

Course	Applied Physical Education Karate
Course No.	2207253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
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, Kata, and Kumite will be taught in this class.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture. Understanding and improving self health and fitness with Karate exercise.
Course Schedule	<p>Week 1-2: Sonoba-kihon 3. Many variations of stationary basic offensive and defensive techniques.</p> <p>Week 3-5: Ido-kihon 2. Many variations of basic offensive techniques with forward and backward movement: Jun-tsuki, Gyaku-tsuki, and Tsuki, including Keri and their direction shifts.</p> <p>Week 6: Coordination of footwork with hitting techniques 2. Footwork includes jumping, Suriashi, left and right side shift, and rotation.</p> <p>Week 7: Compounding techniques 2. Offensive techniques from starting Uke.</p> <p>Week 8: Uchikomi: Applicable offensive techniques for opponent and mitt: control of hitting intensity.</p> <p>Week 9: Sawari-kumite 2. Control of timing and spacing of offensive and defensive techniques: touching upper and lower limbs, and body trunk.</p> <p>Week 10: Kata 2. Offensive and defensive techniques for imaginary opponents in 8 directions.</p> <p>Week 11: Test</p> <p>Week 1</p>

Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	Photocopies
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.): N/A E-mail:N/A TF:N/A TA:TBA
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship,improving,your,daily,life,m

Course	Applied Physical Education Golf
Course No.	2212253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Hitoshi Shiraki
Course Overview	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship.
Remarks	cost: Driving range about ¥1,000, Golf course about ¥2,500 G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Allows students to develop/improve their ability to enjoy sports and enhances their capacity to teach others while understanding sports' place in society.
Academic Goal	Enjoy playing while developing knowledge in the technical, tactical, pedagogical, sociocultural, and health-related aspects of the Golf.
Course Schedule	Week 1Practice on golf swing(7iron) Week 2Practice on golf swing(pithcing wedge) Week 3Practice on golf swing(pithcing wedge) Week 4Practice on golf swing(pithcing wedge) Week 5Practice on golf swing(pithcing wedge) Week 6Practice on putter Week 7Practice on golf course in athletic field Week 8Practice on driving range Week 9Practice on golf course Week 10Lecture on sports activity of lifetime Week 11Test
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly Materials	Photocopies
Office Hours and Contact Information	Office Hours: Tuesday, 13:00-19:00 Location: D621 Tel. Number (Ext.): 2667 Email: shiraki@taiiku.tsukuba.ac.jp TF: N/A TA: N/A
Course Key Words	spirit,challenge,sports,skills,sportsmanship,ability,swing,address,golf

Course	Applied Physical Education Soccer
Course No.	2213253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Guido Walter Geisler, Yusuke Tabei
Course Overview	Emphasis is on further tactical/positional patterns and consideration for team shape/formations. Larger playing areas are gradually introduced, and as before, students take part in game formats on a regular basis.
Remarks	Some content is delivered in English. G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Academic Goal	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Course Schedule	Week 1-10: Skills review/development; advanced principles of attack and defending; combined team play (team tactical patterns, positional play, and team shape/use of space); teaching and coaching considerations Week 11: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental 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: TF:N/A TA:TBA
Course Key Words	communication,skills,fitness,habits,sports,culture,ethics,sportsmanship,tactical,awareness,teachi

Course	Applied Physical Education Shooting Sports
Course No.	2214253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Hitoshi Saga
Course Overview	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Course Schedule	Week 1Orientation Week 2Kyudo Week 3Kyudo Week 4Kyudo Week 5Kyudo Week 6Kyudo Week 7Kyudo Week 8Kyudo Week 9Kyudo Week 10Kyudo Week 11Test
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly Materials	
Office Hours and Contact Information	Office Hours: 15:00-17:00 Tuesday Location:5B504 Phone Number :029-853-2629 saga at taiiku.tsukuba.ac.jp
Course Key Words	skills,habit,sports,ethic,sportsmanship,excellence,freindship,respect

Course	Applied Physical Education Swimming
Course No.	2217253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Hideki Takagi
Course Overview	Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture. Acquiring fundamental skills and knowledge about various kinds of aquatics activities.
Course Schedule	Week 1Water polo 1; basic pass skill Week 2Water polo 2; basic dribble skill Week 3Water polo 3; game tachtics Week 4Water polo 4; games Week 5Stroke correction of crawl Week 6Stroke correction of backstroke Week 7Stroke correction of breaststroke Week 8Stroke correction of butterfly Week 9Start and turn skill Week 10Final examination and evaluation Week 11Optional extra day
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly 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:B415 Phone Number (Ext.): 6330 takagi at taiiku.tsukuba.ac.jp http://www.taiiku.tsukuba.ac.jp/~takagi/
Course Key Words	skills,habit,sports,ethic,sportsmanship,various,kinds,aquatic,activities,safety,Hydrodynamics,sw

Course	Applied Physical Education Softball
Course No.	2221253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
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	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture. Enjoy playing the game, while making developed knowledge in the technical, tactical aspects of the game, and rules better
Course Schedule	Week 1: Introduction Week 2: Ice break and Fundamental skills Week 3,4: Physical Fitness Test Week 5-7: Fundamental skills and short time games Week 8-10: Offensive or defensive skills training, and practice games Week 11: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementally Materials	handouts and photocopies
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
Course Key Words	communication,skills,habit,sports,culture,ethic,sportsmanship,fundamental,batting,throwing,ca

Course	Applied Physical Education Table Tennis
Course No.	2222253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Atsushi Kiuchi
Course Overview	Students' Basic Skills, what is called "Shakaijin Kisoryoku" (Ministry of Economy, Trade and Industry, 2008) are composed of three abilities (Action, Thinking and Teamwork). You perform on-site training for three abilities through the playing table tennis. A team is composed based on the individual record in the spring term.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Course Schedule	Week 1 Week 1: Orientation Week 2-3: Action (Autonomy and practicability are supported through fundamental technical practice of table tennis.) Week 4-5: Thinking (Abilities of problem-finding, planning, and imagination are supported through tactical understanding of table tennis) Week 6-9: Teamwork (Abilities to cooperate towards a target with others are supported through management of practice and a game.) Week 10: Lecture Week 11: Extra class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental 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: B313 Phone:2641 e-mail: kiuchi@taiiku.tsukuba.ac.jp
Course Key Words	skills,habit,sports,ethic,sportsmanship

Course	Applied Physical Education Dance
Course No.	2223253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
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	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture. Dance by using the every part of the body.
Course Schedule	Week 1-4: Standard dance technique and combinations Week 5-6: Dance improvisation and combinations Week 7-10: Dance creation Week 11: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementally Materials	Photocopies
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.): N/A E-mail:yonezawamayuko@yahoo.co.jp TF:N/A TA:TBA
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship,dancing

Course	Applied Physical Education Tennis
Course No.	2225253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Daisuke Mituhashi
Course Overview	More advanced skills will be introduced, including smash, lob, topspine service, strategies and more.
Remarks	Wear tennis shoes. G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Course Schedule	Week 1Lob,Smash, and Mini game Week 2Topspin service, Mini game Week 3Drop shot, Drop volley, and Mini game Week 4Emergency shot, Mini game Week 5Strategies of doubles(position) Week 6Strategies of doubles(poach) Week 7Singles game Week 8Singles game(2) Week 9Match(Round-robin or Tournament) Week 10Match(Round-robin or Tournament) Week 11Test
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplementaly Materials	
Office Hours and Contact Information	Office Hours: Location: B419 Tel. Number (Ext.): 029-853-2679 Email:
Course Key Words	skills,habit,sports,ethic,sportsmanship

Course	Applied Physical Education Trim Exercise
Course No.	2230253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Akihiro Sakamoto
Course Overview	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.
Remarks	Trim action room G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Cultivation of humility, gentleness and amiability.Nurture spirit of challenge co-operating with friends.
Academic Goal	Enhancement of a sense of teamwork and reaching a common object with friends.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.
Course Schedule	Week 1Orientation Week 2Nature Activity (1) :My Tree Week 3Nature Activity (2) :Nature Trail Week 4Nature Activity (3) :Camouflage Week 5Nature Activity (4) :Window of Earth Week 6Nature Activity (5) :Nature Bingo Week 7Nature Activity (6) :Hiku Week 8Nature Activity (7) :4 frame Nature Photo Week 9Look back on activities Week 10Lecture of Life Long Sport
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	Xerox
Office Hours and Contact Information	Office Hours: N/A(I don't set up certain office hours, so please contact me by email if you want) Location: A404 Phone Number: 029-853-6361 E-mail: aki@taiiku.tsukuba.ac.jp
Course Key Words	spirit,challenge,skills,sportsmanship,abilityLifetime,sports,and,mental,health,walking

Course	Applied Physical Education Basketball
Course No.	2234253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Toshihiro Otaka
Course Overview	Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture. Playing games by using technical and tactical fundamental and group tactics.
Course Schedule	Week 1: Review of Spring Semester (Fundamental I and half court game) Week 2-4: Group tactics (Pass & Run, Screen play, Drift), Half court game Week 5-9: Structuring game plan and game Week 10: Final Exam Week 11: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementary Materials	Photocopies
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:B318 Phone Number (Ext.): 2759 E-mail:ohtaka@taiiku.tsukuba.ac.jp TF:N/A TA:TBA
Course Key Words	skills,habit,sports,ethic,sportsmanship,playing,acquiring,fundamental,(skill,and,individual,tactic

Course	Applied Physical Education Volleyball
Course No.	2236253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Nakaba Akiyama
Course Overview	This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture. Enhancement of a sense of teamwork and reaching a common object with friends.
Course Schedule	Week 1-10: League game Week 11: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	FIVB (2011) Coaches manual.
Office Hours and Contact Information	Office Hours: Thursday, 14:00-16:00 Location: B312 Phone Number (Ext.): (029)853-7494 E-mail:akiyama@taiiku.tsukuba.ac.jp
Course Key Words	skills,habit,sports,ethic,sportsmanship,teamwork

Course	Applied Physical Education Handball
Course No.	2237253
Credits	0.5Credits
Grade	2Year
Timetable	
Instructor	
Course Overview	Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding the importance of sports culture.
Academic Goal	Establishing awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Course Schedule	Week 1Review previous lessons Week 2Goalkeeping Week 3Position specific attacking skills Week 4Fast break Week 5Team defense (open defense) Week 6Attacking startegies (against open defense) Week 7Team defense (closed zone) Week 8Attacking startegies (against closed zone defense) Week 9Test Week 10Tournament
Grading Philosophy (Percentage/Criteria/Methodology)	
Textbooks, References, and Supplementaly Materials	1. Rules of the game http://www.ihf.info/TechnicalCorner/Referees/RulesandExpertsCorner/RulesoftheGame/tabid
Office Hours and Contact Information	Office hours: Monday 14:30-15:00, Thursday 11:30-12:00 Location: A428 Deaprtment of Sports and Physical Education Email:hworktsukuba@gmail.com
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship,fun

Course	Applied Physical Education Fitness Training
Course No.	2240253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Hajime Ohmori
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	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Course Schedule	Week1-Week8: Personal training program of jogging, resistance training and others Week9: Lecture Week 10: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	Xerox and others
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:A302 Phone Number (Ext.): 2676 E-mail:ohmori@taiiku.tsukuba.ac.jp TF:N/A TA:TBA
Course Key Words	communication,skills,habit,sports,culture,ethic,sportsmanship,physical,fitness,physical,and,men

Course	Applied Physical Education Bodywork
Course No.	2243253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
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	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Course Schedule	Week1: Orientetion Week2: Bodywork for more flexibility Week3,4: Physical fitness test Week5: Core training Week6: Body work for shaping up your body Week7: Training for the good stance Week8: Bodywork to relax your body Week9: For the awareness of your body Week10: Lecture Week11: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly 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:Sports and Physical Education Center Phone Number (Ext.): N/A E-mail:N/A TF:N/A TA:TBA
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship

Course	Applied Physical Education Refresh Movements
Course No.	2248253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Kiyonao Hasegawa
Course Overview	
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Course Schedule	Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9Lecture Week 10Test
Grading Philosophy (Percentage/Criteria/Methodology)	Attendance(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplemental Materials	
Office Hours and Contact Information	
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship

Course	Applied Physical Education Track and Field
Course No.	2252253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Satoru Tanigawa
Course Overview	
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	Understanding an importance of sports culture.
Academic Goal	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Course Schedule	Week 1The basic of Functional Training Week 2The Practice of Functional Training 1 Week 3The Practice of Functional Training 2 Week 4The basic of throwing Week 5The practice of throwing 1 Javelin Throw Week 6The practice of throwing 2 Javelin Throw Week 7The practice of throwing 3 Javelin Throw Week 8The Basic of Aerobic Training Week 9Lecture Week 10Test
Grading Philosophy (Percentage/Criteria/Methodology)	Attendance(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship