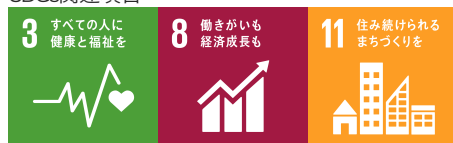


2021 年度 第2学期 教養教育		日英区分: 英語
健康と口の病気 Health and Oral Diseases		
講義番号	科目区分	学期
911430	教養教育科目	第2学期
ナンバリングコード	教室	
NDGZOLAMZ1—N	Building for General Education A21	
必修・選択の別		
選択必修		
単位数	曜日・時限	
1	木5～6	
担当教員 (ローマ字表記)		
高柴 正悟 [TAKASHIBA Shogo]		

#### SDGs関連項目



#### ■ 対象学生

Life Sciences

#### ■ 他学部学生の履修の可否

対象学生の項目を参照

#### ■ 連絡先

Phone: 086-235-6675

Email: stakashi@okayama-u.ac.jp

#### ■ オフィスアワー

Monday 8:30-9:00, Tuesday 17:00-17:30, Thursday 8:30-9:00 (Okayama University Hospital, Central Clinic, 4th floor, Dept. of Periodontal Science)

Since there are frequent changes, it would be helpful if you contact me by e-mail in advance! (Please use the official mail address of our university. Otherwise, it may be classified as junk mail and I may not be able to respond.)

#### ■ 学部・研究科独自の項目

Not relevant

#### ■ 使用言語

学生により日本語又は英語

#### ■ 授業の概要

Omnibus lecture series to initiate you to come up with healthy life for lifetime. Let's think about it!

#### ■ 学習目的

To come up with healthy life for lifetime. Find the clues for our healthy lives!

#### ■ 到達目標

In order to spend our entire life healthy,

- 1) Think at least one idea to improve our health
- 2) Modify your daily life for your health
- 3) Can make recommendations and support to others

At the end of the class, you'll be able to describe what you can reach (knowledge, behavior, etc.).

## ■ 授業計画

Thursday 5・6 period (14:00 ~ 16:10); "AT" = @, "\*" = ac.jp

1st June 17

For your healthy life: Mouth affects systemic health; Oral diseases caused by changes of daily lives

Prof. Takashiba, Shogo; stakashi AT okayama-u.\*

2nd June 24

For your healthy life: How to manage oral bacteria; Dental caries (tooth decay) and periodontal diseases (gum disease) as infectious diseases

Prof. Ohara, Naoya; oharan AT mdokayama-u.\*

3rd July 1

For your healthy life: Defense mechanism of mouth -saliva-; Simple and effective prevention for dental caries (tooth decay) and periodontal diseases (gum disease)

Associate Prof. Ekuni, Daisuke; dekuni7 AT mdokayama-u.\*

4th July 8

Healthy mind and satisfaction: Esthetic dentistry; Advanced therapy for dental caries (tooth decay)

Prof. Torii, Yasuhiro; torii AT mdokayama-u.\*

5th July 15

Pleasant lives and jaw functions: Function and disease of jaw; Changes of them according to aging

Assistant Prof. Moritani, Norifumi; hachi70 AT mdokayama-u.\*

6th July 19 (\*\*Monday\*\*)

Cultivate healthy eating: Eating and swallowing: For healthy aging

Prof. Egusa, Masahiko; egusa AT mdokayama-u.\*

7th July 29

Diseases related to growth and development: Tumor and its character and treatment; Tumor in oral and maxillofacial region

Associate Prof. Ibaragi, Soichiro; sibaragi AT mdokayama-u.\*

8th August 5

Healthy life by cooperation of medicine, dentistry, and engineering: Advanced medical materials and apparatus; Harmony between biomaterials and body

Associate Prof. Okada, Masahiro; m\_okada AT cc.okayama-u.\*

## ■ 授業時間外の学習(予習・復習)方法(成績評価への反映についても含む)

Please take a look at Takashiba's past two lecture materials in advance. Please see from the link below. The password is the user name of Takashiba's mail address (before @).

[http://www.cc.okayama-u.ac.jp/~perio/kog3/health\\_oral\\_disease/1st\\_lecture.pdf](http://www.cc.okayama-u.ac.jp/~perio/kog3/health_oral_disease/1st_lecture.pdf)

[http://www.cc.okayama-u.ac.jp/~perio/kog3/health\\_oral\\_disease/2nd\\_lecture.pdf](http://www.cc.okayama-u.ac.jp/~perio/kog3/health_oral_disease/2nd_lecture.pdf)

If you need to consider it, please consult with your instructor before registering for the course.

## ■ 授業形態

(1)授業形態-全授業時間に対する[講義形式]:[講義形式以外]の実施割合

90% : 10%

(2)授業全体中のアクティブ・ラーニング

協働的活動(ペア・グループワーク、ディスカッション、プレゼンテーションなど)

少ない

対話的活動(教員からの問いかけ、質疑応答など)

やや少ない

思考活動(クリティカル・シンキングの実行、問いを立てるなど)

やや少ない

理解の確認・促進(問題演習、小テスト、小レポート、授業の振り返りなど)

やや多い

### (3)授業形態-実践型科目タイプ

該当しない

### (4)授業形態-履修者への連絡事項

Includes preparation and review on HP (at Lab) and/or moodle.

In case you need special consideration, please consult in advance.

### ■ 使用メディア・機器・人的支援の活用

視聴覚メディア(PowerPointのスライド、CD、DVDなど)

多い

学習管理システム(Moodleなど)

やや多い

人的支援(ゲストスピーカー、TA、ボランティアなど)

やや少ない

### 履修者への連絡事項

In case you need special consideration, please consult in advance.

Each faculty will use prints (PDF), slides (including English and Japanese languages), videos, Internet etc. as necessary. Of course, ICT too.  
There are also materials written on white board.

### ■ 教科書

教科書1	ISBN	4023318752		
	書名	<a href="#">続・日本人はこうして歯を失っていく: 専門医が教える全身の健康につながる歯周病予防</a>		
	著者名	日本歯周病学会, 日本臨床歯周病学会著		
	出版社	朝日新聞出版	出版年	2020
教科書2	ISBN	9784862270160		
	書名	<a href="#">人は口から老い口で逝く 認知症も肺炎も口腔から</a>		
	著者名	落合邦康		
	出版社	日本プランニングセンター	出版年	2021

### 備考

This is a private recommendation of the representative faculty member, but please refer to it.

To purchase textbooks handled by the Okayama University Co-op, see the textbook information "Text-it".

Please check at <https://okadai.text.univ-coop.net/>

### ■ 参考書等

参考書1	ISBN	4150503788		
	書名	<a href="#">ハーバート白熱教室講義録+東大特別授業</a>		
	著者名	マイケル・サンデル著; NHK「ハーバート白熱教室」制作チーム, 小林正弥, 杉田晶子訳		
	出版社	早川書房	出版年	2012
参考書2	ISBN	4-480-06188-6		
	書名	<a href="#">正しい大人化計画: 若者が「難民」化する時代に</a>		
	著者名	小浜逸郎著		
	出版社	筑摩書房	出版年	2004
参考書3	ISBN	4004306795		
	書名	<a href="#">生活習慣病を防ぐ: 健康寿命をめざして</a>		
	著者名	香川靖雄著		
	出版社	岩波書店	出版年	2000
参考書4	ISBN	4062574411		
	書名	<a href="#">アメリカNHKの生命科学戦略: 全世界の研究の方向を左右する頭脳集団の素顔</a>		
	著者名	掛札堅著		
	出版社	講談社	出版年	2004

### 備考

This is a private recommendation of the representative faculty member, but please refer to it.

## 成績評価の方法

No written exam

However, due to attendance status and each time report, each class personnel graded independently. And the representative scoring it by comprehensively. In the report, it is required to describe what you learned and what you have doubted in a logical way. Please think about "showtime" to the faculty of the students, please write down.

If the number of attendance does not reach the one stipulated by our university, it will be impossible to evaluate the grade.

(It is only public school or semi-public which the University will decide to accept on holidays (details are on HP home homepage> student life> open language, semi-public, other absences) only.

## 受講要件

Students who want a healthy life, those who want to contribute to health science, welcome anyone!

I do not need preliminary knowledge, but motivation to learn and improve is necessary.

In addition, you are required to attend classes at the prescribed lecture desk.

## 教職課程該当科目

None.

## JABEEとの関連

- (a) Ability to consider things in a multifaceted manner from the global perspective and its education
- (e) Design ability to solve social demands by utilizing various science, technology and information
- (f) Communication skills such as logical description ability, oral presentation ability, discussion
- (g) Ability to learn voluntarily and continuously (h) Ability to proceed work in a systematic manner under given constraints

## SDGs関連項目

(保健)あらゆる年齢のすべての人々の健康的な生活を確保し、福祉を促進する。

(経済成長と雇用)包摂的かつ持続可能な経済成長及びすべての人々の完全かつ生産的な雇用と働きがいのある人間らしい雇用 (ディーセント・ワーク)を促進する。

(持続可能な都市)包摂的で安全かつ強靭 (レジリエント)で持続可能な都市及び人間居住を実現する。

## 実務経験のある教員による授業科目

Applicable

The advanced research results of the dentistry faculty members of the Graduate School of Medical and Dental Sciences will be explained in an easy-to-understand manner as "showtime" from the faculty side to the students.

They contain a lot of things related to your future research, learning and daily life.

This professor in charge is a dentist, and involved in establishing a venture company with research results at the university, we are doing business of "extension of healthy life span".

## 備考/履修上の注意

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This subject is subject to lottery.

Only students who have won the lottery or students who have won the additional recruitment on the Web can take this course.

Please check the bulletin board of your faculty and the official website of Okayama University, and register for the lottery within the specified period.

[http://www.okayama-u.ac.jp/tp/student/kyomu1\\_5.html](http://www.okayama-u.ac.jp/tp/student/kyomu1_5.html)

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