

# 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**

HEALTH SCIENCE

### **Host Institution Course Details**

<https://campus.icu.ac.jp/public/ehandbook/PreviewSyllabus.aspx?regno=10402&year...>

### **Host Institution Campus**

International Christian University

### **Host Institution Faculty**

### **Host Institution Degree**

### **Host Institution Department**

Health and Physical Education

### **Course Last Reviewed**

2022-2023

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