

Course	Applied Physical Education Kendo
Course No.	2211213
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Takahiro Nabeyama
Course Overview	To wear the Kendo armor or bogu, being able to perform techniques where you strike based on your opponents reaction and to become in sync with your opponent to improve the mind and body.
Remarks	elements by gender(equipment) elements by gender(contact) elements by gender(special rule/pair/team) G-course
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Class Schedule	Week 1Learning how to wear the traditional clothing in kendo the Kendo ”GI” and Kendo ”Hakama” Week 2Learning how to wear the traditional Kendo Armour known as ”Bogu” and learning how to hit and receive hits Week 3Hitting practice going forwards called ”Uchikomi” Week 4Hitting backwards from the fist together position known as ”Tsubazeriai” Week 5Returning a hit technique, and withdrawing then hitting technique Week 6Complementary practice Week 7Complementary practice Week 8Complementary practice Week 9Summary Week 10Lecture on Life-long Sports Activity Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	Curriculum Guidance
Office Hours and Contact Information	Tuesday 14:00 ~ 17:00 nabeyama.takahiro.gn@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Soccer
Course No.	2213253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Masaaki Koido
Course Overview	In addition to the technique of handling the ball itself, understand the movement when not holding a ball. Improve the ability to enjoy haggling with opponents in the game.
Remarks	実務経験教員 elements by gender(contact) elements by gender(special rule/pair/team) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Related to " 5.Mental and physical health, humanity, and ethics" " 6.Cooperative, independent, and autonomous"
Course Objectives(Learning Outcomes)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Class Schedule	Week 1Skills review (Ball control,Passing) Week 2Fundamental skills (Ball control,Passing,Dribbling) Week 3Team & group attacking tactics (Ball possession) Week 4Team & group attacking tactics 2 (Ball possession) Week 5Team & group attacking tactics 3 (Ball possession,Shooting) Week 6Team & group attacking tactics 4 (team tactical patterns) Week 7Team tactics 1 (Game) Week 8Team tactics 2 (Game) Week 9Team tactics 3 (Game) Week 10Lecture on sports activity of lifetime Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	All relevant handouts will be distributed in class.
Office Hours and Contact Information	Office Hours: N/A Location:Sports and Physical Education Center Phone Number (Ext.): E-mail:koido.masaaki.gu@u.tsukuba.ac.jp TF:N/A TA:TBAIf it rains, it is a lecture at the center gymnasium 2F.

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Shooting Sports
Course No.	2214213
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Hitoshi Saga
Course Overview	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.
Remarks	Both of Archery and Kyudo are played outdoor field. Lefty player is available on Archery but not on Kyudo. G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Understanding an importance of sports culture.
Course Objectives(Learning Outcomes)	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.
Class Schedule	Week 1Class Orientation Week 2Kyudo (Japanese Archery) Week 3Kyudo Week 4Kyudo Week 5Kyudo Week 6Kyudo Week 7Kyudo Week 8Kyudo Week 9Lecture Week 10Test Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	Office Hours: 15:00-17:00 Monday Location:5B504 Phone Number :029-853-2629
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habit, sports culture, ethic, sportsmanship

Course	Applied Physical Education Judo
Course No.	2215233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Hiroaki Hiraoka
Course Overview	Emphasis will be on understandings of characteristics of Judo, types of waza, and history of Judo. Let's enjoy safe randori and game by acquiring basic waza!
Remarks	elements by gender(contact) elements by gender(other) G-course 女子は 道着の下に T シャツを着用すること
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture. (1) To understand the special qualities of Judo within the context of Budo. (2) To practice Judo in a safe and fun way, while learning to cooperate with your partner. (3) To master the various types of Ukemi, and practice responding to different situations using the appropriate technique.
Class Schedule	to practice safely Week 1review of the techniques Week 2koshi-waza, randori, shime-waza Week 3koshi-waza, randori, shime-waza Week 4koshi-waza, randori, shime-waza Week 5seoinage, randori, kansetsuwaza Week 6seoinage, randori, kansetsuwaza Week 7seoinage, randori, kansetsuwaza Week 8renrakuwaza,randori Week 9renrakuwaza, randori Week 10Lecture on sports activity of lifetime Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	
Other(Behavioral expectations and points to note for students during coursework)	

Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Jog and walk
Course No.	2216273
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Yasushi Enomoto
Course Overview	Allows students to develop/improve their ability to enjoy sports and enhances their health promotion through walking and jogging.
Remarks	G-course Need running shoes
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Class Schedule	Week 1Introduction of jogging and walking world Week 2Conditioning for jogging and walking Week 3Change in speed of jogging and walking Week 4Jogging and walking in uneven surface Week 5Jogging and walking on barefoot Week 6Functional movement for jogging and walking Week 7Fitness for jogging and walking Week 8Long slow distance Week 9Considering future jogging and walking Week 10Lecture for lifelong fitness and health Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	Need running shoes
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	

Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship
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Course	Applied Physical Education Swimming
Course No.	2217273
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Hideki Takagi
Course Overview	Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on.
Remarks	elements by gender(wear) elements by gender(contact) G-course
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture. (1) Understand the characteristics of underwater environments and basis skills for floating. (2) You can dive in the deep safely. (3) You can enjoy playing water polo with friends. (4) Learn and carry out how to keep your mind and body healthy through swimming.
Class Schedule	Week 1Skin diving 1 (Instructions for equipments, fundamental movement) Week 2Skin diving 2 (Pipe clear, Diving shallow point) Week 3Skin diving 3 (Equalizing, Diving deep point) Week 4Skin diving 4 (Clearing mask) Week 5Correction of crawl stroke Week 6Correction of backstroke Week 7Correction of breaststroke Week 8Correction of butterfly stroke Week 9Start and turn skill, Class evaluation Week 10Lecture (University Hall) Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	Office Hours: N/A (I don't set up certain office hours, so please let me know in advance if you intend to come and see me.) Location:B415 Phone Number (Ext.): 6330 takagi.hideki.ga at u.tsukuba.ac.jp http://www.taiiku.tsukuba.ac.jp/~takagi/

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Softball
Course No.	2221273
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Takaaki Nara
Course Overview	We will deepen our understanding of softball techniques and strategies, and hone our skills so that we may succeed on the playing field. Both in practice and regular season games, we will learn teamwork, cooperation and leadership.
Remarks	elements by gender(special rule/pair/team) G-course
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Class Schedule	Week 1Double play Week 2Fly catching, Exhibition match Week 3Run down play, League Week 4Team practice, League Week 5Team practice, League Week 6Team difence practice, League Week 7Intersquad,League Week 8Team practice,League Week 9Team practice, Play off Week 10Lecture on sports activity of lifetime Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	1. 丸山克俊, 成美堂出版, わかりやすいソフトボールのルール
Office Hours and Contact Information	Takaaki Nara Thursday 10:30am~11:30am Faculty of Health and Sport Sciences B303 nara.takaaki.gp@u.tsukuba.ac.jp nara.takaaki.gp at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	

Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Table Tennis
Course No.	2222273
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Shintaro Ando
Course Overview	Along with the deepening of knowledge on sports or time, it enhances the ability to enjoy the results of activities. After understanding techniques related to various sports scenes, practice in a variety of forms together with games and technical exercises, and develop a free idea about game sports.
Remarks	Indoor shoes should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. 実務経験教員 elements by gender(contact) G-course
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture. (1) Can understand the characteristics of table tennis as a sport and solve problems appropriately. (2) Can communicate with peers and demonstrate appropriate sports behavior. (3) Can continue and enjoy rallies. (4) Can think about one’s role and take action in accordance with the characteristics of the group. (5) Can learn and implement methods to keep the mind and body healthy through table tennis.
Class Schedule	The former coach of the national team carries out classes. Week 1Understanding and development of hitting techniques, forehand with more advanced spatial cognition Week 2Play with changing distant condition, compatibility of accurate space recognition and fast motion Week 3Development of grip work, understanding of sports that manipulates tools with hands Week 4Understanding and development of footwork, extensive movement Week 5How to set up games where experienced players and beginners join together Week 6Team game,Understanding of ideal way of team game form in individual competition Week 7About planning and management of sports recreation using table tennis Week 8Adaptation to tool conditions (1) Week 9Adaptation to tool conditions (2) Week 10Lecture on sports activity of lifetime Week 11Optional class
Course Prerequisites	

Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	1. Japan Table Tennis Association,Table Tennis Coaching Textbook
Office Hours and Contact Information	None specified. When you would like to visit my office, you must make an appointment in advance by email. ando.shintaro.fu at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	Indoor shoes are required. You should wear sports wear as clothes.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Trim Exercise
Course No.	2230233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Takashi Fukuda
Course Overview	This class is offered for students who are unable to do a physical activity for reasons of physical and mental conditioning. Students who wish to attend must have an interview with a course instructor in advance. Taking into consideration the physical and mental conditions of students, I would choose a sport that all students can enjoy such as physical fitness training, flying discs, field golf, ball games and so on.
Remarks	Trim exercise room 実務経験教員 G-course
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)	Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture. (1)Understanding self-handicap and perform physical acitivity (2)Understanding self-handicap and perform physical acitivity with cooperation (3)Performing physical acitivity by yourself (4)Watching variety of sports
Class Schedule	The class schedule would be determined based on physical and mental conditions of students. Week 1Introduction of field golf Week 2Grabing a stick and hitting a ball Week 3Ball control 1 (Distance) Week 4Ball control 2 (Direction) Week 5Hitting technique Week 6Mini game 1 Week 7Mini game 2 Week 8Tournament 1 Week 9Tournament 2 Week 10Lecture on sports activity of lifetime Week 11Optional class
Course Prerequisites	Only students who have physical or mental disorders can take the class. Before taking the class, students need to have an interview with a course instructor.
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	

Textbooks, References, and Supplementary Materials	N/A
Office Hours and Contact Information	Please contact via e-mail when needed fukuda.takashi.gm at u.tsukuba.ac.jp I try to make students enjoy doing physical activity based on my job experience from a head athletic therapist in the Team Canada Disabled Volleyball and training instructor at Japan institute of sports sciences.
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education New Sports
Course No.	2233213
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Taketoshi Saito
Course Overview	"New sports" subjects are not to implement major sports, but to experience various sports events. Various sports events are Flying Disc, G-ball,Ground Golf,Petanque,Universal-hockey, Bound Tennis, Double Dutch,Kin-Ball,etc. and so on.
Remarks	Classroom will be announced later. G-course Details will be announced.
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture. (1) Understand the characteristics of G balls and use them appropriately. (2) You can do paired exercises happily and safely while cooperating with your friends. (3) Learn and carry out how to keep your mind and body condition.
Class Schedule	Week 1boccia Week 2archery Week 3double dutch Week 4soft tennis Week 5grand golf Week 6soft volleyball Week 7kinn ball Week 8G ball Week 9indoor hockey Week 10others Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other	

Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Basketball
Course No.	2234273
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Yoshihito Nakaso
Course Overview	Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball.
Remarks	elements by gender(equipment) elements by gender(contact) elements by gender(special rule/pair/team) G-course
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)	Acquire basic knowledge and skills about sports and perform. (1)Understand of basketball and Enjoy of game. (2)Enhance teamwork and achieve goal together. (3)Acquire basic skills and tactics. (4)Learn how to stay healthy though basketball
Class Schedule	Week 1Review, 1on1 Skills Week 2Group Skills (3on3) Week 3Group Skills (3on3) Week 4Group Skills, Spacing Week 5Group Skills, Spacing Week 6Group Skills, Spacing Week 7How to use Group Skills in the game Week 8How to use Group Skills in the game Week 9Game Week 10Lecture on sports activity of lifetime Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other	

Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.

Course	Applied Physical Education Fitness Training
Course No.	2240273
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Toshinobu Kawai
Course Overview	Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise.
Remarks	実務経験教員 elements by gender(other) G-course
Course Type	lab works, practical
Relation to Degree Program Competences	Understanding an importance of sports culture.
Course Objectives(Learning Outcomes)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Class Schedule	Week 1Physical fitness test Week 2Combination training 1 Week 3Combination training 2 Week 4Combination training 3 Week 5Combination training 4 Week 6Combination training 5 Week 7Combination training 6 Week 8Physical fitness test Week 9Lecture on sports activity of lifetime Week 10Examination Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude (35%), Skill (35%), Knowledge (30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	An office hour isn't fixed. Contact by e-mail in order to adjust meeting time. 体育系 B 棟 3F B316 研究室 kawai.toshinobu.gp at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	

Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship
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Course	Applied Physical Education Flag Football
Course No.	2241273
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Hirokazu Matsuo
Course Overview	日本フラッグフットボール協会公式規則に準じたゲームを通して、フラッグフットボールに関する戦術的知識や技能の実践力を高め、ゲームパフォーマンスの向上を目指す。
Remarks	G-course Details will be announced.
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Class Schedule	Week 1Review official rules and making run-play Week 2Practicing the strategy of run-play and pass-play Week 3Planning and practicing defensive strategy Week 4Simulation game using strategy cards Week 55 on 5(full game), run-pass combination offense strategy 1 Week 65 on 5(full game), run-pass combination offense strategy 2 Week 75 on 5(full game), run-pass combination offense strategy 3 Week 85 on 5(full game), advanced defense strategy 1 Week 95 on 5(full game), advanced defense strategy 2 Week 10Lecture on sports activity of lifetime Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	matsuo.hirokazu.ga at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	

Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship
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Course	Applied Physical Education Outing Sports
Course No.	2245233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Akihiro Sakamoto
Course Overview	The class of Fall AB use Canadian canoe as the teaching materials. The goals of this class are 1)to acquire the basic skills for outdoor group activity,2)to understand the knowledge of that, 3)to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the Canadian canoe. The class is held in Lake Amakubo Ike.
Remarks	elements by gender(contact) elements by gender(special rule/pair/team) G-course
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture. 1) understand the Canadian canoe characteristics can be suitably practiced. 2) it is possible to develop a practice plan of the Canadian canoe. 3) You can practice safely by watching your friends in a group. 4) For Canadian canoe practice, find the improvements, it can be addressed to fix. 5) learn how to solve problems through Canadian canoe can take other things daily.
Class Schedule	Week 1Introduction Week 2Canoe (1): Understand the name of canoe, how to use paddle, how to wear life jacket, and how to board Week 3Canoe (2): Forward stroke, backstroke, understanding straight forward of canoe Week 4Canoe (3): Understand the method of sweep stroke turn Week 5Canoe (4): Role of J-Stroke Bow and Stern,understanding effective steering Week 6Canoe (5): How to translate,scarling Week 7Canoe (6): How to Start,effective forward stroke Week 8Canoe (7): Slalom,relay Week 9Clean up Week 10Lecture on sports activity of lifetime Week 11Optional Class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	

Textbooks, References, and Supplementary Materials	Alan Byde, Beginner's guide to canoeing, London: Pelham, 1973. Laurie Gullion, Canoeing, Human Kinetics Pub., 1994. 1. outdoor 編集部 (編), カヌ-入門 - カナディアン・カヌ-とフォルディング・カヤックの基礎&実践テクニック
Office Hours and Contact Information	Monday 15:00-17:00
Other (Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Refresh Movements
Course No.	2248253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Fri2
Instructor	Kiyonao Hasegawa
Course Overview	Exercise bouncing in the Swiss ball.Exercise to rotation by the wheel gymnastics. Through a new experience, to refresh the mind and body.
Remarks	elements by gender(contact) G-course
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)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Class Schedule	Week 1Stretching Week 2Basic movement on the Swiss ball Week 3Balance movement on the Swiss ball Week 4Bounding on the Swiss ball Week 5Rolling on the Swiss ball Week 6Basic movement on the wheel gymnastics Week 7Basic rotation on the wheel gymnastics Week 8Basic rotation on the wheel gymnastics Week 9Side rotation on the wheel gymnastics Week 10Lecture Week 11Optional class
Course Prerequisites	
Grading Philosophy	1Skill(35%), 2Knowledge(30%), 3Attitude(35%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	1. 池田延行・長谷川聖修, 乗って、弾んで、転がって! ちゃれん G ボール、明治図書、2010
Office Hours and Contact Information	Wed. 11:30-12:00 hasegawa.kiyonao.fu at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	

Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship
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