SOM Winter 2018 Electives

How to enroll in an SOM elective: Email Krisztina Hershon, khershon@ucsd.edu (SOM’s Registrar) and provide her with the course name and number you would like to take along with your PID number. She will authorize you to enroll in the course and will confirm with you when done. You will then be able to add the course via WebReg.

If you have enrolled in an SOM elective, I encourage you to email the course contact *before* the class begins to let them know you are a pharmacy student who has enrolled in the course and ask if there is anything you need to do to prepare for the first day.

FPM 233  Clinical Nutrition
Section 930441  Course contact: Lita Hinton, lhinton@ucsd.edu; (858)822-6163
Clinical nutrition is the study of nutrition and diet as related to the prevention and treatment of human disease. Nutrition is an interdisciplinary field of study, built on a foundation of biomedical and behavioral sciences. This course emphasizes class discussion of clinical topics and assigned readings in current areas of research and practice (i.e., diet and cancer, vitamin and other diet supplements), with case studies and illustrative class exercises.

Instructor  Rock
P-Years Eligible  123
Units  2
Classroom  MET 141
Schedule  Tuesdays: 3:00 PM - 5:00 PM; 1st class is January 9

FPM 242  Family Medicine and Public Health: Lifestyle Med - Integrating Wellness
Section 930443  Course contact: Beatriz Valenzuela-Guzman, bpvalenz@eng.ucsd.edu
Students will develop competencies in lifestyle medicine, including health-related fitness and performance assessments, exercise prescription, measures of metabolic and cardio-respiratory function, bone health, and body composition across the lifespan, with exercise physiology lab experience.

Instructor  Hill
P-Years Eligible  3
Units  1
Classroom  Atkinson Hall 4004
Schedule  Thursdays: 1:00 PM - 3:00 PM; 1st class is January 11

MED 246  Current Literature in Glycobiology
Section 930421  Course contact: Dr. Lars Bode, lbode@ucsd.edu
This course will consist of informal presentations on topics of current interest in glycobiology as represented in the current scientific literature. Must be present on first day of class to sign up for presentation. This class starts in Fall 2017 and goes through Spring 2018.

Instructor  Bode
P-Years Eligible  123
Units  1
Classroom  BRF2 4103
Schedule  Fridays: 12:00 PM - 1:00 PM; 1st class is January 5
Understanding the Application of Meditation to Medicine

Course introduces students to meditation including: a broad review of origins and meditation types, meditation research design considerations, and current comprehensive review of published evidence. Meditation taught emphasizes use as medical therapeutic and to enhance patient-physician relationship. Attendance to the first class is absolutely vital as key baseline concepts will be discussed at the first class. From then on, additional concepts that are built on the initial concepts will be discussed in subsequent weeks. Thus, attendance to class will facilitate your understanding. Students will get firsthand experience with learning Kelee meditation (www.thekelee.org), including the Anatomy of the Kelee and how to apply the Basic Principles of the Kelee to improve their patient care interactions.

Attendance to the first class is absolutely vital as key baseline concepts will be discussed at the first class. From then on, additional concepts that are built on the initial concepts will be discussed in subsequent weeks. Thus, attendance to class will facilitate your understanding. Students will get firsthand experience with learning Kelee meditation (www.thekelee.org), including the Anatomy of the Kelee and how to apply the Basic Principles of the Kelee to improve their patient care interactions.

Instructor: Lee
P-Years Eligible: 123
Units: 1
Classroom: MET 315
Schedule: Tuesdays: 5:00 PM - 6:30 PM; 1st class is January 9

Cancer Genomics Journal Club

For one hour the presenter will discuss a recent (<6 months) article from the published scientific literature on the topic of cancer genomics and related bioinformatics methods. Rotating presenters include class members, instructors, attending faculty or staff.

The class website is: http://moores.ucsd.edu/oncogx/MED278.htm

Instructor: Harismendy
P-Years Eligible: 2
Units: 1
Classroom: BRF2 5A03
Schedule: Tuesdays: 2:00 PM - 3:00 PM --- 1st class is January 9
**SOMI 230  Health Education Outreach Elective**

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<tr>
<th>Section</th>
<th>TBD</th>
<th>For course registration please contact Katherine Garcia, <a href="mailto:k2garcia@ucsd.edu">k2garcia@ucsd.edu</a></th>
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Doc-for-a-Day is a "service-learning" activity whereby medical students get the unique opportunity to interact with and engage disadvantaged middle and high school students for one day at the School of Medicine. This event is geared towards exposing inner city kids to the possibility of pursuing a career in science or medicine. It involves students working in small groups with kids teaching physical exams, neurological exams, and anatomy. The students will also hold a panel to discuss issues they encountered upon choosing a career in medicine.

**Instructor**  
Willies

**P-Years Eligible**  
123

**Units**  
1

**Classroom**  
MET 313

**Schedule**  
The event takes place on a Saturday (see WebPortal for announcement) on the UCSD campus, and usually lasts 5-6 hours (including lunch). The group will meet formally three times to develop the curriculum. Attendance at these meetings as well as the event is required to receive credit. An announcement will be made on the WebPortal forum for the first planning meeting.

**SOMI 235  Healthy Minds, Healthy Bodies**

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<tr>
<th>Section</th>
<th>930468</th>
<th>Course contact: Katherine Garcia, <a href="mailto:k2garcia@ucsd.edu">k2garcia@ucsd.edu</a></th>
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This course exposes students to an urban high school. Students will be trained to give ten lessons on health topics to the same high school class providing a longitudinal health curriculum. They will learn teaching strategies and written feedback, track student learning and act as role models.

**Instructor**  
Willies

**P-Years Eligible**  
2

**Units**  
2

**Classroom**  
MET 315

**Schedule**  
Tuesdays: 1:00 PM - 3:00 PM; 1st class is January 9