

Course	Applied Physical Education Karate
Course No.	2207253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Masaki Fumoto
Course Overview	The purpose of this class is to understand the relation between one's own mind and body, between one's opponent's mind and body, and their interaction, using basic Karate techniques. Basic Karate techniques, including suitable breathing methods, coordination of Karate basic techniques with footwork, Kata, and Kumite will be taught in this class.
Remarks	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. You can do (1) Basic Karate techniques, including (2) suitable breathing methods, (3) coordination of Karate basic techniques with footwork, and (4) Kata (Karate form).
Class Schedule	Week 1Sonoba-kihon 3 Week 2Sonoba-kihon4 Week 3Ido-kihon2 Week 4Ido-kihon3 Week 5Coordination of footwork with hitting techniques 2 Week 6Compounding techniques 2 Week 7Uchikomi Week 8Sawari-kumite 2 Week 9Kata 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. 全日本空手道連盟, 空手道教範 2. 全日本空手道連盟, 空手道—伝統的武道の心と技を学ぼう 3. 藤田幸雄, 強くなる空手動きの方程式  I don't set up certain office hours, so please let me know in advance if you intend to come and see me. Email:mfumoto@tiu.ac.jp

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 Shooting Sports
Course No.	2214253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
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.	2215253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Koji Komata
Course Overview	understanding the principle of the Judo techniques and learn the martial arts through experience.
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) Understand the way of UKEMI,and execute in any direction safely. (2) You can apply the technique in correct way to the partner. (3) You can move rationally in cooperation with your partner . (4) Through the technical practice,you can learn to keep safe and mental health.
Class Schedule	Week 1Review of learned techniques Week 2Koshiwaza,Shimewaza,Randori Week 3Koshiwaza,Shimewaza,Randori Week 4Koshiwaza,Shimewaza,Randori Week 5SEOINAGE,Kansetsuwaza,Randori Week 6SEOINAGE,Kansetsuwaza,Randori Week 7SEOINAGE,Kansetsuwaza,Randori Week 8Combination Technique, Randori Week 9Combination Technique, 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	komatajudo@gmail.com
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.	2217233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Miwako Homma
Course Overview	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, synchronised swimming, water polo, life saving and snorkeling etc.
Remarks	実務経験教員 elements by gender(wear) 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	A teacher is the Olympic Medalist in Artistic Swimming and National team director of Japanese National team. Class is carried out under her professional experience. Week 1:10 min. swim, Water polo (League match game) Week 2:10 min. swim, Breast stroke Week 3:10 min. swim, Butterfly stroke and Individual Medley Week 4:10 min. swim, Japanese traditional strokes Week 5:10 min. swim, Synchronized swimming (sculling, Rhythmic swim, Ballet leg) Week 6:10 min. swim, Synchronized swimming (Team routine) Week 7:10 min. swim, Life Saving and rescue skill Week 8:10 min. swim, Water floating skill Week 9:Lecture on sports activity of lifetime Week 10:Lecture on sports activity of lifetime Week 11Optional class Bring swimsuit, swim cap and goggles.
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:contact by email at first. Location:B416, Phone Number (Ext.): 6320 email:homma.miwako.fe@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 Softball
Course No.	2221253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Takeshi Kaneda
Course Overview	Emphasis will be on fundamentals, and the way to enjoy playing game. Understanding and improvement of health and fitness shall also be addressed by playing softball.
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)	Acquire basic knowledge and skills about sports and perform. (1)You can throw the ball according to the game situation. (2)You can catch the ball at each position. (3)You can hit the thrown ball according to the situation. (4)You can cooperate with your teammates and actively participate in team activities.
Class Schedule	Week 1Introduction Week 2Ice break and Fundamental skills Week 3Fundamental skills and short time games Week 4Fundamental skills and short time games Week 5Fundamental skills and short time games Week 6Offensive or defensive skills training, and practice games Week 7Offensive or defensive skills training, and practice games Week 8Offensive or defensive skills training, and practice games 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	handouts and photocopies 1. 吉村正, ベースボールマガジン社, うまくなるソフトボール 2. 功力靖雄, 北隆館, 図解野球, ソフトボールの教室
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:Sports and Physical Education Center Phone Number (Ext.): E-mail: TA and TF:N/A

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course	Applied Physical Education Table Tennis
Course No.	2222213
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Yuki Nonaka
Course Overview	Upon deepening knowledge concerning sports activities and understanding techniques applicable to different types of sports, apply the acquired knowledge and skills to games and technical practices and develop free thinking on sports activities.
Remarks	<b>実務経験教員</b> 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 table tennis. And the operation which utilized the characteristic can be performed. (2) Communicate with peers and can clear issues smoothly. (3) To acquire the ability to act independently while grasping the movement of the whole group. (4) Through interpersonal sports, think about your opponents and friends and learn about sportsmanship. (5) You can plan and manage simple sports recreation to obtain athletic opportunities.
Class Schedule	Teachers having experience as a professional sports player will conduct a skill-practice lesson based on their experience. Week 1Understanding and applying the characteristics of table tennis(review) Week 2Understanding and applying the characteristics of table tennis (Switch between forehand and backhand) Week 3Understanding and applying the characteristics of table tennis (Footwork with moving,Switch between forehand and backhand) Week 4Understanding and applying the characteristics of table tennis (Footwork with moving,Switch between three techniques) Week 5Understanding of applied techniques(Ball rotation direction,Top spin) Week 6Understanding of applied techniques(Ball rotation direction,Back spin) Week 7Understanding of applied techniques(Service) Week 8Game setting method according to group characteristics Week 9Understanding table tennis as a lifelong sport Week 10Lecture on sports activity of lifetime Week 11Optional class
Course Prerequisites	
Grading Philosophy	Skill(35%), Knowledge(30%), Attitude(35%)

Course Hours Break-down and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	None specified. When you would like to visit my office, you must make an appointment in advance by email. nonaka.yuki.gp 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 Dance
Course No.	2223253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Yonezawa Mayuko
Course Overview	In this class, learns how to use basic body of the dance and gets on various music and move a body.In addition, aims at the making of healthy body by yoga and stretch through a class.
Remarks	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. In this class,learns how to use basic body of the dance and gets on various music and move a body.In addition,aims at the making of healthy body by yoga and stretch through a class.
Class Schedule	Week 1stretch Week 2Dance with various music Week 3Rhythm dance basic Week 4Rhythm dance Week 5Make dance moves 1 Week 6Make dance moves 2 Week 7Group work creation 1 Week 8Group work creation 2 Week 9test 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	Photocopies
Office Hours and Contact Information	
Other(Behavioral expectations and points to note for students during coursework)	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:Sports and Physical Education Center Phone Number (Ext.): N/A E-mail:yonezawamayuko@yahoo.co.jp TF:N/A TA:TBA
Relation to Other	

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

Course	Applied Physical Education Trim Exercise
Course No.	2230253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Akihiro Sakamoto
Course Overview	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.
Remarks	Trim action 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 of various physical activities by performing exercise and addressing the concept of sports culture. 1) You can feel and notice familiar natural environment through nature games. 2) Improve sensitivity by using sensory organs that are not usually used. 3) You can sympathize with the sensitivity of your friends. 4) Understand natural environment protection. 5) Understand the natural environment from the viewpoint of sustainability and take appropriate actions.
Class Schedule	Week 1Orientation Week 2Nature Activity (1) :My Tree Week 3Nature Activity (2) :Nature Trail Week 4Nature Activity (3) :Camouflage Week 5Nature Activity (4) :Window of Earth Week 6Nature Activity (5) :Nature Bingo Week 7Nature Activity (6) :Hiku Week 8Nature Activity (7) :4 frame Nature Photo Week 9Look back on activities Week 10Lecture of Life Long Sport 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	Xerox
Office Hours and Contact Information	Office Hours: N/A(I don't set up certain office hours, so please contact me by email if you want) Location: A404 Phone Number: 029-853-6361 E-mail: sakamoto.akihiro.ff@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, spirit, challenge, skills, ability Lifetime, sports, and, mental, health, walking



Course	Applied Physical Education Basketball
Course No.	2234213
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Toshihiro Otaka
Course Overview	Learning Individual tactics (Beat the Defense & Get the Ball Offense), Understanding the characteristic of basketball, and Playing game with individual tactics.
Remarks	elements by gender(equipment) 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) バスケットボールの戦術的特性を理解し、ゲームにおいてシュート、パス、ドリブル等の技術、それらを組み合わせた戦術を適切に発揮することができる。 (2) チームメイトと協力して、ゲームプランを構築することができる。 (3) チームメイトと協力して、ゲーム運営 (審判、ゲーム記録等) を積極的にできる。
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 9Skill Test, 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	
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 Badminton
Course No.	2235213
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Chika Tanifuji
Course Overview	Understanding the principles of badminton in order to play and enjoy games. History, manner, rule, and values of sports shall also be learned through playing games.
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)	Acquire basic knowledge and skills about sports and perform. (1) Understand the characteristics of Badminton and use them appropriately. (2) You can play happily and safely while cooperating with your friends.
Class Schedule	Understanding the principles of badminton in order to play and enjoy games. History, manner, rule, and values of sports shall also be learned through playing games. Week 1Develop teamwork Week 2Learn the skills Week 3Learn the skills for doubles Week 4Learn the tactics for doubles Week 5Play doubles Week 6Develop teamwork Week 7Study history of badminton Week 8Team competition Week 9Study badminton for life 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 Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Volleyball
Course No.	2236253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Nakaba Akiyama
Course Overview	This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work.
Remarks	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) Enhancement of a sense of teamwork and reaching a common object with friends.
Class Schedule	Week 1Review of fundamental skills Week 2Fundamental positions and movements Week 3Basic team compositions and formations Week 4Lead-up games Week 5League game 1 (Team order) Week 6League game 2 (Reception formation) Week 7League game 3 (Defense formation) Week 8League game 4 (Teamwork) Week 9League game 5 (Summary) 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. FIVB,Coaches manual,2011
Office Hours and Contact Information	Office Hours: Thursday, 14:00-16:00 Location: B312
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, teamwork
-----------------	---

Course	Applied Physical Education Flag Football
Course No.	2241233
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Tsuyoshi Matsumoto
Course Overview	Emphasis is on further tactical/positional patterns and consideration for team shape/formations. Larger playing areas are gradually introduced, and as before, students take part in game formats on a regular basis.
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. (1) Understand the characteristics of Flag Football and Can do team activities. (2) You can understand the official rules of Flag Football and play games. (3) You can understand the basic offensive tactics of Flag Football and demonstrate them during the game depending on the characteristics of the team. (4) You can understand the basic defensive tactics of flag football and demonstrate them during the game depending on the characteristics of the team. (5) You can play the game safely in cooperation with your friends.
Class Schedule	Week 1Understanding Flag Football official rule Week 2passing offence and defence drill Week 3running offence and defence drill Week 4making an assignment book for offence Week 5Game : Sport Culture in USA Week 6Game : College Football in USA Week 7Game : NFL Week 8Game : American Football and Flag Football Week 9Game : Bowl Game in USA 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	<a href="http://www.japanflag.org/">http://www.japanflag.org/</a> 1. Japan Flag Football Association, <a href="http://www.japanflag.org/">http://www.japanflag.org/</a>
Office Hours and Contact Information	Monday 9am-10am B317 029-853-2680 matsumoto.tsuyosh.fn at u.tsukuba.ac.jp <a href="http://www.gomatsugen.jp/">http://www.gomatsugen.jp/</a>

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 Bodywork
Course No.	2243253
Credits	0.5Credits
Grade	2Year
Timetable	FallAB Thu2
Instructor	Toshihiro Kato
Course Overview	We will do the following exercises. (1) Core Training (2) Stretching (3) Self-massage (4) Breathing technique. Sharpen your senses. Increases resistance to stress. And enjoy the exercise itself.
Remarks	G-course 男女の区別なくペアワーク(トレーニングの補助やスポーツマッサージ等)が行われることがあります。ペアワークが苦手な方は単独で行うことができます。ペアの組み方は自由です。奇数の場合は3人組になることもあります。
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) You can notice that the self and others interact with each other. (2) You can feel the axis of your body. (3) You can exercise happily and safely in cooperation with your friends. (4) You can keep your body and mind healthy in a way that fits your task.
Class Schedule	Week 1Orientation Week 2For the awareness of your behavior Week 3Bodywork to promote communication Week 4Training for the good stance Week 5Bodywork to regulate breathing well Week 6Sports massage Week 7Bodywork to aware the axis of your body Week 8Bodywork to resonate with others Week 9Bodywork to solve your own problems 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	E-mail:toshihiro.kato.bsk@vc.ibaraki.ac.jp(Ibaraki University)
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