

Course	Applied Physical Education Karate
Course No.	2207243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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	Week 1Introduction Week 2Sonoba-kihon 1. Stationary basic offensive techniques: Sonobazuki, Gyakuzuki, Maegeri, Mawashigeri, and punching and kicking training with mitts. Week 3Physical Fitness Test Week 4Physical Fitness Test Week 5Sonoba-kihon 2. Uke. Basic defensive techniques for head, body trunk and lower limbs: Jodan-uke, Chudan-uke, Gedan-uke. Week 6Ido-kihon 1. Basic offensive techniques with forward and backward movement: Jun-tsuki, Gyaku-tsuki. Week 7Coordination of footwork with hitting techniques 1. Footwork includes jumping, Suriashi. Week 8Compounding techniques 1. Coordination of Tsuki with Keri. Week 9Sawari-kumite 1. Control of timing and spacing of offensive and defensive techniques: touching upper and lower limbs. Week 10Kata 1. Offensive and defensive techniques for imaginary opponents in 4 directions. Week 11Test
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

Course Key Words

communication,skills,fitness,habit,sports,culture,ethic,sportsmanship,improving,your,daily,life,m

Course	Applied Physical Education Golf
Course No.	2212243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Hitoshi Shiraki
Course Overview	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship.
Remarks	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 1Introduction Week 2Lecture on Golf Week 3Practice on basic golf swing Week 4Physical fitness test Week 5Physical fitness test Week 6Practice on golf swing(7iron) Week 7Practice on golf swing(7iron) Week 8Practice on golf swing(7iron) Week 9Practice on golf swing(pithcing wedge) Week 10Practice on putter 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.	2213243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Guido Walter Geisler, Yusuke Tabei
Course Overview	A review of fundamentals is followed by attacking and defending principles as well as simple team play considerations. A "Games Approach" to teaching allows students to apply skills and simple tactics in various small-sided and modified 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: Introduction Week 2: Fundamental skills review Week 3,4: Physical Fitness Test Week 5-10: Skills review/development; 1v1, 2v2, and 3v3 principles; small-sided team play/tactics and group attack/defending 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,game/tactical,understan

Course	Applied Physical Education Shooting Sports
Course No.	2214243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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	Both of Archery and Kyudo are played outdoor field. Lefty player is available on Archery but not on Kyudo. 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 1Introduction Week 2Class Orientation Week 3Physical fitness test Week 4Physical fitness test Week 5Archery Week 6Archery Week 7Archery Week 8Archery Week 9Archery Week 10Lecture of health condition and physical fitness Week 11Test
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly Materials	
Office Hours and Contact Information	15:00-17:00 Tuseday 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.	2217243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Introduction Week 2Familiarization with the water, 10-min consecutive swimming Week 3Physical Fitness Test (indoor) Week 4Physical Fitness Test (outdoor) Week 5Fundamental swimming skill, e.g. float, streamlined position, kicking, etc. Week 6Skin diving 1; pipe clearing Week 7Skin diving 2; ear clearing Week 8Skin diving 3; mask clearing Week 9Skin diving 4; deep water (5m) diving Week 10Test and evaluation Week 11Optional extra day
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:B415 Phone Number (Ext.): 6330 takagi at taiiku.tsukuba.ac.jp <a href="http://www.taiiku.tsukuba.ac.jp/~takagi/">http://www.taiiku.tsukuba.ac.jp/~takagi/</a>
Course Key Words	skills,habit,sports,ethic,sportsmanship,various,kinds,aquatic,activities,safety,Hydrodynamics,sw

Course	Applied Physical Education Softball
Course No.	2221243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 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.): 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.	2222243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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.
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: Introduction Week 2: Singles1 Week 3: Singles2 Week 4: Singles tournament Week 5: Fitness test (indoor) Week 6: Fitness test (outdoor) Week 7: Doubles1 Week 8: Doubles2 Week 9: Doubles tournament Week 10: Team competition 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.	2223243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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: Intoroduction Week 2: Knowing about ""my body"" Week 3-4: Physical Fitness Test Week 5-6: yoga and stretch Basic dance technique Week 7-9: dance combinations Week 10: Lecture of health condition and physical fitness Week 11: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly 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.	2225243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Daisuke Mituhashi
Course Overview	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.
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 1Introduction Week 2Forehand stroke(1) Week 3Physical Fitness Test Week 4Physical Fitness Test Week 5Forehand stroke(2) Week 6Rule(Doubles Game) , Mini game Week 7Backhand stroke, Mini game Week 8Service, Mini game Week 9Volley, Mini game Week 10Doubles Game 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.	2230243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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	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. 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 1Introduction Week 2Walking (1) Week 3Physical Fitness Test1 Week 4Physical Fitness Test2 Week 5Walking (2) Week 6Walking (3) Week 7Walking (4) Week 8Walking (5) Week 9Walking (6) Week 10Walking (7) Week 11Test
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementally 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	communication,skills,fitness,habit,culture,ethic,sportsmanship,lifetime,sports,physical,and,ment

Course	Applied Physical Education Basketball
Course No.	2234243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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
Course Schedule	Week 1: Introduction Week 2: Basketball game on early time Week 3,4: Physical Fitness Test Week 5-7: Fundamental I(Skill: Body control, Ball handling, Passing, Dribbling, Shooting) Week 8-10: Fundamental II(Skill and Individual tactics), Half court game Week 11: Test Week 1
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: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.	2236243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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. To understand applied skills, strategies, and rules of volleyball.
Course Schedule	Week 1: Introduction Week 2: Fundamental skills 1 Week 3,4: Physical Fitness Test Week 5: Fundamental skills 2 Week 6: Games using fundamental skills Week 7: Applied skills 1 Week 8: Applied skills 2 Week 9,10: Games using applied skills 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.	2237243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Roland Janos Nemes
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	<p>Week 1Introduction</p> <p>Week 2Intro to team handball. Rules of the game. Skills preassessment</p> <p>Week 3Physical Fitness Test</p> <p>Week 4Physical Fitness Test</p> <p>Week 5Ballhandling skills</p> <p>Week 6Passing, throwing</p> <p>Week 7Passing, throwing, dribbling</p> <p>Week 8Combination of offensive skills (passing, catching, shooting, dribbling)</p> <p>Week 9Individual defense skills</p> <p>Week 10Test</p> <p>Week 11Handball tournament</p>
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplementaly Materials	<p>1. Rules of the game</p> <p><a href="http://www.ihf.info/TechnicalCorner/Referees/RulesandExpertsCorner/RulesoftheGame/tabid/1285/Default.aspx">http://www.ihf.info/TechnicalCorner/Referees/RulesandExpertsCorner/RulesoftheGame/tabid/1285/Default.aspx</a></p>
Office Hours and Contact Information	<p>Office hours: Monday 14:30-15:00, Thursday 11:30-12:00</p> <p>Location: A428 Deaprtment of Sports and Physical Education</p> <p>Email:hworktsukuba@gmail.com</p>
Course Key Words	communication,fitness,habit,sports,culture,ethic,sportsmanship,fun

Course	Applied Physical Education Fitness Training
Course No.	2240243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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-Week10: Personal training program of jogging, resistance training and others Week4,5: Physical Fitness Test Week 11: 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	Establishment,an,awareness,knowledge,for,various,physical,activities,by,performing,exercise,and

Course	Applied Physical Education Bodywork
Course No.	2243243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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: Introduction 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: Training for the body balance Week11: Test Week 1
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: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.	2248243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Introduction Week 2 Week 3 Week 4Physical Fitness Test (Indoor) Week 5Physical Fitness Test (Outdoor) Week 6 Week 7 Week 8 Week 9 Week 10
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

Course	Applied Physical Education Track and Field
Course No.	2252243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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	<p>Week 1Introduction</p> <p>Week 2Walking and Jogging around the university</p> <p>Week 3Video recording walking and running forms</p> <p>Week 4Physical Fitness Test (Indoor)</p> <p>Week 5Physical Fitness Test (Outdoor)</p> <p>Week 6The basic of walking and jogging</p> <p>Week 7The practice of walking and jogging</p> <p>Week 8The basic of jumping</p> <p>Week 9The practice of jumping</p> <p>Week 10The guideline of watching the track and field in Olympic Games</p>
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