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| Specialized subjects | Class style: Seminar (Exercise) | 4 Credits (2 Credits \* 2 Semester) |
| Course title | Practicum in Behavioral Medicine |
| Theme | Behavioral medicine /Interplay of environment, body, and mind |
| Semester | 2 terms, Friday, Second period |
| Location | Assigned by research instructor |
| Course director | Akihiro Asakawa |
| GIO | To understand the theory behind behavioral medicine approaches, and be able to apply it in clinical practice.To understand and be able to explain the clinical role of behavioral medicine.To understand the theories behind behavioral medicine approaches, and be able to apply it in clinical practice. |
| SBO | To understand and be able to explain concepts in behavioral medicine.To understand and be able to explain theories in behavioral medicine using findings from basic research and clinical studies.To understand and be able to explain the role of behavioral medicine in diagnosing psychosomatic diseases, lifestyle diseases, and stress-related diseases. To understand and be able to explain the role of behavioral medicine in disease prevention, health promotion, and anti-aging.To understand and be able to explain the theories behind behavioral medicine approaches using findings from basic research and clinical studies.To be able to apply behavioral medicine approaches when diagnosing psychosomatic diseases, lifestyle diseases, and stress-related diseases, as well as in disease prevention, health promotion, and anti-aging. |
| Coursedescriptions | Students in this course will do exercises using findings from basic research and clinical studies, particularly focused on food, exercise, and sleep behaviors, to gain understanding of and be able to explain human behaviors, including in terms of their biological mechanisms. Students will also learn how behavioral mechanisms are guided by the interplay of social and environmental factors (including life history) with the mind and body, as well as study the role of behavioral medicine when diagnosing psychosomatic, lifestyle, and stress-related diseases, as well as in disease prevention, health promotion, and anti-aging. Exercises will also provide students with an understanding of the theories behind behavioral medical approaches using findings from basic research and clinical studies, and how they can be applied when diagnosing psychosomatic, lifestyle, and stress-related diseases, as well as in disease prevention, health promotion, and anti-aging. |
| Course materials | Reference book: 現代心療内科学　永井書店　久保千春 他Reference book: Neuroscience: Exploring the Brain (Mark F. Bear, etc) |
| Evaluation scheme | Participation, written assignments and oral presentation |
| Office hour | Weekday 9:00～17:00 |
| e-mail address | http://www.kufm.kagoshima-u.ac.jp/~psm/ |
| After class | According to the need, intensive exercises will be conducted in Summer and Winter vacations. |
| remarks | Students are needed to contact instructors in advance. |

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| Specialized subjects | Class style: Research | 12 Credits (2 Credits \* 6 Semester) |
| Course title | Laboratory Course in Behavioral Medicine |
| Theme | Behavioral medicine, and correlation of social, visceral and intracerebral environments |
| Semester | 6 terms, Monday to Friday, Third – Fifth periods |
| Location | Assigned by research instructors |
| Course director | Akihiro Asakawa、Haruka Amitani |
| GIO | Graduate students will understand and learn research method using behavioral medicine for pathologic clarification and treatment development of psychosomatic, lifestyle-related and stress-related diseases, conduct experiments and make manuscripts.  |
| SBO | Students will understand the problems on pathologic clarification and treatment development of diseases from the viewpoints of Behavioral Medicine, correlation of social, visceral, and intracerebral environments and explain connecting to previous papers.Students will think of solutions of the problems on pathologic clarification and treatment development and explain them.Students will understand research method using behavioral medicine and conduct experiments.Students will discuss research results connecting to previous papers.Students will compile research results and make manuscripts. |
| Coursedescriptions | In this course, we will seek behavioral medicine, and correlation of social, visceral and intracerebral environments |
| Course materials | Reference book: Neuroscience: Exploring the Brain (Mark F. Bear, etc) |
| Evaluation scheme | Participation, written assignments and oral presentation |
| Office hour | Weekday 9:00～17:00 |
| e-mail address | http://www.kufm.kagoshima-u.ac.jp/~psm/ |
| After class | According to the need, intensive experiments will be conducted in Summer and Winter vacations. |
| remarks | Students are needed to contact instructors in advance. |