

Course	Basic Physical Education Karate
Course No.	2107173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Masaki Fumoto
Course Overview	The purpose of this class is to understand the relation between one 's own mind and body, between one 's opponent 's mind and body, and their interaction, using basic Karate techniques. Basic Karate techniques, including suitable breathing methods, coordination of Karate basic techniques with footwork, and Kata (Karate form), will be taught in this class.
Remarks	I 実務経験教員 elements by gender(contact) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to " 5. Mental and physical health, humanity, and ethics " Related to " 6. Cooperative, independent, and autonomous "
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform. You can do (1) Basic Karate techniques, including (2) suitable breathing methods, (3) coordination of Karate basic techniques with footwork, and (4) Kata (Karate form).
Class Schedule	Week 1Orientetion Week 2Sonoba-kihon 1. Stationary basic offensive techniques: Sonobazuki,Gakuzuki, Maegeri, Mawashigeri, and punching and kicking training with mitts. Week 3Sonoba-kihon 2. Uke. Basic defensive techniques for head, body trunk and lower limbs: Jodan-uke, Chudan-uke, Gedan-uke. Week 4Ido-kihon 1. Basic offensive techniques with forward and backward movement: Jun-tsuki, Gayku-tsuki. Week 5Ido-kihon 2. Many variations of basic offensive techniques with forward and backward movement: Jun-tsuki, Gayku-tsuki, and Tsuki, including Keri and their direction shifts. Week 6Coordination of footwork with hitting techniques 1. Footwork includes jumping, Suriashi. Week 7Coordination of footwork with hitting techniques 2. Hitting techniques with various footworks. Week 8Compounding techniques. Coordination of Tsuki with Keri. Week 9Sawari-kumite. Control of timing and spacing of offensive and defensive techniques: touching upper and lower limbs, and body trunk. Week 10Kata. Offensive and defensive techniques for imaginary opponents in 8 directions. Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	

Office Hours and Contact Information	I don't set up certain office hours, so please let me know in advance if you intend to come and see me. Email:mfumoto@tiu.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.

Course	Basic Physical Education Gymnastics
Course No.	2108173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Mariko Kanaya
Course Overview	Through the events of apparatus gymnastics and artistic gymnastics, students will acquire skills according to ability and understand about movements under the theme of “ feel yourself ” .
Remarks	I elements by gender(contact) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform. (1) Understand the characteristics of instruments and instruments and use them appropriately. (2) Can perform basic trampoline skills. (Select a technique according to your skill.) (3) In cooperation with peers, pair work and group work can be done safely. (4) Through the trampoline, you can acquire and utilize the ability to observe movement.
Class Schedule	Week 1Orientation about this subject and Flexibility check(1) Week 2Stretching and Floor exercises (introduction) Week 3Stretching and Floor exercises (Rolls:1) Week 4Stretching and Floor exercises (Rolls:2) Week 5Stretching and Floor exercises (Rotation with handstand) Week 6Stretching and Floor exercises (Handspring:1) Week 7Stretching and Floor exercises (Handspring:2) Week 8Stretching and Floor exercises (Sault:1) Week 9Stretching and Floor exercises (Sault:2) Week 10Flexibility check(2) Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	Tuesday. 11:30-12:10 Gymastics area in Central gymnasium

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Japanese Archery
Course No.	2110133
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Makinori Matsuo
Course Overview	In this class you will be able to learn the basic of Kyudo. While shooting on short and middle distance you will have a chance to learn about safety rules, be able to shoot quite well, and experience other parts of Kyudo, like competition.
Remarks	I elements by gender(equipment) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform.
Class Schedule	Week 1the basic style of Kyudo, Dojo manners Week 2short distance; the way of release and the work of the left hand Week 3short distance; the way of release and the work of the right hand Week 4short distance; the 8 step of shooting and the way of aiming Week 5short distance; 8 step of shooting, “ Zanshin ” Week 6Individual competition (flow) Week 7middle distance; 8 step of shooting and body posture Week 8middle distance; 8 step of shooting and release Week 9middle distance; 8 step of shooting and manners Week 10team competition (flow) Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	1. 誠文堂新光社, はじめての弓道 (Hajimete no Kyudo)
Office Hours and Contact Information	matsuo.makinori.gf@u.tsukuba.ac.jp Kyudo-jo:029-853-5624
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability, Budo

Course	Basic Physical Education Soccer
Course No.	2113173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Masaaki Koido
Course Overview	Understand the principles of soccer in order to play and enjoy games. While acquiring the basic skills of "Ball control", "Passing" and "dribbling" the ball, learn the importance of moving in cooperation with the teammate.
Remarks	II 実務経験教員 elements by gender(contact) elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to " 5. Mental and physical health, humanity, and ethics " Related to " 6. Cooperative, independent, and autonomous "
Course Objectives(Learning Outcomes)	Enhancement of a sense of teamwork and reaching a common object with friends.
Class Schedule	Week 1Introduction Week 2Fundamental skills 1 (Ball Control,Passing) Week 3Fundamental skills 2 (Ball Control,Pass,Dribble) Week 4Fundamental skills 3 (Ball Control,Pass,Dribble,Shooting) Week 5Individual attacking and defending tactics 1 Week 6Individual attacking and defending tactics 2 Week 7Team&group attacking and defending 1 Week 8Team&group attacking and defending 1 Week 9Game 1 Week 10Game 2 Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	All relevant handouts will be distributed in class.
Office Hours and Contact Information	Office Hours: N/A Location:Sports and Physical Education Center Phone Number (Ext.): E-mail:koido.masaaki.gu@u.tsukuba.ac.jp TF:N/A TA:TBAIf it rains, it is a lecture at the center gymnasium 2F.

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Judo
Course No.	2115173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Hiroataka Okada
Course Overview	The purpose of this instruction is to learn fundamental skills of judo and to understand the fascination of judo through doing safety Randori with using some basic technique.
Remarks	I 実務経験教員 elements by gender(contact) elements by gender(other) G-course 女子は 道着の下に T シャツを着用すること
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform.
Class Schedule	Week 1Guidance of this instruction. Week 2Basic movement of judo, Ukemi, Osaekomi-waza. Week 3Ukemi, Ashi-waza, Osaekomi-waza. Week 4Ukemi, Ashi-waza, Osaekomi-waza. Week 5Ashi-waza, Osaekomi-waza, Randori-Newaza. Week 6Te-waza, Shime-waza, Randori-Newaza. Week 7Te-waza, Shime-waza, Randori-tachiwaza and Newaza. Week 8Koshi-waza, Kansetsu-waza, Randori-Tachiwaza and Newaza. Week 9Koshi-waza, Kansetsu-waza, Randori-Tachiwaza and Newaza. Week 10Randori-Tachiwaza and Newaza. Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	okada.hiroataka.fw at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Swimming
Course No.	2117133
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Miwako Homma
Course Overview	Understanding and improving various swimming skills. Students will be experienced basic strokes, water polo,snorkeling, and importance and value of aquatic sports will be understood through the classes.
Remarks	I 実務経験教員 elements by gender(wear) elements by gender(contact) elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform.
Class Schedule	A teacher is the Olympic Medalist in Artistic Swimming and National team director of Japanese National team. Class is carried out under her professional experience. Week 1:Guidance of this class, 10 min. swim, Kicking Week 2:10 min. swim, Kicking, Streamline Week 3:10 min. swim, Crawl and Back strokes Week 4:10 min. swim, Breast stroke Week 5:10 min. swim, Butterfly stroke and Individual Medley Week 6:10 min. swim, Snorkeling (Fin work, Snorkel clear, ear clear) Week 7:10 min. swim, Snorkeling (Jack knife, entry, surface dive) Week 8:10 min. swim, Water polo (Basic skill: Pass and Dribble) Week 9:10 min. swim, Water polo (Basic skill and Game) Week 10:10 min. swim, Water polo (League match game) Week 11Optional class Bring swimsuit, swim cap and goggles.
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	

Office Hours and Contact Information	Office Hours: contact by email at first. Location:B416, Phone Number (Ext.): 6320 email:homma.miwako.fe@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Softball
Course No.	2121173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Takeshi Kaneda
Course Overview	Emphasis will be on fundamentals, and the way to enjoy playing game. Understanding and improvement of health and fitness shall also be addressed by playing softball.
Remarks	II elements by gender(contact) elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform. (1)You can understand the characteristics of softballs and use them to throw appropriately. (2)You can catch the ball thrown by the opponent. (3)You can hit the ball thrown by the pitcher. (4)You can cooperate with your teammates and perform team activities.
Class Schedule	Week 1Introduction Week 2Fundamental skills Week 3Fundamental skills Week 4Fundamental skills and short time games Week 5Fundamental skills and short time games Week 6Offensive or defensive skills training and short time games Week 7Offensive or defensive skills training and short time games Week 8Offensive or defensive skills training and short time games Week 9Team practice and games Week 10Game Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	handouts and photocopies 1. 吉村正, ベースボールマガジン社, うまくなるソフトボール, 2. 功力靖雄, 北隆館, 図解野球, ソフトボールの教室
Office Hours and Contact Information	”Office Hours: N/A (I don’t set up certain office hours, so please let me know in advance if you intend to come and see me.) Location:Sports and Physical Education Center Phone Number (Ext.): E-mail: TA and TF:N/A”

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Table Tennis
Course No.	2122153
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Yuki Nonaka
Course Overview	Learn the basic techniques of table tennis from its essence, while at the same time deepening the understanding of the movements applicable to different types of sports. Through various practice methods and minigames, learn also about relevant aspects of sports, such as communications and sportsmanship.
Remarks	Indoor shoes should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. 実務経験教員 elements by gender(contact) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Enhancement of a sense of teamwork and reaching a common object with friends. (1) Understand the characteristics of table tennis. And the operation which utilized the characteristic can be performed. (2) Communicate with peers and can clear issues smoothly. (3) To acquire the ability to act independently while grasping the movement of the whole group.
Class Schedule	The former coach of the national team carries out classes. Week 1Explanation and introduction of class contents Week 2Understanding the characteristics of table tennis (the racket surface and How to see ball movement). Week 3Understanding the characteristics of table tennis (How to see ball movement and Hitting point). Week 4Understanding the characteristics of table tennis (Hitting point and Hitting the ball according to the sound). Week 5Understanding the characteristics of table tennis (Hitting the ball according to the sound and Hitting feeling). Week 6Understanding the characteristics of table tennis (footwork) Week 7Understanding the characteristics of table tennis (footwork) Week 8Understanding the characteristics of table tennis (Have good footwork with moving). Week 9Game operations, ways of ingenuity and communication with others Week 10Understanding of applied technique and equipment and operation of games Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)

Course Hours Break-down and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	None specified. When you would like to visit my office, you must make an appointment in advance by email. nonaka.yuki.gp at u.tsukuba.ac.jp
Other (Behavioral expectations and points to note for students during coursework)	Indoor shoes are required. You should wear sports wear as clothes.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Dance
Course No.	2123173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Yonezawa Mayuko
Course Overview	In this class, learns how to use basic body of the dance and gets on various music and move a body.In addition, aims at the making of healthy body by yoga and stretch through a class.
Remarks	I 実務経験教員 elements by gender(contact) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform. In this class,learns how to use basic body of the dance and gets on various music and move a body.In addition,aims at the making of healthy body by yoga and stretch through a class.
Class Schedule	Week 1Introduction Week 2Knowing about ” my body” Week 3yoga and stretch 1 Week 4yoga and stretch 2 Week 5Dance with various music Week 6Rhythm dance basic Week 7Rhythm dance Week 8dance combinations basic Week 9dance combinations Week 10Test Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.

Course	Basic Physical Education Tennis
Course No.	2125173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Hajime Ohmori
Course Overview	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.
Remarks	II elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	<ul style="list-style-type: none"> • Cultivation of humility, gentleness and amiability. • Nurture spirit of challenge and cooperating with classmates.
Course Objectives(Learning Outcomes)	Enhancement of a sense of teamwork and reaching a common object with classmates.
Class Schedule	<p>Week 1:Introduction</p> <p>Week 2-5: Forehand and Backhand Stroke, game of doubles</p> <p>Week 6-9: Volley and Second service, game of doubles</p> <p>Week 10: Skill test</p> <p>Week 11: Test</p> <p>Week 1Forehand Stroke (1)</p> <p>Week 2Forehand Stroke (2)</p> <p>Week 3Service, Short Game</p> <p>Week 4Rule(Doubles), Short Game</p> <p>Week 5Backhand Stroke, Manners of Tennis(1), Short Game</p> <p>Week 6Volley, Manners of Tennis(2), Champion Game</p> <p>Week 7Strategy of a doubles, Champion Game</p> <p>Week 8Partner is exchanged, Champion Game</p> <p>Week 9Partner is exchanged, Champion Game</p> <p>Week 10Skill test</p> <p>Week 11Optional class</p>
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Trim Exercise
Course No.	2130173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Yukinori Sawae
Course Overview	This course offers sports with consideration of the students' conditions for students who need special requirement.
Remarks	Trim action room 実務経験教員 G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to " 5. Mental and physical health, humanity, and ethics " Related to " 6. Cooperative, independent, and autonomous
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform. (1)The goals of this class are to enjoy playing physical activities and form positive attitude to have interest on health and physical fitness based on creating a learning assignment and gradual training program fitted everyone's health condition.
Class Schedule	This class is for students with special education needs by teacher who has some practical performance; he has ever worked in rehabilitation, special education program, sport program for children with disabilities for long time. Week 1Introduction Week 2Understanding the importance of the sport life design Week 3Challenge many para-sports 1 Week 4Challenge many para-sports 2 Week 5Challenge many para-sports 3 Week 6Create many physical activities depending on self conditions 1 Week 7Create many physical activities depending on self conditions 2 Week 8Create many physical activities depending on self conditions 3 Week 9Summary Week 10Lecture of health condition and physical fitness Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attendance(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	1. N/A
Office Hours and Contact Information	Office Hours: N/A Please contact me by email if you need. sawae.yukinori.ka at u.tsukuba.ac.jp Location: A503 Phone Number: 029-853-6317

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Badminton
Course No.	2135153
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Chika Tanifuji
Course Overview	Understanding the principles of badminton in order to play and enjoy games. History, manner, rule, and values of sports shall also be learned through playing games.
Remarks	II elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform. (1) Understand the characteristics of Badminton and use them appropriately. (2) You can play happily and safely while cooperating with your friends.
Class Schedule	Understanding the principles of badminton in order to play and enjoy games. History, manner, rule, and values of sports shall also be learned through playing games. Week 1Introduction Week 2Play ancient games Week 3Learn the basic skills Week 4Learn the tactics Week 5Know the games Week 6Play singles Week 7Play doubles Week 8Team competition Week 9Develop teamwork Week 10Study badminton for life Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Volleyball
Course No.	2136193
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Nakaba Akiyama
Course Overview	This course is designed to learn fundamental skills (pass, serve, game play), rules, and team work.
Remarks	II G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Enhancement of a sense of teamwork and reaching a common object with friends. (1) To understand fundamental skills and rules of volleyball.
Class Schedule	Week 1Introduction, Fundamental skills test Week 2Play with a ball by one player Week 3Play with a ball by two players Week 4Introduction to underhand pass Week 5Introduction to underhand service (single hand pass) Week 6Introduction to overhand pass (set-up) Week 7Pass games (6 x 4.5m court) Week 8Pass games (6 x 6m court) Week 9Pass games (9 x 6m court) Week 10Pass games (full court) Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	1. FIVB,Coaches manual,2011
Office Hours and Contact Information	Office Hours: Thursday, 14:00-16:00 Location: B312
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	

Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability, team-work
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Course	Basic Physical Education Handball
Course No.	2137133
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Eiko Yamada
Course Overview	Learn a way of the situation solution in individuals, and the group. In addition, develop ability for coordination, through various movements with ball.
Remarks	II elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Cultivation of humility, gentleness and amiability. Nurture spirit of challenge and cooperating with classmates.
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform.
Class Schedule	Week 1Orientation, Making 4 Teams, Fundamental skill (ball coordination, throw, dribble, shoot), fast break, Rule explanation, match Week 2Fundamental skill (ball coordination, throw, dribble, shoot), match Week 3Fundamental skill (ball coordination, throw, dribble, shoot), Understanding the game phases, Carrying a ball in fast break, match Week 4Fundamental skill (ball coordination, throw, dribble, shoot), Feint movement, match Week 5Fundamental skill (ball coordination, throw, dribble, shoot), Feint movement, Goal keeper skill, match Week 6Fundamental skill (ball coordination, throw, dribble, shoot), defense skill, match Week 7Fundamental skill (ball coordination, throw, dribble, shoot),shooting technique Week 8Fundamental skill (ball coordination, throw, dribble, shoot),Fast break by 1 and 2, match Week 9Learn how to play in a League system Week 10Develop a strategy for playing in a League system Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	Office Hours: N/A (I don't set up certain office hours, so please let me know in advance if you intend to come and see me.) Location:B302 Phone:2636

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Fitness Training
Course No.	2140153
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Hirokazu Matsuo
Course Overview	Emphasis will be on maintenance of good health and understanding of relationship between physical fitness and health promotion. Acquirement of methods of resistance training, jogging and stretching shall also be addressed for lifelong good health.
Remarks	I elements by gender(contact) G-course Details will be announced. 体力測定の評価に際して、男女で基準値が異なる
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform.
Class Schedule	Week 1The basics of warming up and cooling down Week 2How to use the training machine Week 3The practice of training using machines Week 4Introduction of aerobic training Week 5The practice of aerobic training Week 6Introduction of circuit training Week 7The practice of circuit training Week 8Introduction of strength training according to purpose Week 9The practice of strength training according to purpose Week 10Creating and implementing training menus Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	matsuo.hirokazu.ga at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Flag Football
Course No.	2141133
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Tsuyoshi Matsumoto
Course Overview	Through a modified game from flag football, we learn a basic skill and tactics. Furthermore, we deepen understanding about the communication and leadership for team activity.
Remarks	II elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Enhancement of a sense of teamwork and reaching a common object with friends. (1) Understand the characteristics of Flag Football and Can do team activities. (2) You can do the basic skills involved in flag football balls. (3) You can understand the basic offensive tactics of Flag Football and demonstrate them during the game. (4) You can understand the basic defensive tactics of flag football and demonstrate them during the game. (5) You can play the game safely in cooperation with your friends.
Class Schedule	Week 1What is flag football ? Week 2passing offence and defence drill Week 3making an assignment book for offence Week 4making an assignment book for defence Week 5Pre-game Week 6Game : Wide Formation Offence Week 7Game : Twin Formation Offence Week 8Game : Zone Defence Week 9Game : 1 on 1 Defence Week 10Game : Game Tactics Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	http://www.japanflag.org/ 1. Japan Flag Football Association, http://www.japanflag.org

Office Hours and Contact Information	Monday 9am-10am B317 029-853-2680 matsumoto.tsuyosh.fn at u.tsukuba.ac.jp http://www.gomatsugen.jp/
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course	Basic Physical Education Bodywork
Course No.	2143173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Toshihiro Kato
Course Overview	We will do the following exercises. (1) Core Training (2) Stretching (3) Self-massage (4) Breathing technique Sharpen your senses. Increases resistance to stress. And enjoy the exercise itself.
Remarks	I G-course 男女の区別なくペアワーク (トレーニングの補助やスポーツマッサージ等) が行われることがあります。ペアワークが苦手な方は単独で行うことができます。ペアの組み方は自由です。奇数の場合は3人組になることもあります。
Course Type	lab works, practical
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform. (1) You can notice your body. (2) You can do core training. (3) You can relax from inside your body. (4) You can enjoy the exercise and improve your daily life.
Class Schedule	Every hour, record the physical condition before class and the purpose of today on the training record card. Week 1Introduction Week 2Bodywork for more flexibility Week 3Core training Week 4Bodywork to relax your body Week 5Bodywork to regulate breathing well Week 6Training for the good stance Week 7Training to improve strength Week 8Sports massage Week 9Training for the body balance Week 10Bodywork for shaping up your body Week 11Optional class Fill in your physical condition after class and review the class with your friends.
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	

Office Hours and Contact Information	E-mail:toshihiro.kato.bsk@vc.ibaraki.ac.jp(Ibaraki University)
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.

Course	Basic Physical Education Refresh Movements
Course No.	2148173
Credits	0.5Credits
Grade	1Year
Timetable	FallAB Thu1
Instructor	Aya Horiguchi
Course Overview	In this lesson, you learn mind and body through gymnastics and acquire knowledge and fundamental exercise ability to enjoy sports with friends. Through this lesson ,we will cultivate a spirit of challenge by challenging the activities that have never experienced, such as "G-ball" ;giant-gymnastics ball and "Wheel gymnastics" ;gym wheels movement. The teacher who is Japanese national athlete in Wheel gymnastics will take classes by taking advantage of their experiences.
Remarks	I 実務経験教員 elements by gender(contact) elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to " 5. Mental and physical health, humanity, and ethics " Related to " 6. Cooperative, independent, and autonomous "
Course Objectives(Learning Outcomes)	Acquire basic knowledge and skills about sports and perform. (1) Understand the characteristics of G balls and use them appropriately. (2) You can 1side rotation in wheelgymnastics . (support does't matter) (3) You can do paired exercises happily and safely while cooperating with your friends. (4) Learn and carry out how to keep your mind and body healthy through gymnastics.
Class Schedule	In this lesson, you learn mind and body through gymnastics and acquire knowledge and fundamental exercise ability to enjoy sports with friends. Through this lesson ,we will cultivate a spirit of challenge by challenging the activities that have never experienced, such as "G-ball" ;giant-gymnastics ball and "Wheel gymnastics" ;gym wheels movement. The teacher who is Japanese national athlete in Wheel gymnastics will take classes by taking advantage of their experiences. Week 1Stretching the body and loosen yourself up with gymnastics Week 2Learn to the characteristics and basically movement of wheel gymnastics Week 3Wheel gymnastics(Basic movement/How to use bindings) Week 4Wheel gymnastics(Side rotation with support) Week 5Wheel gymnastics (Side rotation/Roundup) Week 6Pair gymnastics(1 ~ 5) Learn to the characteristics and basically movement of G-ball Week 7Pair gymnastics(6 ~ 10) G-ball (Balancing movement) Week 8Pair gymnastics(with music) G-ball (Bounding movement/Rolling movement)

	<p>Week 9Pair Gymnastics(Roundup) G-ball (Roundup) Week 10Practical exam Week 11Optional class</p>
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	Please send me an E-mail if you need anything. horiguchi.aya.fw at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability, refresh, communication, challenge