

COURSE DETAIL

HUMAN HEALTH

Country

Japan

Host Institution

International Christian University

Program(s)

International Christian University

UCEAP Course Level

Lower Division

UCEAP Subject Area(s)

Health Sciences

UCEAP Course Number

51

UCEAP Course Suffix

A

UCEAP Official Title

HUMAN HEALTH

UCEAP Transcript Title

HUMAN HEALTH

UCEAP Quarter Units

1.50

UCEAP Semester Units

1.00

Course Description

This course explores the knowledge required to be healthy for entire life. (Safety, Diseases, Nutrition, Sleep, Mental Health etc.) The aim of this course is to provide students with information about human health and security that is based on current scientific evidence. The course will inform students about health and security to assist them in developing healthy habits, reducing their risks for illness and injury, and maximizing their academic and human potential at ICU.

Language(s) of Instruction

English

Host Institution Course Number

HPE001E

Host Institution Course Title

HUMAN HEALTH

Host Institution Campus

International Christian University

Host Institution Faculty

Host Institution Degree

Host Institution Department

Health and Physical Education

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