

<b>Course title</b> <English>	ヘルスプロモーションにおけるゲームの応用 Game for health: Introduction to serious game for health promotion		<b>Affiliated department, Job title, Name</b>	Graduate School of Medicine Professor, KIHARA MASAHIRO	
<b>Target year</b>	1st year students or above	<b>Number of credits</b>	1	<b>Course offered year/period</b>	2017/The first half of second semester
<b>Day/period</b>	Fri.4	<b>Class style</b>	Lecture	<b>Language</b>	English
<b>[Outline and Purpose of the Course]</b>					
*This is the course provided by the Interdisciplinary Unit for Global Health					
<p>Behavior change is central to all medical conditions, be it, in adherence to therapeutic regimes, coping with lifestyle changes, or rehabilitation. Public health interventions seek to influence behavior to promote health. Behavior change involves motivating people, increasing their self-efficacy, and altering their intentions, beliefs and desires. Games are a great way to achieve all these things. They provide intrinsic motivation, instant feedback and a safe artificial environment to learn. By definition serious games or applied games are games designed for a primary purpose other than pure entertainment. This course seeks to introduce students to games for health or the gamification of health by displaying the relationship between games and health and presenting some of the early success stories in games for health. This course will stimulate students to explore ways in which they can gamify their specific public health interests. This course does not teach programming and or information communication technology (ICT) rather it teaches students ways in which they can conceptualize games in their various focus areas and collaborate with the relevant ICT experts. We offer a tool kit one can use to get started in planning a systematic gamification based public health intervention.</p> <p>*Games for health are a relatively new intervention strategy, there are a growing number of teams around the world focusing on games for health however due to the challenges of measurement there are few rigorously measured game interventions. Therefore we challenge our students to rigorously design measurable game interventions. Students who take up this challenge can become leaders in the games for health industry.</p>					
<b>[Course Goals]</b>					
<p>(1) To introduce students to serious games.  (2) To help students understand how to get started in gamifying public health interventions.  (3) To encourage students to design measurable public health game interventions.</p>					
<b>[Course Schedule and Contents]</b>					
Friday 4th session					
Oct 6					
-Definition of the concepts and terms, relevance of serious games in public health. -Introduction current and future trends of games for health					
Oct 13					
-Types of serious games -Can we gamify everything? -Assignment					
Oct 20					
-Exploring sources of funding					
Continue to ヘルスプロモーションにおけるゲームの応用(2)					

## ヘルスプロモーションにおけるゲームの応用(2)

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-Issues to consider to control costs

Oct 27

- Game mechanics
- Considerations for assembling a team of experts

Nov 10

- Platforms for games for health: mHealth
- Case study: a review of one of the successful games in behavior change.

Nov 17

- Games and behavioral theories
- How to link in-game behavior with real-life behavior
- How to maintain behavior change

Nov 24

- Measurement issues in games for health

Dec 1

- Group presentations

Lectures will be also given by;

Bhekumusa Wellinton Lukhele(Dept. of Global Health and Socio-epidemiology, School of Public Health)

### [Class requirement]

None

### [Method, Point of view, and Attainment levels of Evaluation]

- Lecture, industry-expert presentation, case study and class discussions.
- Class participation (30%), group work (30%) and group presentation (40%). At least 60% in total to be credited.

### [Textbook]

Not used

### [Reference books, etc.]

( **Reference books** )

- References will be provided at the end of every class
- Games for health Journal

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ヘルスプロモーションにおけるゲームの応用(3)

**[Regarding studies out of class (preparation and review)]**

Not necessary

**( Others (office hour, etc.) )**

Room: Seminar room of the Department of Global Health and Socio-epidmiology, 2nd floor of the Science Frontier laboratory, School of Medicine  
TEL:4350

\*Please visit KULASIS to find out about office hours.