Objective: This course is designed to give students a greater understanding of the role inflammation plays in disease. Course content will include lectures on basic immune function, types of inflammation and disease, and how lifestyle choices influence chronic inflammation.

Grade Options and Requirements:

**No grade requested (NGR) - Please participate!**

**Credit:** One assignment will be required per week based on the content provided and the group discussion topic.

**Letter grade:** One assignment will be required per week based on the content provided and the group discussion topic. In addition, a problem set will be given as a graded final.

Week 1
Introduction to Inflammation
- What is inflammation
- Good vs. bad inflammation

Week 2
Introduction to the Immune System
- Overview of function
- Specific components and their functions
- Contribution to inflammation

Week 3
The Role of Inflammation in Disease
- Why we need inflammation
- Acute inflammation
- Chronic Inflammation

Week 4
Lifestyle Choices That Influence Inflammation
- Nutrition
  - The special nature of our gut in inflammation
- Sleep
  - Immune function and circadian rhythm

Week 5
Lifestyle Choices That Influence Inflammation
- Exercise
  - The anti-inflammatory and inflammatory effects of exercise
- Life Quality
  - Good vs. bad stress and the influence on the immune system