

Course	Applied Physical Education Gymnastics
Course No.	2208223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
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 “ coordination with apparatus ”
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 2Lesson 1 Week 3Physical Fitness Test Week 4Physical Fitness Test Week 5Lesson 2 Week 6Lesson 3 Week 7Lesson 4 Week 8Lesson 5 Week 9Lesson 6 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.	2211223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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	Week 1Introduction Week 2Regarding the characteristics of Kendo Week 3Basic movenents(Posture,etiquette, footwork) Week 4Basic movenents(Suburi) Week 5Physical strength test (interior of the building) Week 6Physical strength test (outdoors) Week 7Basic movements(Men-uchi) Week 8Basic movements(Fumikomi footwork) Week 9Basic movements(Kirikaeshi) Week 10Conclusiion (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.	2212223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
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.	2213223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
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 Swimming
Course No.	2217223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Miwako Homma
Course Overview	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, synchronised 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: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:Indoor Physical fitness test Week 5:Outdoor Physical fitness test Week 6:10 min. swim, Snorkeling Week 7:10 min. swim, Snorkeling Week 8:10 min. swim, Water polo Week 9:10 min. swim, Water polo Week 10:10 min. swim, Diving spring board Week 11:Test or Reserve
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.	2221223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Takaaki Nara
Course Overview	Students will understand the characteristics and techniques-structure in Softball, especially the skill of fielding/batting are developed. This class aims to improve the Quality of team-play through practical training and games.
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 1Catch ball and fielding Week 2Cutoff play and fielding Week 3Batting, Comment of rules, game Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6Game knock Week 7Official game Week 8Official game Week 9Official game Week 10Skill test, evaluation
Grading Philosophy (Percentage/Criteria/Methodology)	Attendance(35%),Skill(35%),Knowledge(20%),Other(10%)
Textbooks, References, and Supplemental 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.	2223223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1-3: Basic YOGA Week 4-5: Fitness test Week 6-8: Aerobic dancing Week 9-10: Couple dance
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementally 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.	2225223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 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 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.	2230223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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: Introduction Week 2: Introduction of Trim Exercise Week 3,4: Physical Fitness Test Week 5: Introduction of Field Golf Week 6: Grabing a Club and Hitting a Ball Week 7: Controlling a Ball Week 8-10: Mini Tournament Week 11: Test Week 1
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.	2234223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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
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.	2236223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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. 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.	2237223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Eiko Yamada
Course Overview	Through understanding of a handball game and acquiring group/team tactics, your relationship skills/ thinking skills in the team and your ability to enjoy team sports are cultivated.
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 (ball coordination, throw, dribble, shoot), match Week 2Fundamental skill, understanding the game phase, carrying a ball in fast break, match Week 3Fundamental skill, shoot from various positions, match Week 4Measurement of physical fitness indoors Week 5Measurement of physical fitness outdoors Week 6Fundamental skill, feint movement, match Week 7Fundamental skill, goal keeper, match Week 8Fundamental skill, variation of feint movement, match Week 9Fundamental skill, fast break, match Week 10Tournament matches Week 11An optional extra day
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementally 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

Course	Applied Physical Education Fitness Training
Course No.	2240223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Toshinobu Kawai
Course Overview	
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 health promotion.
Academic Goal	understand your health promotion
Course Schedule	Week 1Introduction Week 2Stretching Week 3walking Week 4physical fitness test Week 5physical fitness test Week 6evaluation of your own physical fitness Week 7relationship between exercise intensity and heart rate Week 8jogging Week 9circuit training Week 10Lecture about physical fitness and health
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	
Course Key Words	health,aerobic,training

Course	Applied Physical Education Outing Sports
Course No.	2245223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Akihiro Sakamoto
Course Overview	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 of Spring AB is carried out in the Yasei no Mori.
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 2Ice Break Game Week 3Challenge Activity1 (group work:action socialization experience) Week 4Physical Fitness Test (Indoor) Week 5Physical Fitness Test (Outdoor) Week 6Challenge Activity2 (group work:action socialization experience) Week 7Challenge Activity3 (group work:action socialization experience) Week 8Challenge Activity4 (group work:action socialization experience) Week 9Challenge Activity5 (group work:action socialization experience) Week 10test
Grading Philosophy (Percentage/Criteria/Methodology)	Attendance(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplementaly Materials	
Office Hours and Contact Information	Monday 15:00-17:00
Course Key Words	communication,skills,fitness,habit,sports,culture,ethic,sportsmanship