

Course Name	Lecture on Health Behavioral Science
Course Number	OATHE21
Credits	1.0 Credits
Adaptation years	1, 2 Year
Class hold days	FallAB Wed3
Instructor	Shinichiro Sasahara, Tamaki Saito, Ichiyo Matsuzaki, Nobuaki Morita, Yuichi Oi, Yasukazu Ogai, Syotaro Doki, Daisuke Hori
Overview	Goal: To understand the concept of health promotion and the theory and methods of health behavior change through examples from various fields of environmental stress. To be able to discuss health behavior change from various perspectives.
Remarks	Lectures are conducted in English. *Face-to-face, but lecture content will also be delivered online (on-demand). Depending on the infection situation, all lectures may be changed to online.
Course Type	lectures
Relation to Degree Program Competences	Core area 4 of public health sciences: an ability for application of social and behavioral sciences skills
Course Objectives (Learning Outcomes)	This course aims to equip students with an understanding of the concept of health promotion, and theory and methodology of health behavior change through the real example in each field. Upon completion of this course, students will be able to examine health behavior changes through various disciplines
Class Schedule	
Course Prerequisites	All classes are conducted in lectures (100%). Preparing for the range of classes and reviewing them after class.
Grading Philosophy	More than 70% attendance and submission of the report are required for earning the credit. Evaluated by the attendance and the final report.
Course Hours Breakdown and Out-of-Class Learning	The course is face-to-face learning at classroom # 4B119 on Wednesday 12:15-13:30.
Textbooks, References, and Supplementary Materials	To be announced if any.
Office Hours and Contact Information	At any time (check the schedule by email before visiting). Shinichiro Sasahara s-sshara at md.tsukuba.ac.jp <a href="http://www.md.tsukuba.ac.jp/community-med/envhlth/">http://www.md.tsukuba.ac.jp/community-med/envhlth/</a> Tamaki Saito Ichiyo Matsuzaki <a href="http://www.md.tsukuba.ac.jp/community-med/envhlth/">http://www.md.tsukuba.ac.jp/community-med/envhlth/</a> Nobuaki Morita nobuakim at nifty.com Yasukazu Ogai Syotaro Doki doki.s at nifty.com Daisuke Hori daisuke_hori at md.tsukuba.ac.jp
Other (Behavioral)	Subject to change to online courses depending on social conditions.

<p>expectations and points to note for students during coursework)</p>	<p>We are planning to upload the recorded video or power-point slide at a later date, for students who cannot come to the university due to COVID-19.          Let us know in advance if you cannot come to the university due to COVID-19.          We are looking forward to seeing you.</p> <p>Classes taught in English and Japanese.          *Face-to-face, but lecture content will also be delivered online (on-demand).          Depending on the infection situation, all lectures may be changed to online.</p>
<p>Relation to Other Courses</p>	
<p>Teaching Fellow and/or Teaching Assistant</p>	
<p>Course Keywords</p>	<p>Health promotion, Salutogenesis, Health behavior change, Self-Efficacy</p>