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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