

Course	Applied Physical Education Gymnastics
Course No.	2208233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Mariko Kanaya
Course Overview	This class aims to acquire skills according to ability and understand about movements mainly by practicing trampoline under the theme of “ control of movements ” .
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 1Lesson 1 Week 2Lesson 2 Week 3Lesson 3 Week 4Lesson 4 Week 5Lesson 5 Week 6Lesson 6 Week 7Lesson 7 Week 8Lesson 8 Week 9Lesson 9 Week 10Test
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: B420 Phone Number (Ext.): 6335 E-mail: kanaya@taiiku.tsukuba.ac.jp TF:N/A TA:TBA
Course Key Words	skills,habit,sports,ethic,sportsmanship

Course	Applied Physical Education Kendo
Course No.	2211233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Toshinobu Sakai
Course Overview	To study skill acquisition and physical condition from a Japanese perspective through experiencing traditional Japanese martial arts culture. And through the same perspective, to understand Japanese cultural identity in global society.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	While applying etiquette through kendo, learn practical techniques to develop your own health and fitness
Academic Goal	Understand kendo found in traditional culture, and learn proper kendo established by the basics.
Course Schedule	Recognizing your own health and fitness through learning of basic kendo skills. Also, developing your health and fitness, while increasing your understanding of the nature of kendo. Week 1Regarding the characteristics of Kendo How to wear Kendo-gi Week 2Basic movenents(Kirikaeshi) Week 3Basic movenents(Harai-waza) Week 4Basic movenents(Hiki-waza) Week 5Basic movenents(Kaeshi-waza) Week 6Basic movenents(Debana-waza) Week 7Practice match Week 8Practice match Week 9Match Week 10Conclusion (Test)
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly Materials	1. Kendo Teaching Guidelines (All Japan Kendo Federation)
Office Hours and Contact Information	Specific office hourse have not been set, so please contact before visiting
Course Key Words	spirit,training,Traditional

Course	Applied Physical Education Golf
Course No.	2212233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
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(7iron) 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.	2213233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
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
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 Swimming
Course No.	2217233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Miwako Homma
Course Overview	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, synchronized swimming, water polo, life saving and snorkeling etc.
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 1:10 min. swim, Water polo Week 2:10 min. swim, Breast stroke Week 3:10 min. swim, Butterfly stroke and Individual Medley Week 4:10 min. swim, Japanese traditional strokes Week 5:10 min. swim, Synchronized swimming Week 6:10 min. swim, Synchronized swimming Week 7:10 min. swim, Life Saving and rescue skill Week 8:10 min. swim, Water floating skill Week 9:10 min. swim, Group relay Week 10:Lecture.Sports for your life Week 11reserve
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	
Office Hours and Contact Information	Office Hours:contact by email at first. Location:B416 Phone Number (Ext.): 6320 miwako at taiiku.tsukuba.ac.jp
Course Key Words	communication,habit,sports,culture,ethic,sportsmanship,skills,exercises

Course	Applied Physical Education Softball
Course No.	2221233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Takaaki Nara
Course Overview	Students will deeply understand the techniques-structure and tactics in Softball, develop practical skills that can response to strategy and the changing situation. This class aims to acquire the cooperation/leadership through team practice and league game.
Remarks	G-course
Course Type	lab works, practical
Link between Course Objectives and Activities	
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 1Double play Week 2Pitching, corporate with infielders and outfielders Week 3Fly catching, game Week 4Case knock, game Week 5Case batting, game Week 6Official game Week 7Official game Week 8Official game Week 9Skill test, evaluation Week 10Lecture
Grading Philosophy (Percentage/Criteria/Methodology)	Attendance(35%),Skill(35%),Knowledge(20%),Other(10%)
Textbooks, References, and Supplementaly Materials	
Office Hours and Contact Information	Office Hours: Mon. 11:00-12:00 nara at taiiku.tsukuba.ac.jp
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship

Course	Applied Physical Education Dance
Course No.	2223233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Motoko Hirayama, Kyungjin Park
Course Overview	"Discovery of your body" as the theme. An individual invention ability and the sensibility are polished by touching various dance cultures. Beautiful posture and the necessity of a healthy body making are understood while introducing the base of the yoga.
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 be able to enjoy dancing with various music. To understand the meaning of health and fitness and how to improve them. To understand world dance culture. To show good dance performance.
Course Schedule	Week 1-4: Dance variation (Jazz, ballet, hiphop etc.) Week 5: Movement research Week 6-8: Group dance creation Week9:Mini dance concert Week 10:Lecture
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	
Office Hours and Contact Information	Office Hours: Wed. 10:00-11:30 Location: A426 Phone Number(Ext.): 2626 Motoko Hirayama hirayama at taiiku.tsukuba.ac.jp
Course Key Words	communication,skills,fitness,habit,dance,culture,ethic,representation,posture,music,yoga

Course	Applied Physical Education Tennis
Course No.	2225233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Tatsumasa Kubota
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 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 Supplementally 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.	2230233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Takashi Fukuda
Course Overview	In this course, course instructor provides some physical activities such as physical fitness training, flying disk, field golf and so on so that every student 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	In this course, course instructor provides some physical activities such as physical fitness training, flying disk, field golf and so on so that every student can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.
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: Orientation Week 2: Introduction of Flying Disk Week 3: Grabing a Disk Week 4: Backhand throw Week 5: Controlling a DiskI Week 6: Controlling a DiskII Week 7-10: Mini Tournament Week 11: Test
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	N/A
Office Hours and Contact Information	Office Hours: Monday, 10:00-11:30 Location: A605 Tel. Number (Ext.): 2648 Email: fukuda@taiiku.tsukuba.ac.jp*Only students who have physical or mental disorders can take the class. Before taking the class, you need to have an interview with a course instructor.
Course Key Words	skills,habit,sports,ethic,sportsmanship

Course	Applied Physical Education Basketball
Course No.	2234233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
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
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,tacti

Course	Applied Physical Education Volleyball
Course No.	2236233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
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.	2237233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Eiko Yamada
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 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 1Fundamental skill, Target game, match Week 2Fundamental skill, 1on1 defense skill(intercept), match Week 3Defense system, match Week 4Fundamental skill, pivot play, match Week 5Fundamental skill, 1on1 defense skill (shoot block), match Week 6Fundamental skill, attack in the numerical advantage Week 7Fundamental skill, attack in the numerical advantage Week 8Fundamental skill, match Week 9Tournament matches Week 10Lecture Week 11An optional extra day
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplementaly Materials	N/A
Office Hours and Contact Information	Office Hours: Location: B302 Tel. Number (Ext.): 2636 Email: yamaball@taiiku.tsukuba.ac.jp
Course Key Words	skills,habit,sports,ethic,sportsmanship,fun

Course	Applied Physical Education Fitness Training
Course No.	2240233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Toshinobu Kawai
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: Lesson1 Conditioning Week 3,4: Physical Fitness Test Week 5: Lesson2 Standing Walking Week 6: Lesson3 Core Test Week 7: Lesson4 Core Training I Week 8: Lesson5 Core Training II Week 9: Lesson6 Core Training III Week 10: Lesson7 Core Training Test Week 11: Test Week 1
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementally Materials	『Core Performance』 Mark Verstegen
Office Hours and Contact Information	Office Hours: Mon. 15:00-18:00 Location:B315 Phone Number (Ext.): 2644 E-mail:tanigawa@taiiku.tsukuba.ac.jp TF:N/A TA:TBA
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship

Course	Applied Physical Education Outing Sports
Course No.	2245233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Wed3
Instructor	Akihiro Sakamoto
Course Overview	The class of Fall AB use Canadian canoe as the teaching materials. The goals of this class are 1)to acquire the basic skills for outdoor group activity: initiative games, 2)to understand the knowledge of that, 3)to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the outdoor activity. The class is performed in Lake Amakubo Ike.
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 2Canadian Canoe1(Plan:make a plan of class Do:group learning Do:canoe relay See:looking back of class) Week 3Canadian Canoe2 Week 4Canadian Canoe3 Week 5Canadian Canoe4 Week 6Canadian Canoe5 Week 7Canadian Canoe6 Week 8Canadian Canoe7 (Final Race) Week 9Lecture Week 10test
Grading Philosophy (Percentage/Criteria/Methodology)	Attendance(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplementaly Materials	Alan Byde, Beginner's guide to canoeing, London:Pelham, 1973. Laurie Gullion, Canoeing, Human Kinetics Pub.,1994.
Office Hours and Contact Information	Monday 15:00-17:00
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship