

Course Name	Physical Education (Oline, Fall)
Credits	0.5 Credits
Adaptation years	2 Year or 3 Year
Class hold days	FallAB Mon4・FallAB Thu2・FallAB Thu3・FallAB Fri2
Instructor	Hirokazu MATSUO・Nagata Shinichi
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)	To form exercise habits and to enrich the understanding of sports culture. ----- (1) Student will be able to practice various types of training for jogging and walking. (2) Student will be able to practice soccer-specific exercises. (3) Student will learn the joys of watching soccer games. (4) Student will learn about <b>an example of</b> the activities of the University FC.	
Course Keywords	Communication, exercise habits, sports culture, ethics, sportsmanship	
Class Schedule	(前文)	
	第1週	Jog & Walk (The significance of Heart Rate measure)
	第2週	Jog & Walk (Why do humans run?)
	第3週	Jog & Walk (Meditation jogging)
	第4週	Soccer (Soccer Exercise ①: Exercises without a ball)
	第5週	Soccer (Soccer Exercise ②: Exercises with a ball)
	第6週	Soccer (Developing an Eye for Soccer 1: J-League teams)
	第7週	Soccer (Developing an Eye for Soccer 2: Teams from around the world)
	第8週	Soccer (Introduction to Soccer Club Activities ①: Team management)
	第9週	Soccer (Introduction to Soccer Club Activities ②: Community cooperation)
	第10週	Lecture on lifelong sports
	第11週	予備日
	(後文)	
Grading Philosophy	Skills 35%, knowledge and understanding 30%, attitude and motivation 35 ※Each of the above-mentioned points will be evaluated through a quiz (10 points each, 100 points total). The theme will be available for one week from the date the contents are uploaded. Themes completed within this period will be evaluated.	
Textbooks, References, and Supplementary Materials	(前文)	
		著者
		表題 等
	(後文)	
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 nagata.shinichi.gm@u.tsukuba.ac.jp	
Other (Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.	