

**Sub-course: Exploring Human Life and Environmental Sciences: Perspectives on Health, Society, and Technology**

	Course title	[Code]	(Credits)
Undergraduate students:	Summer Program in English II	[24N3049]	(2)
Graduate students:	Special Lectures in Humanities and Sciences II	[24S0152]	(2)

1. Description

This comprehensive program, a collaborative effort of the Human-Environmental Science Department, Human Life Science Department, Nutrition Department, and Psychology Department, delves into various facets of health, society, and technology. Specifically, it examines the relationship between modern lifestyles and health, addressing this issue in light of recent scientific findings in the field of human diet and physical behavior. The exploration extends beyond biological aspects to encompass the influence of social norms, cultural assets, and overall well-being. When relevant, discussions will be enriched with references and data specifically directed to Japanese society and its people, offering participants valuable insights applicable to both global and Japanese perspectives.

2. Teaching Day and Time

Day	Time	Lecturer	Topic/Contents	Place
July 19 Fri	5:00pm-6:00pm	Tripette Julien	Course Orientation	Plaza 3F Seminar room
July 22 Mon	9:30am-11:00am 11:10am-12:40am	Iida Kaoruko Nagase Nobuko	Let's talk about diet and health(1) Labor Practices and Social Insurance Policies in Japan(1)	Same as above
July 23 Tue	9:30am-11:00am 11:10am-12:40am	Nagase Nobuko Iida Kaoruko	Labor Practices and Social Insurance Policies in Japan(2) Let's talk about diet and health(2)	Same as above
July 24 Wed	1:20 pm – TBA	Tripette Julien	Field trip	To be advised
July 25 Thu	11:10am-12:40am	Tripette Julien	Active lifestyle,health and technology(1)	Plaza 3F Seminar room
July 26 Fri	11:10am-12:40am	Tripette Julien	Active lifestyle,health and technology(2)	Same as above
July 29 Mon	9:30am-11:00am 11:10am-12:40am	Ito Hiroyuki	Understanding mental health problems in children and adolescents	Same as above
July 30 Tue	9:30am-11:00am 11:10am-12:40am	Tripette Julien	Active lifestyle,health and technology(3)	Same as above
July 31 Wed	9:30am-11:00am 11:10am-12:40am	Kotani Masao	Japanese legal culture	Same as above

### 3. Class Contents:

#### **Topic: Let's talk about diet and health**

Dr. Kaoruko IIDA

Abstract: Do you know 'non-communicable diseases (NCDs)' ? NCDs, also known as chronic diseases or life-style related diseases, are a general term for diseases associated with high-risk life style behaviors. According to a WHO statement (<https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>), NCDs cause 41 million death each year, equivalent to 74% of all deaths globally. And unhealthy diet is one of the risk factors most closely associated with NCDs. In this lecture, you will first learn the basic knowledges of NCDs. The student is then asked to summarize and present the characteristics of NCDs profiles in their own countries using a web-based information. Through your presentation, let's think and talk about diet and health.

#### **Topic: Understanding mental health problems in children and adolescents**

Dr. Hiroyuki ITO

Abstract: During childhood and adolescence, various mental health problems such as school absenteeism, bullying, self-injury, delinquency, and abnormal eating become apparent and severe. It is an important social issue to clarify the mechanism of these problems and to find measures for their prevention and intervention. However, understanding and predicting child development is difficult for two reasons. First, development is influenced by numerous factors at multiple levels: genetic, physiological, psychological, familial, and social. Second, these factors constantly change over time and interact with each other. Developmental psychopathology, which examines the causes and mechanisms of children's mental health problems over time, addresses these issues by integrating data from three levels: (1) the biological, including genes, brain structure and function, and physical health and development; (2) the psychological, including thoughts, feelings, and behaviors; and (3) the social-cultural, including family, friends, school, community, and culture. This talk will provide an overview of the framework and approach of developmental psychopathology and present findings from a large longitudinal study conducted in Japan by the speakers' research group.

#### **Topic: Japanese legal culture**

Dr. Masao KOTANI

Abstract: In this lecture, I will explain the legal culture in Japan. Specifically, the lecture will use the example of dismissal in the field of labor law. What does it mean "to fire a worker" in Japanese society? In Japan, even though there was no explicit provision in the law, the court precedents led to the establishment of the concept of "the abuse of the right to dismiss". According to this doctrine, the employer is not free to exercise the right to dismiss; rather, there are certain strong restrictions, and if the conditions are not met, the dismissal is invalid as an "abuse of rights". This case law cannot be explained by the letter of the written law. It is deeply connected to the economic and social realities, collective beliefs, value system, and lifestyles. This type of problem is called the problem of legal culture. Therefore,

we would like to examine some aspects of Japanese legal culture using this subject of dismissal as an example. Then, I will ask the participants to present how the legal doctrine and social conception surrounding dismissal are in their countries, and discuss the differences and similarities in each other's legal culture.

**Topic: Labor Practices and Social Insurance Policies in Japan**

Dr. Nobuko NAGASE

Abstract: In the first part of the class, I would talk about specific features of Japanese labor market as well as social insurance system that have encouraged gender division of labor within households. I would like to also talk about the change in attitude among the younger generation and also the change in the work and family formation behavior among the younger cohorts.

In the second part of the class, I would like you to share with us how you would seek work in your country, and how you envision your work and your life up to late thirties so that we can exchange ideas with each other while explaining about labor market and labor practices in your own home country.

**Topic: Active lifestyle, health and technology**

Dr. Tripette Julien

While physical inactivity is consistently ranked among the top preventable factors contributing to mortality, health policies aiming at promoting active behaviors may lack the necessary support to be efficiently applied at the individual level. In this lecture, we will explore how technologies help measure and promote physical activities. We will provide an overview of the available wearable technology embedded in contemporary activity trackers. Finally, we will present results from studies related to the evaluation of physical behaviors that are conducted at Ochanomizu University. Students will be evaluated based on their attendance and by submitting a 1- to 2-page mini report.

4. Evaluation

Class attendance (50%)

Reaction paper and/or oral presentation or practical exercise completed during the class (50%).