

Course Name	Physical Education (Oline, Spring)
Credits	0.5 Credits
Adaptation years	2 Year or 3 Year
Class hold days	SprAB Thu2・SprAB Thu3・SprAB 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 acquire basic knowledge and to be able to perform basic movements safely in Judo. (2) Student will be able to perform auxiliary exercises effective for jogging and walking.	
Course Keywords	Communication, exercise habits, sports culture, ethics, sportsmanship	
Class Schedule	(前文)	
	第1週	Orientation
	第2週	Judo (Fundamental Movements 1: How to wear Judo-gi, etiquette, posture, ways of gripping, advancing and retreating movements, off-balancing, body movement)
	第3週	Judo (Fundamental Movements 2: Back breakfall, side breakfall, front breakfall, front-rolling breakfall)
	第4週	Judo (Katame-waza)
	第5週	Judo (Te-waza)
	第6週	Judo (Koshi-waza)
	第7週	Judo (Ashi-waza)
	第8週	Jog & walk (Jogging warm-up)
	第9週	Jog & walk (Hip joint support exercises)
	第10週	Jog & walk (Core strengthening exercises)
	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.	