

To undergraduate students of “Global30, Japan-Expert, BPGI, Returnee Student”

Orientation of “Wellness Sports”

“Wellness Sports” is the required subject in P.E. course for undergraduate students of **“Global30, Japan-Expert, BPGI, Returnee Student”**.

These students in the first year (admission in 2017) have to attend this orientation.

The orientation of “Wellness Sports” will be held in the following schedule.

Date: 19th January, 2018. 18:30 ~

Location: 5C213

Object students: Undergraduate Students in Global 30, Japan-Expert, BPGI, Returnee Student Programs

Procedure of the registration, detailed schedule and outline of contents will be announced to the students in this orientation.

The 2016 fall-semester-enrolled-students who could not attend the “wellness sport” (January 2017) are supposed to attend.

Brief information of “Wellness Sport”

【Date】

27th and 28th January, and 4th February 2018

【Instructors】

Hajime Ohmori, et al.

【Contents】

- Lecture about significance of health and physical fitness .
- Physical fitness test.
- Lessons of some sports events

Contact of Helps and Q & A.

Sport and Physical Education Center

PE counseling room

TEL 029-853-2874

Person in charge: Kashiwakura