

Course	Applied Physical Education Karate
Course No.	2207243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Introduction Week 2Sonoba-kihon 1. Stationary basic offensive techniques: Sonobazuki, Gyakuzuki, Maegeri, Mawashigeri, and punching and kicking training with mitts. Week 3Sonoba-kihon 2. Uke. Basic defensive techniques for head, body trunk and lower limbs: Jodan-uke, Chudan-uke, Gedan-uke. Week 4Ido-kihon 1. Basic offensive techniques with forward and backward movement: Jun-tsuki, Gyaku-tsuki. Week 5Coordination of footwork with hitting techniques 1. Footwork includes jumping, Suriashi. Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8Compounding techniques 1. Coordination of Tsuki with Keri. Week 9Sawari-kumite 1. Control of timing and spacing of offensive and defensive techniques: touching upper and lower limbs. Week 10Kata 1. Offensive and defensive techniques for imaginary opponents in 4 directions. 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	<p>1. 全日本空手道連盟, 空手道教範</p> <p>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</p> <p>3. 藤田幸雄, 強くなる空手動きの方程式</p> <p>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</p>
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.	2214243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 2Archery Week 3Archery Week 4Physical fitness test Week 5Physical fitness test Week 6Archery 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.	2215243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Koji Komata
Course Overview	understanding the principle of the Judo techniques and lean 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 1Manner in dojo,treatment of judogi,movement,hold,UKEMI,Osaekomiwaza Week 2UKEMI,management of the body,DEASHIBARAI,Osaekomiwaza Week 3UKEMI,DEASHIBARAI,Osaekomiwaza Week 4UKEMI,OSOTOGARI,Shimewaza Week 5UKEMI,OSOTOGARI,Shimewaza Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8UKEMI,HIZAGURUMA,Kansetsuwaza Week 9UKEMI,HIZAGURUMA,Kansetsuwaza Week 10UKEMI,randori 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.	2217223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 for various physical activities by performing exercise and addressing a 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:Guidance of this class, 10 min. swim, Kicking Week 2:10 min. swim, Kicking, Streamline Week 3:10 min. swim, Crawl and Back strokes Week 4:10 min. swim, Snorkeling (Fin work, Snorkel clear, ear clear) Week 5:10 min. swim, Snorkeling (Jack knife, entry, surface dive) Week 6:Indoor Physical fitness test Week 7:Outdoor Physical fitness test Week 8:10 min. swim, Water polo (Basic skill: Pass and Dribble) Week 9:10 min. swim, Water polo (Basic skill and Game) Week 10:10 min. swim, Diving spring board 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.	2221243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 4Physical Fitness Test Week 5Physical Fitness Test Week 6Fundamental skills and short time games Week 7Fundamental skills and short time games Week 8Offensive or defensive skills training, and practice games Week 9Offensive or defensive skills training, and practice games Week 10Game 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. 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.	2222203
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Yuki Nonaka
Course Overview	Deepen your knowledge of sports activities through table tennis. By using a unique practice method to deepen the pursuit of one type of sports, the students will understand the techniques related to various types of sports. Practice mini games as well.
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. (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.
Class Schedule	Teachers having experience as a professional sports player will conduct a skill-practice lesson based on their experience. Week 1Explanation and introduction of class contents Week 2Understanding the characteristics of table tennis (Forehand introduction:How to make the racket surface and see the ball movement). Week 3Understanding the characteristics of table tennis (Hitting the ball according to the sound) Week 4Understanding the characteristics of table tennis (Hitting the ball according to the sound,Hitting ball feeling) Week 5Understanding the characteristics of table tennis (Footwork) Week 6Indoor Physical Fitness Test Week 7Outdoor Physical Fitness Test Week 8Understanding the characteristics of table tennis(Backhand introduction) Week 9Understanding the characteristics of table tennis(footwork with moving, turning back), mini games Week 10Game operations, ways of ingenuity and communication with others Week 11Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Break-down and Out-of-Class Learning	
Textbooks, Refer-	

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.	2223243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Intoroduction Week 2Knowing about ””my body”” Week 3yoga and stretch 1 Week 4yoga and stretch 2 Week 5Dance with various music Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8dance combinations basic Week 9dance combinations 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	
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.	2230243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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) I can understand how to walk and walk happily. 2) The heart rate before and after walking is measured, and walking suitable for oneself can be performed. 3) You can walk at the pace of your friends. 4) I can learn and practice how to keep my mind and body healthy through walking.
Class Schedule	Week 1Introduction Week 2Walking(1):Basic of walking Week 3Walking(2):Knowing your strides Week 4Walking(3):Understanding of heart rate Week 5Walking(4):Watch how you walk Week 6Physical Fitness Test1(indoor) Week 7Physical Fitness Test2(outdoor) Week 8Walking(5):Walk at different speeds Week 9Walking(6):Walk with your friends Week 10Looking back 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 1. 能勢博, ウォーキングの科学 10歳若返る、本当に効果的な歩き方
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.akihito.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, fitness, lifetime, sports physical and mental health



Course	Applied Physical Education Basketball
Course No.	2234203
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Introduce Class、 Introduce Basketball Week 2Knowledge about Basketball Week 3Body Control、 Fundamental Skills(Dribbling, Passing, Shooting) Week 4Body Control、 Fundamental 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 10Skill Test, How to use 1on2 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 Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Badminton
Course No.	2235203
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Introduction Week 2Play ancient games Week 3Learn the basic skills Week 4Learn the tactics Week 5Know the games Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8Play singles Week 9Play doubles Week 10Team competition Week 11Optional class Attitude(35%),Skill(35%),Knowledge(30%)
Course Prerequisites	
Grading Philosophy	
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, challenge, sports skills, sportsmanship, practical ability

Course	Applied Physical Education Volleyball
Course No.	2236243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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) To understand applied skills, strategies, and rules of volleyball.
Class Schedule	Week 1Introduction, Fundamental skills test Week 2Play with a volleyball Week 3Underhand pass and overhand pass Week 4Lead-up games Week 5Service and spike Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8Games (6 × 6m court) Week 9Games (9 × 6m court) Week 10Games (full court) 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 Fitness Training
Course No.	2240243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Hirokazu Matsuo
Course Overview	Emphasis will be on maintenance of good health and understanding of relationship between physical fitness and health promotion. Acquirement of methods of resistance training, jogging and stretching shall also be addressed for lifelong good health.
Remarks	elements by gender(other) G-course Details will be announced. 体力測定の評価に際して、男女で基準値が異なる
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 practice of warming up and cooling down Week 2Training using your own weight and machine 1 (upper body) Week 3Training using your own weight and machine 2 (lower body) Week 4The practice of aerobic training 1 Week 5The practice of aerobic training 2 Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8The practice of weight training 1 (upper body) Week 9The practice of weight training 2 (lower body) Week 10The practice of weight training 3 (whole-body) 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 Flag Football
Course No.	2241223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu2
Instructor	Tsuyoshi Matsumoto
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	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 do the basic skills involved in flag football balls. (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 1What is Flag Football? Week 2passing offence and defence drill Week 3making an assignment book for offence Week 4making an assignment book for offence Week 5game : Twin Formation Offence Week 6Physical fitness test(indoor) Week 7Physical fitness test(outdoor) Week 8game : Triple Formation Offence Week 9game : Zone Defence Week 10game : 1 on 1 Defence 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.	2243243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 your body. (2) You can do core training. (3) You can relax from inside your body. (4) You can enjoy the exercise and improve your daily life.
Class Schedule	Every hour, record the physical condition before class and the purpose of today on the training record card. Week 1Introduction Week 2Bodywork for more flexibility Week 3Core training Week 4Bodywork to relax your body Week 5Bodywork to regulate breathing well Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8Training for the good stance Week 9Training to improve strength Week 10Sports massage Week 11Optional class Fill in your physical condition after class and review the class with your friends.
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 Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship