

Physical Education(Online, Spring)

Course Name	Physical Education (Online, Spring)		
Credits	0.5 Credits		
Adaptation years	2 Year or 3 Year		
Class hold days	SprAB Thu2・SprAB Thu3・SprAB Fri2		
Instructor	Hirokazu MATSUO, Takashi FUKUDA		
Overview	The goal of this course is to acquire the ability to continue to develop oneself independently through the practice of physical activities.The content emphasizes the acquisition of “physical and mental health, autonomy, and self-reliance” rather than “humanity, ethics, and cooperativeness,” which are expected to be acquired effectively in face-to-face classes.		
Course Type	lab works, practical		
Relation to Degree Program Competences	Related to “5. Mental and physical health, humanity, and ethics” Related to “6. Cooperative, independent, and autonomous”		
Course Objectives (Learning Outcomes)	(1) To acquire the ability to continue to develop oneself and form a more fulfilling sports life. (2) To understand the value of physical activity from multiple perspectives and to be able to choose a more active daily life. (3) To acquire self-care skills through the recording of body temperature and lifestyle habits.		
Course Keywords	Self-empowerment, sports life, self-care, diet, sleep, physical activity, Healthy Japan 21		
Class Schedule			
	Week1	Understanding the course design, answering the pre-course questionnaire	
	Week2	Body weight training	
	Week3	Aerobic training	
	Week4	Preparatory exercises for walking/jogging	
	Week5	Hip joint exercises for walking/jogging	
	Week6	Core strengthening exercises for walking/jogging	
	Week7	Recommendations for SMATRE Training 1: Stretching	
	Week8	Recommendations for SMATRE 2: Aerobics	
	Week9	Recommendations for SMATRE 3: Coordination	
	Week10	Conclusion: Post-survey answers, course assignments	
	Week11	Optional class	
Grading Philosophy	Skills 35%, knowledge and understanding 30%, attitude and motivation 35 ※In this class, skills will be evaluated as “physical activity”.		
Textbooks, References, and Supplementary Materials			
	著者		表題 等
Office Hours and Contact Information	Please contact via e-mail sent from the University of Tsukuba e-mail address: matsuo.hirokazu.ga@u.tsukuba.ac.jp		
Other(Behavioralexpectations and points to note for students during coursework)			

Physical Education(Online,Fall)

Course Name	Physical Education (Online,Fall)		
Credits	0.5 Credits		
Adaptation years	2 Year or 3 Year		
Class hold days	FallAB Thu2・FallAB Thu3・FallAB Fri2		
Instructor	Hirokazu MATSUO, Takashi FUKUDA		
Overview	The goal of this course is to acquire the ability to continue to develop oneself independently through the practice of physical activities. The content emphasizes the acquisition of "physical and mental health, autonomy, and self-reliance" rather than "humanity, ethics, and cooperativeness," which are expected to be acquired effectively in face-to-face classes.		
Course Type	lab works, practical		
Relation to Degree Program Competences	Related to "5. Mental and physical health, humanity, and ethics" Related to "6. Cooperative, independent, and autonomous"		
Course Objectives (Learning Outcomes)	(1) To acquire the ability to continue to develop oneself and form a more fulfilling sports life. (2) To be able to calculate the sufficiency of one's own physical activity level by comparing it with the Physical Activity Standards for Health Promotion 2013 (Ministry of Health, Labor and Welfare). (3) To be able to understand the concept of the physical activity pyramid, and to be able to plan and implement activities to achieve it.		
Course Keywords	Self-empowerment, sports life, physical activity standards for health promotion 2013, plus 10, physical activity pyramid, health-related physical fitness		
Class Schedule			
	Week1	Understanding the course design, answering the pre-course questionnaire	
	Week2	Enjoy yoga and dance together	
	Week3	Hip-hop dance	
	Week4	Awa Odori dance	
	Week5	Why do people run?	
	Week6	Jogging in autumn foliage	
	Week7	Jogging with meditation	
	Week8	Core training	
	Week9	Circuit training	
	Week10	Conclusion: Post-survey answers, course assignments	
	Week11	Optional class	
Grading Philosophy	Skills 35%, knowledge and understanding 30%, attitude and motivation 35 ※In this class, skills will be evaluated as "physical activity".		
Textbooks, References, and Supplementary Materials			
		著者	表題 等
Office Hours and Contact Information	Please contact via e-mail sent from the University of Tsukuba e-mail address: matsuo.hirokazu.ga@u.tsukuba.ac.jp		
Other (Behavioral expectations and points to note for students during coursework)			