

Course	Applied Physical Education Karate
Course No.	2207243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Masaki Fumoto
Course Overview	空手道の基本的な技術の実践を通じて、自らの身体と心、他者の身体と心、そしてその関連について理解を深める。基本技術と呼吸法、フットワークと基本技術の協調、型および組手ができるようになる。
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 3Sonoba-kihon 2. Uke. Basic defensive techniques for head, body trunk and lower limbs: Jodan-uke, Chudan-uke, Gedan-uke. Week 4Physical Fitness Test Week 5Physical Fitness Test 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 11Optional class Week 12
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	Photocopies 1. 全日本空手道連盟, 空手道教範 2. 全日本空手道連盟, 空手道－伝統的武道の心と技を学ぼう 3. 藤田幸雄, 強くなる空手動きの方程式
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, movements, in, Budo, style
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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, etiquett,rule,history and sportsman ship.Recognize your physical fitness by performing physical fitness measurement.
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 shiraki at taiiku.tsukuba.ac.jp
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Soccer
Course No.	2213243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Masaaki Koido
Course Overview	Understand the fundamentals of football skills / tactics. Also, learn what kind of scene of the game it is effective to use them, and realize the enjoyment of the game more.
Remarks	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 1Introduction Week 2Fundamental skills reveiw (Ball control) Week 3Fundamental skills reveiw (Ball control,Passing,turn) Week 4Fitness test (indoor) Week 5fitness test (outdoor) Week 6Team & group tactics (communiation,ball possession) Week 7Team & group tactics (ball possession,shoot) Week 8Team tactics (Game1) Week 9Team tactics (Game2) Week 10Team tactics (Game3) Week 11Optimal class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly 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, understanding.

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 1Class Orientation Week 2Archery Week 3Archery Week 4Physical fitness test Week 5Physical fitness test 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 Monday Location:5B504 Phone Number :029-853-2629 saga at taiiku.tsukuba.ac.jp
Course Key Words	communication, habit, sports culture, ethic, sportsmanship

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 1Familiarization with the water, 10-min consecutive swimming Week 2Fundamental swimming skill, e.g. float, streamlined position, kicking, etc. Week 3Skin diving 1; pipe clearing Week 4Physical Fitness Test (indoor) Week 5Physical Fitness Test (outdoor) Week 6Skin diving 2; ear clearing, mask clearing Week 7Skin diving 3;deep water (5m) diving Week 8Synchronized Swimming 1; Sculling and basic skill Week 9Synchronized Swimming 2; Team presentation Week 10High diving (Diving pool) Week 11Optional 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:B415 Phone Number (Ext.): 6330 takagi at taiiku.tsukuba.ac.jp http://www.taiiku.tsukuba.ac.jp/~takagi/
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship

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 of various physical activities by performing exercise and addressing the 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 1Introduction Week 2Ice break and Fundamental skills Week 3Fundamental skills and short time games Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6Fundamental skills and short time games Week 7Fundamental skills and short time games Week 8Offensive or defensive skills training, and practice games Week 9Offensive or defensive skills training, and practice games Week 10Test Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	1Skill(35%), 2Knowledge(30%), 3Attitude(35%)
Textbooks, References, and Supplemental Materials	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
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship, fundamental, batting, throwing, catching, developmental, skills; team, play, offense, and, defense, health, fitness

Course	Applied Physical Education Table Tennis
Course No.	2222243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Atsushi Kiuchi
Course Overview	Playing table tennis during the class is to raise the level of life skills acquisition through the four experiences (self-disclosure, cooperation, challenge, and enjoyment) inherent in sports activities. In daily life outside the class, we aim to acquire healthy lifestyle including not only physical activity but also nutrition and sleep.
Remarks	Third gymnasium 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. Describe the sports experience that contributes to acquiring life skills acquisition. Choose healthier behavior in daily life.
Course Schedule	Wear indoor shoes and sportswear. Week 1Understanding of the course design, getting used to the class mates Week 2Getting used to the class mates and table tennis: Rally game 1 Week 3Getting used to the class mates and table tennis: Rally game 2 Week 4Indoor physical strength measurement Week 5Outdoor physical strength measurement Week 6Getting used to the game system: Singles 1 Week 7Getting used to the game system: Singles 2 Week 8Official match: Elevator Game 1 Week 9Official match: Elevator Game 2 Week 10Official match: Elevator Game 3, Summary Week 11Extra class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	Distributed leaflet on initial class. Bring each time.
Office Hours and Contact Information	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.) kiuchi.atsushi.fw@u.tsukuba.ac.jp
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship, self-disclosure, Cooperation, challenge

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 1Intoroduction Week 2Knowing about ””my body”” Week 3yoga and stretch Basic dance technique Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6yoga and stretch Basic dance technique Week 7dance combinations Week 8dance combinations Week 9dance combinations Week 10Test Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	1Skill(35%), 2Knowledge(30%), 3Attitude(35%)
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, physical activity habits, sports culture, ethics, 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 3Forehand stroke(2) Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6Rule(Doubles Game) , Mini game Week 7Backhand stroke, Mini game Week 8Service, Mini game Week 9Volley, Mini game Week 10Doubles Game Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplemental Materials	
Office Hours and Contact Information	Office Hours: Location: B419 Tel. Number (Ext.): 029-853-2679 Email:
Course Key Words	communication, physical activity habits, sports culture, ethics, 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(indoor) Week 4Physical Fitness Test2(outdoor) Week 5Walking (2) Week 6Walking (3) Week 7Walking (4) Week 8Walking (5) Week 9Walking (6) Week 10Walking (7) Week 11Optional Class
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, mental, health

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 1Introduction Week 2Basketball game on early time Week 3FundamentalII(Skill:Body control, Ball handling, Passing, Dribbling) Week 4Physical fitness test Week 5Physical fitness test Week 6Fundamental I(Skill:Body control, Ball handling, Passing, Dribbling) Week 7Fundamental II(Individual tactics), Half court game Week 8Fundamental II(Individual tactics), Half court game Week 9Fundamental II(Individual tactics), Half court game Week 10Skill test Week 11Optional class Positive Communication with other students
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.) E-mail:totaka3558@gmail.com TF:N/A TA:TBA
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship, fundamental (skill and individual tactics)

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 1Introduction Week 2Fundamental skills 1 Week 3Fundamental skills 2 Week 4Indoor physical fitness test Week 5Outdoor physical fitness test Week 6Games using fundamental skills Week 7Applied skills 1 Week 8Applied skills 2 Week 9Games using applied skills Week 10Games using applied skills Week 11Optional extra day
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementary Materials	1. FIVB,Coaches manual,2011
Office Hours and Contact Information	Office Hours: Thursday, 14:00-16:00 Location: B312 Phone Number (Ext.): (029)853-7494 E-mail:akiyama.nakaba.ff@u.tsukuba.ac.jp
Course Key Words	communication, physical activity habits, sports culture, ethics, 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 3Ballhandling skillsPhysical</p> <p>Week 4Physical Fitness Test</p> <p>Week 5Physical Fitness Test</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 • Handball tournament</p> <p>Week 11Optional class</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>http://www.ihf.info/TechnicalCorner/Referees/RulesandExpertsCorner/RulesoftheGame/tabid/1285/Default.aspx</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, physical activity habits, sports culture, ethics, sportsmanship

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	Understanding an importance 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 1Introduction, jogging Week 2Jogging, stretching Week 3Jogging Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6Lecture Week 7Arobie Training Week 8Resistanse training 1 Week 9Resistanse training 2 Week 10Resistanse training 3 Week 11optional class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly 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 ohmori at taiiku.tsukuba.ac.jp
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship

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	Week 1Introduction Week 2Bodywork for more flexibility Week 3Core training Week 4Physical fitness test Week 5Physical fitness test Week 6Bodywork for shaping up your body Week 7Training for the good stance Week 8Bodywork to relax your body Week 9For the awareness of your body Week 10Training for the body balance Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	1Skill(35%), 2Knowledge(30%), 3Attitude(35%)
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, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Refresh Movements
Course No.	2248243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Kiyonao Hasegawa
Course Overview	Exercise bouncing in the Swiss ball.Exercise to rotation by the wheel gymnastics. Through a new experience, to refresh the mind and body.
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 2Basic movement on the Swiss ball Week 3Balance movement on the Swiss ball Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6Bounding on the Swiss ball Week 7Rolling on the Swiss ball Week 8Basic movement on the wheel gymnastics Week 9Basic rotation on the wheel gymnastics Week 10Rotation on the wheel gymnastics Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	Attendance(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplemental Materials	1. http://gym.tsukubauniv.jp/
Office Hours and Contact Information	Mon: 14-16
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Track and Field
Course No.	2252243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Satoru Tanigawa
Course Overview	Understanding running, jumping and throwing techniques and improving various skills. Learning various skills through exercise efficiency and the training theories for running, jumping and throwing.
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 of various physical activities by performing exercise and addressing the 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> <p>Week 11Optional class</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, physical activity habits, sports culture, ethics, sportsmanship