

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 1Orientation about this subject and skills checkIntroduction Week 2Rolls and rotation with handstand on Floor Exercise Week 3handspring Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6Flick-flack(1) Week 7Flick-flack(2) Week 8Flick-flack(3) Week 9Flick-flack(4) Week 10Test Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplemental Materials	
Office Hours and Contact Information	Tuesday. 11:30-12:10 Gymastics area in Central gymnasium kanaya at taiiku.tsukuba.ac.jp
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	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. 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 movements(Posture,etiquette, footwork) Week 4Physical fitness test (Indoor) Week 5Physical fitness test (Outdoor) Week 6Basic movements(Suburi) Week 7Basic movements(Men-uchi) Week 8Basic movements(Fumikomi footwork) Week 9Basic movements(Kirikaeshi) Week 10Conclusiion (Test) Week 11
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 sakai at taiiku.tsukuba.ac.jp http://www.taiiku.tsukuba.ac.jp/~sakai/
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship, 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, 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.	2213223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Sungchan Hong
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	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 Week 2Fundamental skills 1 Week 3Fundamental skills 2 Week 4Physical fitness test Week 5Physical fitness test Week 6Group tactics 1 Week 7Group tactics 2 Week 8Team tactics(league match) 1 Week 9Team tactics(league match) 2 Week 10Team tactics(league match) 3 Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	1Skill(35%), 2Knowledge(30%), 3Attitude(35%)
Textbooks, References, and Supplementally Materials	All relevant handouts will be distributed in class.
Office Hours and Contact Information	hong.sungchan.fu at u.tsukuba.ac.jp
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship, game/tactical, understanding.

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 Bring swimsuit, swim cap and goggles.
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 email:homma.miwako.fe@u.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	Takashi Kawamura
Course Overview	This class is leaned to acquire the technique necessary to enjoy 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.
Course Schedule	Week 1Play the catch and Pepper Week 2Play the catch and Fungo Week 3Basic Batting Week 4measurement of physical fitness Week 5measurement of physical fitness Week 6Applied Batting Week 7Team Play Week 8game1 Week 9game2 Week 10game3 Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly Materials	
Office Hours and Contact Information	Office Hours: Mon. 13:00-16:00 tkawamu@taiiku.tsukuba.ac.jp tkawamu at taiiku.tukuba.ac.jp
Course Key Words	communication, physical activity habits, sports culture, ethics, 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.
Course Schedule	<p>Week 1Yoga basic</p> <p>Week 2Yoga valietion</p> <p>Week 3Body balance check</p> <p>Week 4Physical fitness test</p> <p>Week 5Physical fitness test</p> <p>Week 6Dance for fitness #1</p> <p>Aerobic dance</p> <p>Week 7Dance for fitness #2</p> <p>Aerobic Latin dance</p> <p>Week 8VTR</p> <p>Week 9Dance for communication #1</p> <p>mambo basic</p> <p>Week 10Dance for communication #2</p> <p>Pre choreography pair dance</p> <p>Week 11Optional class</p>
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly Materials	
Office Hours and Contact Information	<p>Office Hours: Wed. 10:00-11:30</p> <p>Location: A426</p> <p>Phone Number(Ext.): 2626</p> <p>Motoko Hirayama hirayama at taiiku.tsukuba.ac.jp</p> <p>Kyungjin Park park.kyungjin.gm at u.tsukuba.ac.jp</p>

Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship, representation, posture, yoga
------------------	---

Course	Applied Physical Education Tennis
Course No.	2225223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Tatsumasa Kubota
Course Overview	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing 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 1Introduction Week 2Rule Week 3Forehand stroke(1) Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6Forehand stroke(2) Week 7Backhand stroke(1) Week 8Backhand stroke(2) Week 9Volley(1) Week 10Volley(2) Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplemental Materials	1. 日本プロテニス協会編, テニス教本 2. 日本テニス協会編, テニス指導教本
Office Hours and Contact Information	Office Hours: Wednesday13:45~14:30 P.E.centar
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	This class is offered for students who are unable to do a physical activity for reasons of physical and mental conditioning. Students who wish to attend must have an interview with a course instructor in advance. Taking into consideration the physical and mental conditions of students, I would choose a sport that all students can enjoy such as physical fitness training, flying discs, field golf, ball games and so on.
Remarks	Trim exercise 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 of various physical activities by performing exercise and addressing the concept of sports culture.
Course Schedule	The class schedule would be determined based on physical and mental conditions of students. Week 1Orientation Week 2Consideration about the effects of sports on health 1 Week 3Introduction of flying disk Week 4Indoor Physical Fitness Test Week 5Outdoor Physical Fitness Test Week 6Backhand throw 1 (Dsitance) Week 7Backhand throw 2 (Direction) Week 8Mini game 1 Week 9Mini game 2 Week 10Mini game 3 Week 11Optional class Week 12
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementally Materials	N/A
Office Hours and Contact Information	Please contact via e-mail when needed fukuda.takashi.gm at u.tsukuba.ac.jp
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship

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 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.	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 of various physical activities by performing exercise and addressing the 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 4Physical fitness test Week 5Physical fitness test 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 11Optional class
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	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Fitness Training
Course No.	2240223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Toshinobu Kawai
Course Overview	Understanding the significance of the health and physical fitness. Doing the training that combines the strength training and the jogging.
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	Understanding an importance of sports culture.
Course Schedule	Week 1Introduction of course Week 2Introduction of facilities Week 3Warm-up and Cool-down, stretching Week 4Physical fitness test Week 5Physical fitness test Week 6Evaluation of your own physical fitness Week 7Training with own weight Week 8Training with weight training machines Week 9Endurance training (jogging or pedaling) Week 10Examination Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementaly Materials	
Office Hours and Contact Information	
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Flag Football
Course No.	2241223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Tsuyoshi Matsumoto
Course Overview	We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically.
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 1What is Flag Football? Week 2passing offence and defence drill Week 3making an assignment book for offence Week 4fitness test(indoor) Week 5fitness test(outdoor) Week 6making an assignment book for offence Week 7game 1 Week 8game 2 Week 9game 3 Week 10game 4 Week 11Optional class
Grading Philosophy (Percentage/Criteria/Methodology)	Attitude(35%),Skill(35%),Knowledge(30%)
Textbooks, References, and Supplementary Materials	http://www.japanflag.org/
Office Hours and Contact Information	Monday 9am-10am B317 029-853-2680 matumoto at taiiku.tsukuba.ac.jp http://www.go-matsugen.jp/
Course Key Words	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Outing Sports
Course No.	2245223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Wed3
Instructor	Akihiro Sakamoto, Mitsuru Sakatani
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 10Debriefing Week 11Optional Class
Grading Philosophy (Percentage/Criteria/Methodology)	Attendance(35%), Skill(35%), Knowledge(30%)
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	Monday 15:00-17:00
Course Key Words	communication, skills, fitness, habit, sports, culture, ethic, sportsmanship