

Orientation for Common Physical Education 2020

[For students enrolled in September and October]

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○ About “Tsukuba Taiiku”

✓ Vision

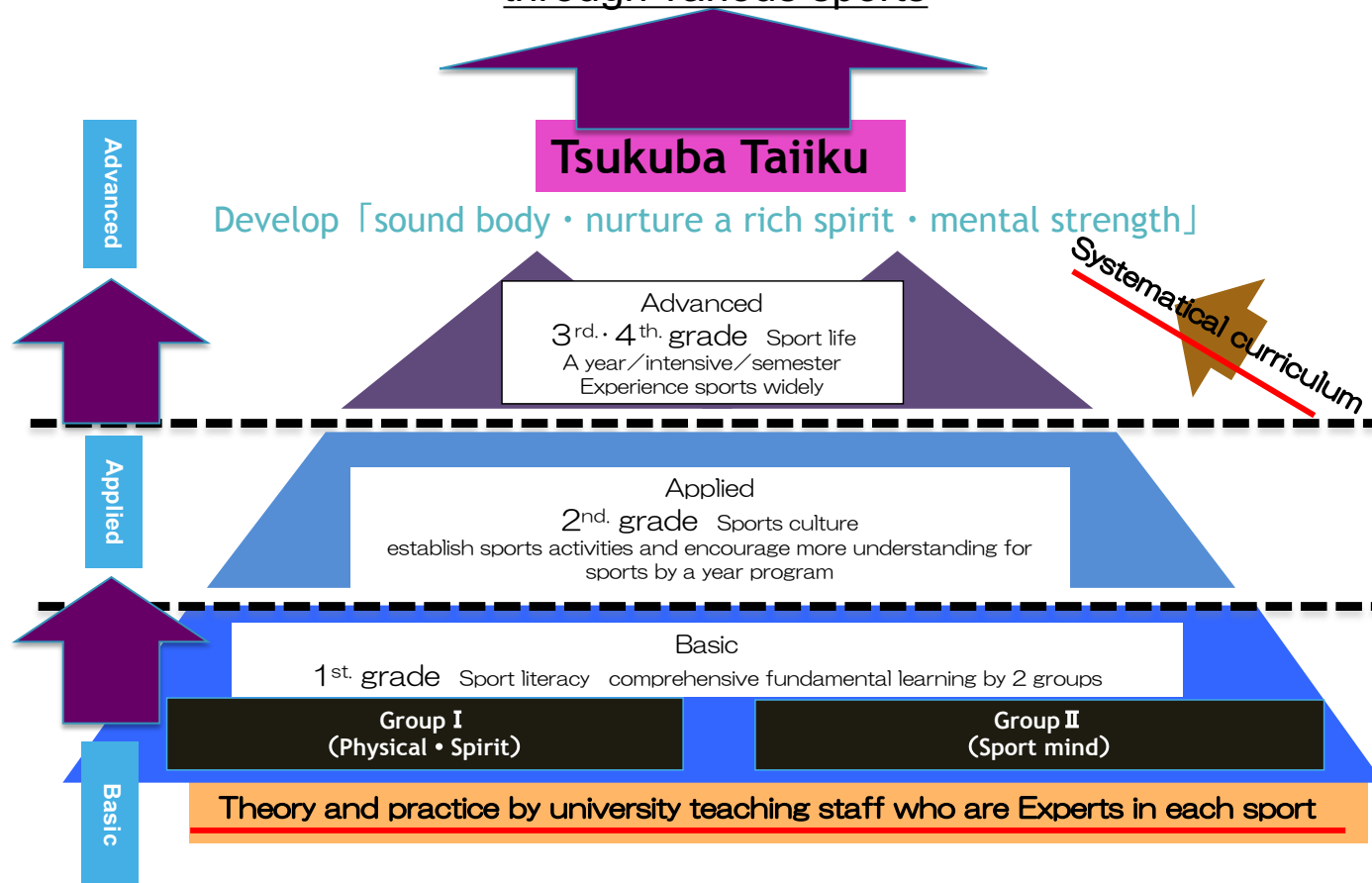
Tsukuba Taiiku (Physical Education) aims to develop a “sound body, nurture a rich spirit, and increase mental strength” through various sports activities.

✓ Educational goals of Tsukuba Taiiku are as follows:

1. Teaching basic knowledge and the ability to think and practice in terms of health, strength and sports techniques
2. Nurturing a rich spirit and sociability
3. Developing a strong mind and a sense of morality
4. Cultivating good interpretive skills and appreciation for sports
5. Fostering an ability to keep developing independently

○ Systematic curriculum for Tsukuba Taiiku

Produce students who can contribute to develop human society
through various sports



○ Standard Academic Year

- Take 2 or 3 credits of the PE class for graduation. No. of credits depend on the program you belong to.
- 1 or 2 credits from Basic PE, 1 credit from applied PE.
- The following table shows you how many credits you need to earn to graduate.

【TISS (G30 in the past)】 2 credits are required

2020 Fall semester	2021 Spring semester	2020 Fall semester	2021 Spring semester	2020 Fall semester	2021 Spring semester	2020 Fall semester
Basic PE fall semester	Applied PE Spring semester	Applied PE Fall semester				

【BPGI】 2 credits are required

Basic PE fall semester	No class	No class	Applied PE Spring semester	Applied PE Fall semester		
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【JE (Agricultural Science Course、Japanese Language Teacher Training Course)】 3 credits are required

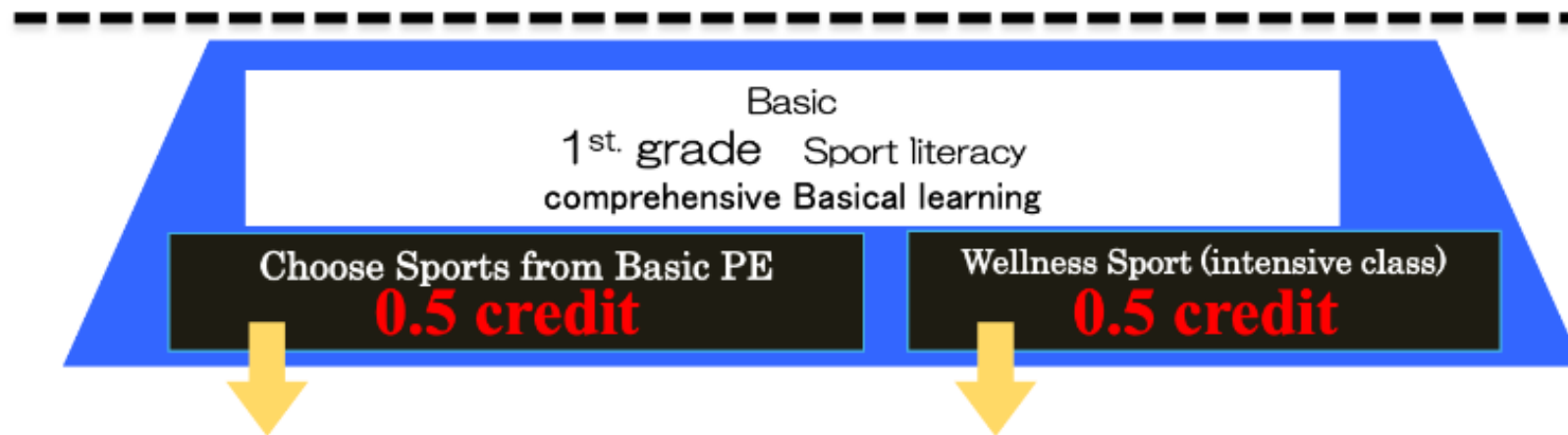
Basic PE1 fall semester	Basic PE 2 spring semester	Basic PE 2 fall semester	Applied PE Spring semester	Applied PE Fall semester		
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【JE (Healthcare Course、Art and Design Course)】 2 credits are required

No class	Basic PE spring semester	Basic PE fall semester	Applied PE Spring semester	Applied PE Fall semester		
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○ How to take the “Basic Physical Education”

This year (2020), choose one kind of sports from the Basic PE (fall semester / 0.5 credit) and take an intensive course “Wellness sport” (fall semester /0.5 credit).



Check the next page

Intensive class

○The orientation

○The course schedule

To be decided. Information will be posted on the Sport & PE Center website as decided.

<Sport & PE Center website>

<http://www.sapec.tsukuba.ac.jp>

○ How to choose a subject of the “Basic Physical Education”

【Period and method for selecting courses】

Period: Monday, September 7 to Friday, September 11 at 23:59

What to do?: Send the following information listed below to the Sport & PE Center by email.

- ✓ Email address: p.e-center@un.tsukuba.ac.jp (Please change "©" to "@")
- ✓ Title of the email: "Physical Education TISS /TILES/IDE/MS/ BPGI / JE (Course Name) _Student Number_Full Name
Example: "Physical Education BPGI_202012345_TaroTsukuba" (First Name/Family Name)

- ✓ Contents must be included in the text

① Student's ID number ② Full Name ③ The period and the day of the week you wish to take the subject*¹ ④ Ten subjects in order of preference*²

1. The periods and the day are as follows

TISS, TILES,IDE,MS, BPGI, JE (Agricultural Science Course): THU 1st period (start 08:40)

JE (Japanese Language Teacher Training Course): FRI 1st period (start 08:40)

2. Be sure to choose from the subjects offered on the corresponding day of the week (see the next page).

< How to notify the subject selection results >

Period: September 23 (Wed) - 25 (Fri)

How will it be done?: Send the results individually by email.

Basic PE : THU 1st period (start 08:40)

Course : TISS · TILES · IDE · MS · BPGI · JE (Agricultural Science Course)

Group I

(Individual/Budo)

- Fitness Training
- Swimming
- Dance
- Refresh Gymnastics
- Physical Exercise
- Judo
- Kyudo
- Karate
- Bodywork

Group II

(Ball/Outdoor/Game Systems)

- Flag Football
- Volleyball
- Softball
- Table Tennis
- Badminton
- Soccer
- Tennis

Basic PE : FRI 1st period (start 08:40)

Course : : JE (Japanese Language Teacher Training Course)

Group I

(Individual/Budo)

- Inline Skating
- Fitness Training
- Athletic Training
- Track & Field
- Swimming
- Jog & Walk
- Kendo
- Judo

Group II

(Ball/Outdoor/Game Systems)

- Softball
- Basketball
- Table Tennis
- Badminton
- Soccer
- Tennis
- Outdoor Sports
- New Sports