

Code	10149		
Class name	Physiology		
Semester	2nd	Lecture target	2
Unit Classification	Elective	Unit count	2
Charge teacher	Okano Ryosuke		
Category	Professional education subject		
Class style	Lecture		
Class time	Fri/3		
NO.	Cd11160w		

Professional career-experienced <input type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class
Languag <input checked="" type="checkbox"/> using languages other than Japanese
Active learning elements <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input type="checkbox"/> practical training,fieldwork

Class outline,goal
From a welfare point of view of improving and cultivating the social welfare and enhancement of the culture, the aim of this course is to help students understand nerve system, structure and function of bone and muscle, nutrition and metabolism, emergency procedures, sudden death during exercise, electrocardiogram (including arrhythmia) , blood, endocrine system, obesity, and diet and body
Class plan
1. Introduction, Health problem in modern society 2. Skeleton and muscle 3. Nerve system 4. Respiratory system 5. Circulatory system 6. Nutrition and metabolism 1 (Nutrients, Basal metabolizm, Specific dynamic action and so on) 7. Nutrition and metabolism 2 (Relationships between various nutients and exercise,Active oxygen and nutrients, Sports and water intake and so on) 8. Electrocardiogram (Arrthymia, Diving reflex and so pn) 9. Sudden death during exercise

10. Emergency procedure
11. Obesity and diet (Brown fat cells and white fat cells, Cause of obesity, Judgement of obesity and type of obesity, Principle of diet through exercise and so on)
12. Blood (Blood composition, Cause of anemia and preventive method of it and so on)
13. Endocrine system
14. Body temperature
15. Review and reflexion
No final exam
Grading method
Grading will be decided based on final report and quiz of each class.
Assigned books
Related document will be distributed at each class.
Classroom equipment
Video equipment (using video or DVD)
Advice on preparation and review
Check lecture contents at each class and read the references and documents of each class.
Class rules
You must refrain from speaking privately and using your smart phone during lecture.
Grading Criteria
Your final grade will be calculated according to the following process: Final report(95%) and quiz of each class(5%).
Feedback method
The submissions will be checked and returned them with some comments.
Note
Late will be severely prohibited. You must refrain from putting your smart phone on your desk.
Office hour
The 2nd period on Friday
Improvements from the results of the previous year's class evaluation questionnaire
Letter size of board writing will be bigger and speed of it will be slower than ever.