

## Preventive Medicine and Applied Immunology 2022

修士 2 年

Thank you so much for this lecture, and I did learn a lot from this lecture. Throughout this quarter, I have gained knowledges of almost everything I wanted to know about human body, and the systems that support our lives. Additionally, I also leant about the basic information of different organs we have, and how they work with the systems in our bodies. After I took this course, the biggest impression I had was human bodies really are pieces of arts, because everything in our bodies exist for a reason. I do believe this lecture will help me with my future studies and my daily life as well.

修士 2 年

I found this course to be of particular interest in terms of immunology and the physiological responses of exercise and physical activity. I think that additional pdf or PowerPoint class formats would be an additional help for future students if this is ever possible and may be easier to follow in an online environment. However, I believe the structure of the course and the materials were very interesting and covered many different aspects although the time frame of the course was short. I especially enjoyed the material on respiratory diseases, mechanisms of chronic inflammation, type 2 diabetes and other chronic disease (obesity, CHD). I am interested in these as my field is in epidemiology and I enjoy looking at the relationships and associations different types, frequencies and volumes of physical activity and exercise has on chronic disease.  
⇒来年度以降、参考資料を追加します。ありがとうございます。

修士 1 年

By attending this lecture, I was able to learn about the organs that sustain human life and their functions. In addition, I was able to deepen my understanding of the nutrients and immune responses necessary to maintain good health and improve sports performance, based on explanations of previous research. I learned for the first time that carbohydrate and protein supplementation is effective in restoring immunity and inflammation, and that cooling after exercise is not very effective in restoring immunity and inflammation, which made me more interested in preventive medicine and applied immunology. I would like to apply what I learned in this lecture to my own research and understanding of other lectures. In addition, there were some parts of the lecture in English that I did not understand, so I will continue to review those parts and study English.

以上