



Department of Physiology, Faculty of Science, Mahidol University

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

Semester 2/2024

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 14 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 Pилanthanonnd
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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 SC1-152 Salaya campus)

Week	Time	Topics	h	Instructor
Jan 8	8:30-10:30	Course orientation L1 Caloric restriction and intermittent fasting for improving metabolic disorders	2	Metaneeya Nattapon
Jan 15	8:30-10:30	L2 Functional exercise: Its role in musculoskeletal health and well-being	2	Ioannis
Jan 22	8:30-10:30	L3 Endurance exercise training: From novice to professional	2	Tepmanas
Jan 29	8:30-10:30	L4 Discovering the wonders of the human brain	2	Tai
Feb 5	8:30-10:30	L5 Brain health and food perception across the lifespan	2	Nithi
Feb 19	8:30-10:30	L6 Reproductive health	2	Nittaya
Feb 26	8:30-10:30	L7 Disease awareness	2	Arthit
Mar 5		Midterm exam		
Mar 12	8:30-10:30	L8 Sustainable longevity: Pioneering aging research for a better future	2	Benjamin
Mar 19	8:30-10:30	L9 Natural products in skin research	2	Nisamanee
Mar 26	8:30-10:30	L10 Bone health and therapeutic innovations	2	Ratchaneevan
Apr 2	8:30-10:30	L11 Stem cell in regenerative medicine	2	Suwimol
Apr 9	8:30-10:30	L12 Debunking headache and migraine myth	2	Chonlawan
Apr 23	8:30-10:30	L13 Stem cells and gene therapy: Rewriting the code of life to cure genetic diseases	2	Kanit
Apr 30	8:30-10:30	Student presentation	2	Metaneeya
May 7	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