV (Current Topics)

(Current Topics on human health and life style)

Grading System

Active participation
Reports
Group work
Presentations
Other assignments
Graded reading
Final exam or report

Course Goals

- Improve English skills
- Learn causes of lifestyle diseases
- Establish healthy living habits

Course Schedule

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