

Nutrition Informatics

Course Overview

Introduction of exercise physiology and related topics in sports nutrition and human performance.



Class Plan tentative

Objectives of the Course

Knowledge & understanding (referred as Knowledge)

Understanding probability theory, statistical inference process, statistical estimation and test

Thinking & judgement (referred as Knowledge)

Distinguishing correct data and statistical process using numerical and text data in experiments, surveillances

Skill & expression (referred as Art)

Explaining data in experiments, surveillances using figures and tables

Textbook

Basic health statistics (ISBN: 9784758109727)
In Japanese only

	date	Theme	Self Study
11	7/24	Nutrition epidemiology	Read Section 5, manage dataset
12	7/31	Vital statistics	Read Section 6-1, manage dataset
13	***	Health statistics	Download the latest questionnaire and fill out
14	***	National Health and Nutrition Survey	Read Section 6-5, manage dataset
15	***	Epidemiology and statistics	Review nutrition epidemiology

National Health and Nutrition Survey

https://www.mhlw.go.jp/bunya/kenkou/kenkou_eiyou_chousa.html

Physical questionnaire

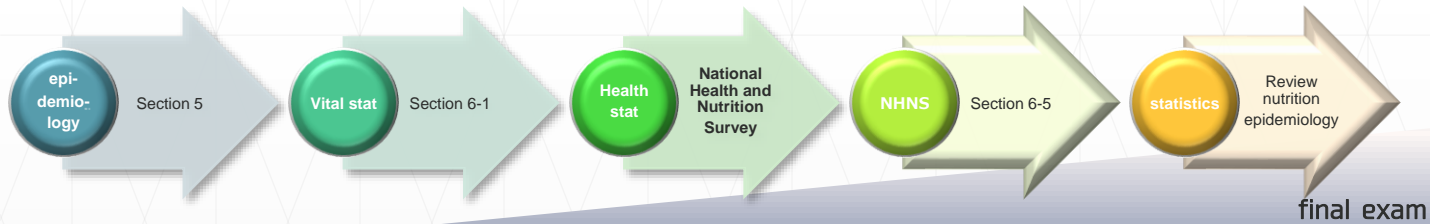
https://www.mhlw.go.jp/toukei/chousahyo/dl/h29_tyousahyou_sintai.pdf

Nutritional questionnaire

https://www.mhlw.go.jp/toukei/chousahyo/dl/h29_tyousahyou_eiyou.pdf

Lifestyle questionnaire

https://www.mhlw.go.jp/toukei/chousahyo/dl/h29_tyousahyou_seikatu.pdf



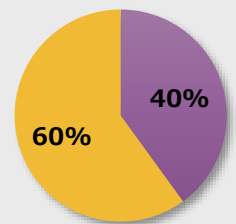
Weekly Schedule

	SUN	MON	TUE	WED	THU	FRI	SAT
Self Study Reading textbook	10min						
Preparing Dataset Manage xls files	15min						
Attend class Taking notes		30min					
Attend class Analyze data		60min					
GoogleClassroom Submitting essay			30min				
Reviewing data/notes/textbook			40min				

How to plan

All activities can be completed before assigned date/time.
 A typical schedule might look like the table.

Evaluation rate



■ essay ■ exam

