

Course	Applied Physical Education Kendo
Course No.	2211203
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Fri2
Instructor	Takahiro Nabeyama
Course Overview	To begin practicing with Kendo armor also known as bogu to basic fundamental level, as well as learning Kendo etiquette to improve ones 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 1Explanation of course content, introduction Week 2The Characteristics of Kendo Week 3Basics(Posture, Etiquette) Week 4The Swing of the Shinai also known as Suburi ,(Large swing, The swing to the head called ”men” going forwards and backwards) Week 5Suburi, (Men suburi going forwards and backwards, fast forward and backward suburi) Week 6Measurement of Indoor physical fitness Week 7Measurement of Outdoor physical fitness Week 8Footwork Week 9Examination of Practical Skill in Kendo Week 10Written Examination 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.	2213243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Fri2
Instructor	Masaaki Koido
Course Overview	Understand the fundamentals of football skills / tactics. Also, learn what kind of scene of the game it is effective to use them, and realize the enjoyment of the game more.
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 ” 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 Week 2Fundamental skills reveiw (Ball control) Week 3Fundamental skills reveiw (Ball control,Passing,turn) Week 4Team & group tactics (communiation,ball possession) Week 5Team & group tactics (ball possession,shoot) Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8Team tactics (Game1) Week 9Team tactics (Game2) Week 10Team tactics (Game3) 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.): 029-853-2664 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.	2214203
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 2Archery Week 3Archery Week 4Archery Week 5Physical fitness test Week 6Physical fitness test Week 7Archery Week 8Archery Week 9Archery 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	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.	2215223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1ukemi, posture, kumikata, osaekomi-waza Week 2ukemi,tai-sabaki, deashi-harai, osaekomi-waza Week 3ukemi,deashi-harai, osaekomi-waza Week 4ukemi, osotogari, shimewaza Week 5ukemi,osotogari, shimewaza Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8ukemi,hiza-guruma, kansetsu-waza, randori Week 9ukemi,hiza-guruma, kansetsu-waza, randori Week 10randori 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.	2216263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 locomotion Week 2Locomotion speed and step length and frequency Week 3How to enjoy and what is intended in walking Week 4Watch own walking and running form Week 5Relationship exercise and heart rate Week 6Indoor Physical Fitness test Week 7Outdoor Physical Fitness test Week 8Long slow jogging Week 9Group jogging to favorite road Week 10Lecture of health condition and physical fitness 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	Necessary with 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

Course	Applied Physical Education Swimming
Course No.	2217263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Familiarization with the water, 10-min consecutive swimming Week 2Fundamental swimming skill, e.g. float, streamlined position, kicking, etc. Week 3Water Polo 1 (History of water polo, Instruction of equipments) Week 4Water Polo 2 (Pass, Fundamental movement, Mini game) Week 5Water Polo 3 (Ball dribble, Pass, Mini game) Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8Water Polo4 (Treading water, Shoot, Games) Week 9Water Polo5 (Tactics of offence and defence, Positioning, Games) Week 10Water Polo6 (Games, Summary) 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 ex-	

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.	2221263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Orientation, Play catch, Fly catching, Grounder catching Week 2Play catch, Cutoff play, Infielder fungo, Outfielder fungo Week 3Batting practice,Test1, Exhibition match Week 4Team batting practice, Infielder difence, Exhibition match Week 5Test2, Game Week 6Physical fitness test Week 7Physical fitness test Week 8Lecture(think about results of physical fitness test),Cooperate with infielders and outfielders, Game Week 9Test3, Game Week 10Team practice, Game 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.	2222263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Fri2
Instructor	Shintaro Ando
Course Overview	Deepen your knowledge of sports activities. Through a unique practice method, understanding the technical skills related to various sports scenes by pursuing one sport more deeply. Also work on applied mini-games.
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 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 1Description of class contents. Check students’ table tennis skills, exercise level and sports behavior Week 2Characteristics of table tennis,Introduction of forehand Week 3Basics of hitting technique, supplementary way to fly ball Week 4Check basic forehand techniques, introduce games Week 5Relationship between forehand and back hand (1), grip and racket operation Week 6Indoor Physical Fitness Test Week 7Outdoor Physical Fitness Test Week 8Relationship between forehand and back hand (2),posture stability, mini game (1) Week 9Acclimatization to sports with high gaming ability, mini game (2) Week 10Shorter ball recognition time, understanding of sports that require recognition and judgment within a short time 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)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	Indoor shoes are required. You should wear sports wear as clothes.
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Trim Exercise
Course No.	2230223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Orientation Week 2Consideration about the effects of sports on health 1 Week 3Introduction of flying disk Week 4Introduction of flying disk Week 5Backhand throw 2 (Direction) Week 6Indoor Physical Fitness Test Week 7Outdoor Physical Fitness Test Week 8Mini game 1 Week 9Mini game 2 Week 10Mini game 3 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.	2233203
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Fri2
Instructor	Taketoshi Saito
Course Overview	"New sports" subjects are not to implement major sports, but to experience various sports events. For example, Flying Disc, Warking, Indiacaca, G-ball, Ground Golf, Petanque, Long jump rope , 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 Flying Disc and use them appropriately. (2) You can throwing both-side of the body in Flying Disc . (3) You can do paired exercises happily and safely while cooperating with your friends.
Class Schedule	Week 1orientation Week 2warking Week 3frying disc (back side) Week 4frying disc (front side) Week 5tag war Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8indiacaca Week 9G-ball 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 Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Basketball
Course No.	2234263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Introduce Class、 Introduce Basketball Week 2Knowledge about Basketball Week 3Body Contrall、 Fandamental Skills(Dribbling, Passing, Shooting) Week 4Body Contrall、 Fandamental Skills(Dribbling, Passing, Shooting) Week 51on1 Skills Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 81on1 Skills Week 9How to use 1on1 Skills in the Game Week 10How to use 1on1 Skills in the Game 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.	2240263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Guidance Week 2Usage of the Training room Week 3Warm-up,cool-down Week 4Resistance training with own body weight Week 5Indoor physical fitness test Week 6Outdoor physical fitness test Week 7Feedback regarding to physical fitness test Week 8Resistance training with machines Week 9Endurance (Aerobic) training 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	The student will need the following items: - Indoor sports shoes - Watch (with second hand) - Outdoor running shoes (optional)
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

Course	Applied Physical Education Flag Football
Course No.	2241263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Fri2
Instructor	Hirokazu Matsuo
Course Overview	We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically.
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 1The basics of flag football Week 2Review of official rules and planning of offensive strategy Week 3The practice and correction of offensive strategy Week 45 on 5(only forward-pass)game, pass offense strategy 1 Week 55 on 5(only forward-pass)game, pass offense strategy 2 Week 65 on 5(only forward-pass)game, pass offense strategy 3 Week 7Outdoor physical fitness test Week 85 on 5(only forward-pass)game, pass defense strategy 1 Week 95 on 5(only forward-pass)game, pass defense strategy 2 Week 105 on 5(only forward-pass)game, pass defense strategy 3 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

Course	Applied Physical Education Outing Sports
Course No.	2245223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Fri2
Instructor	Akihiro Sakamoto
Course Overview	The goals of this class are 1)to acquire the basic skills for outdoor group activity: initiative games, 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 outdoor activity. The class of Spring AB is held in the Yasei no Mori.
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 characteristics of challenge activities and work safely together. 2) Communicate effectively in groups. Appropriate briefing can be done. 3) Be aware of the natural environment, understand and act appropriately. 4) To deepen self-understanding and understanding of others through outdoor movements, and practice together
Class Schedule	Week 1Introduction Week 2Ice Break Game Week 3Challenge Activity 1 Line up(communication) Week 4Challenge Activity 2 Japanese archipelago(cooperation) Week 5Challenge Activity 3 Inclined wall(Problem solving, challenge) Week 6Physical Fitness Test (Indoor) Week 7Physical Fitness Test (Outdoor) Week 8Challenge Activity 4 Trolley(communication,empathy) Week 9Challenge Activity 5 Trust fall(challenge, trust) Week 10Debriefing 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	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.	2248243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 6Physical Fitness Test Week 7Physical Fitness Test Week 8Basic movement on the wheel gymnastics Week 9Basic rotation on the wheel gymnastics Week 10Rotation on the wheel gymnastics 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