

授業科目名	Research in Health Sociology I	科目番号	02EU372
単位数	1	担当教員	Fumi Takeda
授業時間	spring C Monday1・2	研究室	D509
科目の種類	seminor	メールアドレス	takeda@taiiku.tsukuba.ac.jp
標準履修年次	1~3	オフィスアワー	

授業の到達目標 Writing dissertations on specific research themes in the fields of parent-child health care and geriatric health care.

授業の概要 Students will be individually supervised on designing and writing dissertations on specific research

テキスト To be announced if any.

参考図書 To be announced if any.

成績評価の方法 Class attendance and participation; Written report.

授業計画

回	担当教員	授業内容
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授業科目名	Seminar on Health Sociology II	科目番号	02EU353
単位数	3	担当教員	Fumi Takeda
授業時間	s.i.c	研究室	D509
科目の種類	seminar	メールアドレス	takeda@taiiku.tsukuba.ac.jp
標準履修年次	1～3	オフィスアワー	s.i.c

授業の到達目標 Students will be able to examine theory and methodology of health sociology.

授業の概要 This course aims to equip students with an understanding concept of health sociology by learning issues on occupational health and school health.

テキスト s.i.c

参考図書 To be announced if any.

成績評価の方法 Class attendance and participation; presentation or report.

授業計画

回	担当教員	授業内容
1～20	武田文	Psychosocial factors related to health Constitution and mechanism of sense of coherence Stress model Health issues and health care policy and system of workers and children Occupational stress of human service workers

授業科目名	Research in Health Sociology I	科目番号	02EU372
単位数	1	担当教員	Fumi Takeda
授業時間	Spring C Monday 1・2	研究室	D509
科目の種類	seminor	メールアドレス	takeda@taiiku.tsukuba.ac.jp
標準履修年次	2～3	オフィスアワー	

授業の到達目標 Writing dissertations on specific research themes in the fields of parent-child health care and geriatric health care.

授業の概要 Students will be individually supervised on designing and writing dissertations on specific research

テキスト To be announced if any.

参考図書 To be announced if any.

成績評価の方法 Class attendance and participation; Written report.

授業計画

回	担当教員	授業内容
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授業科目名	Research Method in Health Sociology	科目番号	02EU374
単位数	1	担当教員	Fumi Takeda
授業時間	Spring C Monday 3・4	研究室	D509
科目の種類	seminar	メールアドレス	takeda@taiiku.tsukuba.ac.jp
標準履修年次	1～3	オフィスアワー	s.i.c

授業の到達目標 This course aims to equip students with understanding of research methods used in the field of Health Sociology

授業の概要 Students will learn research methods used in the field of Health Sociology, such as reviewing literature, formulating hypothesis, preparing and conducting surveys, and processing and analyzing data.

テキスト To be announced if any

参考図書 To be announced if any

成績評価の方法 Class attendance and participation; Written report.

授業計画

回	担当教員	授業内容
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授業科目名	Seminar in Stress Management I	科目番号	02EU375
単位数	1	担当教員	Katsuyoshi Mizukami
授業時間	spring AB Tuesday7・8	研究室	Tokyo Campus 540
科目の種類	seminor	メールアドレス	mizukami.katsuyos.ga@u.tsu-kuba.ac.jp
標準履修年次	1～3	オフィスアワー	Tuesday 17:00-18:00

授業の到達目標 In order to complete thesis, students design and submit research program related to stress management and health promotion.

授業の概要 Seminar in Stress Management I is an intensive subject offered in the spring semester. Students consider the efficacy and limitations of stress management and health promotion in the workplace, school, home and geriatric society through a decentralized study citing several real-life examples. Based on this analysis, students identify issues from their own To be announced if any.

テキスト

参考図書 To be announced if any.

成績評価の方法 Class attendance and participation; Written report.

授業計画

回	担当教員	授業内容
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授業科目名	Seminar in Stress Management II	科目番号	02EU376
単位数	1	担当教員	Katsuyoshi Mizukami
授業時間	Autumn AB Tuesday7・8	研究室	Tokyo Campus 540
科目の種類	seminor	メールアドレス	mizukami.katsuyos.ga@u.tsu-kuba.ac.jp
標準履修年次	1～3	オフィスアワー	Tuesday 17:00-18:00

授業の到達目標 In order to complete thesis, students design and submit research program related to stress management and health promotion.

授業の概要 Seminar in Stress Management II is an intensive subject offered in the fall semester. Students consider the efficacy and limitations of stress management and health promotion in the workplace, school, home and geriatric society through a decentralized study citing several real-life examples. Based on this analysis, students identify issues from their own workplace experience and develop effective models of health promotion and stress management systems designed to resolve the issues thus identified.

テキスト To be announced if any.

参考図書 To be announced if any.

成績評価の方法 Class attendance and participation; Written report.

授業計画

回	担当教員	授業内容
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授業科目名	Research in Stress Management I	科目番号	02EU377
単位数	1	担当教員	Katsuyoshi Mizukami
授業時間	Spring C Thursday7・8	研究室	Tokyo Campus 540
科目の種類	seminor	メールアドレス	mizukami.katsuyos.ga@u.tsu-kuba.ac.jp
標準履修年次	2,3	オフィスアワー	Tuesday 17:00-18:00

授業の到達目標 Student acquire basic knowledge about the research theme as well as to conduct the research related to stress management and health promotion. In addition, writing a master thesis and a presentation about the research progress are required.

授業の概要 Research in Stress Management I is an intensive subject offered in the spring semester. Student continue his research through presentation and intensive discussion.

テキスト To be announced if any.

参考図書 To be announced if any.

成績評価の方法 Class attendance and participation; Written report.

授業計画

回	担当教員	授業内容
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授業科目名	Research in Stress Management II	科目番号	02EU378
単位数	1	担当教員	Katsuyoshi Mizukami
授業時間	Autumn C Tuesday7・8	研究室	Tokyo Campus 540
科目の種類	seminor	メールアドレス	mizukami.katsuyos.ga@u.tsu-kuba.ac.jp
標準履修年次	2,3	オフィスアワー	Tuesday 17:00-18:00

授業の到達目標 Student acquire basic knowledge about the research theme as well as to conduct the research related to stress management and health promotion. In addition, writing a master thesis and a presentation about the research progress are required.

授業の概要 Research in Stress Management II is an intensive subject offered in the fall semester. Student continue his research through presentation and intensive discussion.

テキスト To be announced if any.

参考図書 To be announced if any.

成績評価の方法 Class attendance and participation; Written report.

授業計画

回	担当教員	授業内容
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授業科目名	Research Methods in Stress Management	科目番号	02EU379
単位数	1	担当教員	Katsuyoshi Mizukami
授業時間	SpringABC	研究室	Tokyo Campus 540
科目の種類	seminor	メールアドレス	mizukami.katsuyos.ga@u.tsu-kuba.ac.jp
標準履修年次	1~3	オフィスアワー	Tuesday 17:00-18:00

授業の到達目標 Students are engaged in learning research methods in stress management and health promotion and will be able to comprehend theory and practice of research methods according to their own topics

授業の概要 Students learn research methods that will be a foundation to conduct research in the field of stress management and health promotion.

テキスト To be announced if any.

参考図書 To be announced if any.

成績評価の方法 Class attendance and participation; Written report.

授業計画

回	担当教員	授業内容
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授業科目名	Seminar in Health Counseling Science I	科目番号	02EU380
単位数	2	担当教員	Sayuri Hashimoto
授業時間	Spring AB Friday5・6	研究室	D510
科目の種類	Seminar	メールアドレス	3964
標準履修年次	From 1st grade to 3rd grade	オフィスアワー	Friday 13 : 00～15 : 00

授業の到達目標 To present health counseling, health behavioral science and stress science literature related to own search subject with reference to domestic and foreign prior research. In addition to conducting discussions from theories and practical aspects, practice on research methods.

授業の概要 Start in spring semester. Health counseling, health behavioral science and stress science are reviewed. Case examples of health counseling practices that were divided into health related issues and understand assistive techniques.

テキスト No particular text

参考図書 It's introduced during a session.

成績評価の方法 1. A classroom assignments (50%)
2. A classroom presentation and report (50%)

授業計画

回	担当教員	授業内容・キーワード
1	Sayuri Hashimoto	Orientation
2	Sayuri Hashimoto	Presentation and discussion (1) (2) ; About articles on health counseling
3	Sayuri Hashimoto	Presentation and discussion (3) (4) ; About articles on health counseling
4	Sayuri Hashimoto	Presentation and discussion (5) (6) ; About articles on health counseling
5	Sayuri Hashimoto	Presentation and discussion (7) (8) ; About articles on health behavioral science
6	Sayuri Hashimoto	Presentation and discussion (9) (10) ; About articles on health behavioral science
7	Sayuri Hashimoto	Presentation and discussion (11) (12) ; About articles on health behavioral science
8	Sayuri Hashimoto	Presentation and discussion (13) (14); About articles on stress science
9	Sayuri Hashimoto	Presentation and discussion (15) (16) ; About articles on stress science
10	Sayuri Hashimoto	Presentation and discussion (17) (18) ; About articles on stress science

research methods, literature in the fields, health behavioral science, health counseling theories, health coaching theories, image therapy, self-care behavior theories, behavior change theories, intervention skills

授業科目名	Seminar in Health Counseling Science Ⅱ	科目番号	02EU381
単位数	2	担当教員	Sayuri Hashimoto
授業時間	Autumn AB Friday5・6	研究室	D510
科目の種類	Seminar	メールアドレス	3964
標準履修年次	From 1st grade to 3rd grade	オフィスアワー	Friday 13 : 00～15 : 00

授業の到達目標	To present health counseling, health behavioral science and stress science literature related to own research subject with reference to domestic and foreign prior research. In addition to conducting discussions from theories and practical aspects, exercise on supporting techniques and research methods
授業の概要	Start in autumn semester. Health counseling, health behavioral science and stress science are reviewed. Case examples of health counseling practices that were divided into health related issues and understand assistive techniques.
テキスト	No particular text
参考図書	It's introduced during a session.
成績評価の方法	1. A classroom assignments (50%) 2. A classroom presentation and report (50%)

授業計画

回	担当教員	授業内容
1	Sayuri Hashimoto	Orientation
2	Sayuri Hashimoto	Presentation and discussion (1) (2) ; Health counseling of lifestyle-rel
3	Sayuri Hashimoto	Presentation and discussion (3) (4) ; Health counseling of diabetes
4	Sayuri Hashimoto	Presentation and discussion (5) (6) ; Health counseling of depression
5	Sayuri Hashimoto	Presentation and discussion (7) (8) ; Support for ageing
6	Sayuri Hashimoto	Presentation and discussion (9) (10) ; Support for child rearing
7	Sayuri Hashimoto	Presentation and discussion (11) (12) ; School
8	Sayuri Hashimoto	Presentation and discussion (13) (14); Workplace
9	Sayuri Hashimoto	Presentation and discussion (15) (16) ; Specialist
10	Sayuri Hashimoto	Presentation and discussion (17) (18) ; Stress management

research methods, literature in the fields, health counseling theories, health coaching theories, image therapy, stress management theories, self-care behavior, behavior change, intervention skills, lifestyle-related disease, diabetes, depression

授業科目名	Special Research for Health Counseling Science I	科目番号	02EU382
単位数	1	担当教員	Sayuri Hashimoto
授業時間	Spring C Friday5・6	研究室	D510
科目の種類	Seminar	メールアドレス	3964
標準履修年次	From 2nd grade to 3rd grade	オフィスアワー	Friday 13 : 00～15 : 00

授業の到達目標	Based on their own research topics, present and discuss research plan design, survey implementation and analysis results. Also present research presentations at their respective related academic conferences and deepen their research based on the discussions at that time. We will also submit a paper to the journal.
授業の概要	Design a research plan to solve problems in health counseling, health behavioral science and stress science. We also conduct research and research in areas based on the research plan. Study analysis methods and results, and instruct the creation of doctoral thesis.
テキスト	It's introduced during a session.
参考図書	It's introduced during a session.
成績評価の方法	1. A classroom assignments (50%) 2. A classroom presentation and report (50%)

授業計画

回	担当教員	授業内容
1	Sayuri Hashimoto	Presentation and discussion (1) (2)
2	Sayuri Hashimoto	Presentation and discussion (3) (4)
3	Sayuri Hashimoto	Presentation and discussion (5) (6)
4	Sayuri Hashimoto	Presentation and discussion (7) (8)
5	Sayuri Hashimoto	Presentation and discussion (9) (10)

research plan, methods to solve issues, intervention, analyzing methods, research methods, literature in the fields, health behavioral science, health counseling theories, health coaching theories, image therapy, self-care behavior theories, behavior change theories

授業科目名	Special Research for Health Counseling Science II	科目番号	02EU383
単位数	1	担当教員	Sayuri Hashimoto
授業時間	Autumn C Friday5・6	研究室	D510
科目の種類	Seminar	メールアドレス	3964
標準履修年次	From 2nd grade to 3rd grade	オフィスアワー	Friday 13 : 00～15 : 00

授業の到達目標 Based on their own research topics, to present and discuss intervention plan implementation, analysis and results. Also try to improve necessary intervention skills.

授業の概要 Consider literature review and research results of interventions on intervention methods for solving health counseling and stress management problems and instruct the creation of doctoral dissertations. Master the intervention skills necessary to implement the intervention plan based on research topics.
テキスト It's introduced during a session.

参考図書 It's introduced during a session.

成績評価の方法 1. A classroom assignments (50%)
 2. A classroom presentation and report (50%)

授業計画

回	担当教員	授業内容・キーワード
1	Sayuri Hashimoto	Presentation and discussion (1) (2)
2	Sayuri Hashimoto	Presentation and discussion (3) (4)
3	Sayuri Hashimoto	Presentation and discussion (5) (6)
4	Sayuri Hashimoto	Presentation and discussion (7) (8)
5	Sayuri Hashimoto	Presentation and discussion (9) (10)

intervention plan, research methods, literature in the fields, health counseling theories, health coaching theories, image therapy, stress management theories, self-care behavior, intervention skills, lifestyle-related disease, diabetes, depression

授業科目名	Practice in Health Counseling Science	科目番号	02EU384
単位数	1	担当教員	Sayuri Hashimoto
授業時間	Annual	研究室	D510
科目の種類	practical trainings	メールアドレス	3964
標準履修年次	From 1st grade to 3rd grade	オフィスアワー	Friday 13 : 00～15 : 00

授業の到達目標 To acquire intervention skills necessary to a study, based on respective research subject. As prior learning, to submit own assignment setting and goal setting on mastered technique and 2 days training. Also, as a follow-on learning, submit a participation report of practical training. Develop systems that can be applied to acquire skills and solve problems in their field.

授業の概要 This course combines with lectures (25%) and practical trainings (75%). Practice of Health Counseling explores the theories behind "health counseling", "health behavioral science" and "stress science," as well as the basic principles and techniques of counseling, in the context of a multi-tiered learning-oriented examination of behavioral objectives, behavioral change, self growth and system change. Students identify real-life issues from their workplace experience and clarify the salient issues, then apply their knowledge to health counseling systems in the regional, workplace and home environments and engage in fieldwork designed to achieve resolution of same. An original text is used.

テキスト

参考図書 It's introduced during a session.

成績評価の方法 1. A classroom assignments (50%)
2. A participation report of practical training (50%)

授業計画

回	担当教員	授業内容・キーワード
1～10	Sayuri Hashimoto	<p>Experience learning about health counseling, health coaching, image therapy and stress management method techniques that support self-care behavior.</p> <p>Discuss on the matter of what students propose.</p> <p>health counseling, health coaching, image therapy, stress management, self-care behavior, behavior change, intervention skills</p>

授業科目名 Course	運動・栄養学特別研究 Research Methodology on Health Fitness Studies	科目番号	02EU385
単位数 Credits	3	担当教員	大藏倫博、麻見直美 Tomohiro Okura, Naomi Omi
授業時間 Schedule	通年（応談） Spring/Fall terms, TBA	研究室	A608、A308
科目の種類 Course type	演習 Class Exercises	メールアドレス	okura.tomohiro.gp@u.tsukuba.ac.jp
標準履修年次 Requirement	1年～3年 1st to 3rd	オフィスアワー	メールで予定確認の上、 訪問すること By appointment

授業の到達目標 学位論文の研究計画から論文作成・発表にわたる一連のプロセスを理解し実践する
Objectives 。

授業の概要 This seminar aims for students to understand and practice processes of writing research
Description proposal, data collection, data analysis and writing thesis on area of Health Fitness.
運動・栄養学研究の具体的プロセスについて、問題の決定と仮説の形成、人や動物
を対象とした介入研究、および質問紙調査の準備・実施、統計分析、結果の考察などを
中心に学位論文作成の個別指導を行う。
In this seminar, students will learn processes and methodologies of human performance
and nutrition research including intervention studies in humans and animals, preparation
and implementation of questionnaire survey, statistical analysis, discussion on results.

テキスト 特に定めない
Textbooks TBA
参考図書 授業の中で紹介する
References TBA

成績評価の方法 出席と課題
Evaluation Active participation and research proposal

授業計画 Schedule	担当教員 Instructor	授業内容 Activities
1	Tomohiro Okura, Naomi Omi	オリエンテーション Orientation
2～10	Tomohiro Okura, Naomi Omi	発表と討議 Presentation and discussion