

The outline of “ Wellness Sports ” in the 2012 Academic year

Course Name : Wellness Sports

Object students : Students admitted in the second trimester and GLOBAL 30 Students

Date : 19th & 21st March, 2013

Professor : Ohmori (Chief) and Yamada Associate Professor: Saga and Tanigawa

Jr. Assistant Professor: Kiryu, Kogo, Takeda, Matsukura, Murase TA: Kurita, Komine, Ra

Aim : The aim of this course is to develop student' ability to enjoy sports, to understand relationship between health and physical fitness, and to maintain lifelong good health. You shall take part in the programs of lecture, fitness test, fitness training, tennis and archery.

Schedule :

19th March <With pen & note, sports wear, indoor & outdoor sports shoes>

1st Period

Guidance of the course (Prof. Ohmori) <Meeting room in Physical Education Center>

2nd Period

Outdoor Fitness Test (Associate Prof. Tanigawa) <Athletic Field>

• 50m run, Handball throw, 12 minutes distance run

3rd Period

Indoor Fitness Test (Associate Prof. Tanigawa) <T-DOME>

• Standing height, Body weight, % body fat, Waist/hip ratio, Grip strength,

Standing long jump, Sit-up, Side step, Sitting trunk flexion

4th & 5th Period

Tennis (Prof. Yamda) <Tennis Cort>

6th Period

Lecture “Why do you need physical fitness test ?” (Prof. Ohmori)

<Meeting room in Physical Education Center>

21st March <With pen & note, sports wear, indoor & outdoor sports shoes, watch>

1st & 2nd Period

Fitness training (Prof. Ohmori) <T-DOME>

3rd&4th Period

Archery (Associate Prof. Saga) <Archery Training Hall>

End of Course

Class Evaluation by students (Prof. Ohmori) <Archery Training Hall>