



Department of Physiology, Faculty of Science, Mahidol University

SCSL160: Science of Well-being 2(2-0-4)

Semester 2/2025

Course description

Exploring the multifaceted aspects of well-being through the lens of biomedical research, featuring diverse topics and interests from academic researchers that illuminate the biological, psychological, and social determinants of health and happiness.

Course objectives

After completing this course, students should be able to

1. Explain key physiological, psychological, and social determinants of well-being through presentations from various lecturers.
2. Describe diverse research interests in the field of well-being by engaging with each lecturer's area of expertise.
3. Discuss the implications of research findings on health and well-being as presented by the lecturers.

Course organization

This course consists of a series of 13 lectures, each focusing on different aspects of well-being through biomedical research. Each session will accompany with a lecture followed by an interactive in-class activity to enhance student engagement and understanding.

Course coordinator: Dr. Metaneeya Pisanthanond
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Instructors:

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Course schedule:

On-Site lecture: Salaya campus

Student assessment

Participation and discussion	30%
Presentation	35%
In-class assignments	35%

Student achievement will be graded according to the faculty and university standard using the symbols:

O (80-100%), S (50-79%), U (below 50%)

SCSL 160 Schedule

(Onsite @Room xxx-xxx Salaya campus)

Week	Time	Topics	h	Instructor
Jan 7	8:30-10:30	Course orientation L1 Caloric restriction and intermittent fasting for improving metabolic disorders	2	Metaneeya Nattapon
Jan 14	8:30-10:30	L2 Exercise as a preventive medicine	2	Ioannis
Jan 21	8:30-10:30	L3 Bone health and therapeutic innovations	2	Ratchaneewan
Jan 28	8:30-10:30	L4 Stem cells and gene therapy: Rewriting the code of life to cure genetic diseases	2	Kanit
Feb 4	8:30-10:30	L5 Reproductive health	2	Nittaya
Feb 11	8:30-10:30	L6 Hormone health	2	Suwimol
Feb 18	8:30-10:30	L7 Natural products in skin research	2	Nisamanee
Feb 25	8:30-10:30	L8 Endurance exercise training: From novice to professional	2	Tepmanas
Mar 4		Midterm exam		
Mar 11	8:30-10:30	L9 Sustainable longevity: Pioneering aging research for a better future	2	Benjamin
Mar 18	8:30-10:30	L10 Brain health and food perception across the lifespan	2	Nithi
Mar 25	8:30-10:30	L11 Debunking headache and migraine myth	2	Chonlawan
Apr 1	8:30-10:30	L12 Disease awareness	2	Arthit
Apr 8	8:30-10:30	L13 Discovering the wonders of the human brain	2	Tai
Apr 22	8:30-10:30	Student presentation	2	Metaneeya
Apr 29	8:30-10:30	Class reflection	2	Metaneeya

References

- 1) Fahey TD, Insel PM, Roth WT, Insel CEA. Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, Alternate Edition. 12th ed. (2017) McGraw Hill.
- 2) Guyton AC and Hall JE, Textbook of Medical Physiology, 12th ed., Elsevier, 2011
- 3) Assigned research/review articles