

| | |
|--|--|
| Course | Applied Physical Education Gymnastics |
| Course No. | 2208233 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Mariko Kanaya |
| Course Overview | This class aims to acquire skills according to ability and understand about movements mainly by practicing trampoline under the theme of “ control of movements ” . |
| 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 for various physical activities by performing exercise and addressing a concept of sports culture. |
| Class Schedule | Week 1Trampoline(Basic skills check) Week 2Trampoline(Basic Combination) Week 3Trampoline(Progressive Combination) Week 4Trampoline(Basic Series) Week 5Trampoline(Progressive Series) Week 6Trampoline(Advanced Series) Week 7Trampoline(Basic Performance) Week 8Trampoline(Advanced Performance) Week 9Trampoline(Skills check) 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 | Tuesday. 11:30-12:10 Gymastics area in Central gymnasium |
| 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 Kendo |
| Course No. | 2211273 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| 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 Golf |
| Course No. | 2212253 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Hitoshi Shiraki |
| Course Overview | In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship. |
| Remarks | Expenses: Golf Driving Range / ¥ 1000, Golf Course / ¥ 2500 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)Basic of golf swing (grip, address) can be performed accurately. Golf swing by 7-irons can be practiced (2)Full swing can be practiced with a holed ball by 7-iron (3)full swing can be practiced with a range ball by 7-iron (4)You can practice approach shots from 10 to 20 yards by pitching wedge (5)You can practice approach shots from 30 yards by pitching wedge (6)you can hit a distance of 1 to 3 meters by putter (7)Round the mini course by pitching wedge (8)You can by 7-iron and pitching wedge at the golf driving range to determine the flight distance (9)Round at golf course by 7 irons, pitching wedge and putter (10)Understand the significance of lifelong sports through lectures |
| Class Schedule | Week 1Review the basics of the swing (grip, address) and check the full swing by 7-iron Week 2practiced full swing with a holed ball by 7-iron Week 3practiced full swing with a range ball by 7-iron Week 4practice approach shots from 10 to 20 yards by pitching wedge Week 5practice approach shots from 30 yards by pitching wedge Week 6Practice by putter to separate from 1 to 3 meters Week 7Practice a round at Round the mini course by pitching wedge Week 8practice by 7-iron and pitching wedge to determine the flight distance at the driving range Week 9Practice a round at the golf course by 7-iron, pitching wedge and putter 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 | Office Hours: thursday, 14:00-19:00 Location: D621 Tel. Number (Ext.): 2667 shiraki.hitoshi.fw 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 Soccer |
| Course No. | 2213273 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Kazuya Naruse |
| Course Overview | The purpose of this class is to understand the depth of football culture. It is also to learn basic tactics through various games. |
| Remarks | elements by gender(contact) elements by gender(special rule/pair/team) 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 1shooting Week 2pass Week 3positioning Week 4practice match Week 5league match Week 6league match Week 7league match Week 8league match Week 9Lecture on sports activity of lifetime Week 10league match Week 11Optional class |
| Course Prerequisites | |
| Grading Philosophy | |
| Course Hours Break-down and Out-of-Class Learning | |
| Textbooks, References,and Supplementary Materials | |
| Office Hours and Contact Information | naruse.kazuya.gu@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 Shooting Sports |
| Course No. | 2214273 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| 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 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. | 2215273 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| 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. | 2217253 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Hideki Takagi |
| Course Overview | Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, e.g. water polo and four kinds of swimming strokes. |
| 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. |
| Class Schedule | Week 1Water Polo 1 (History of water polo, Instruction of equipments) Week 2Water Polo 2 (Pass, Fundamental movement, Mini game) Week 3Water Polo 3 (Ball dribble, Pass, Mini game)) Week 4Water Polo4 (Treading water, Shoot, Games) 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 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 | 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. | 2221233 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| 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 |
| 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. | 2222253 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| 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 | Third gymnasium 実務経験教員 elements by gender(contact) G-course Wear indoor shoes and sportswear. |
| 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 Dance |
| Course No. | 2223273 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Motoko Hirayama |
| Course Overview | " Discovery of your body " as the theme. An individual invention ability and the sensibility are polished by touching various dance cultures. Beautiful posture and the necessity of a healthy body making are understood while introducing the base of the yoga. |
| 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 1Reset body exercise Week 2Michael Jackson Week 3Ballet Week 4Street dance Week 5Jazz dance Week 6Group creation #1 Week 7Group creation #2 Week 8Group creation #3 Week 9Showing Week 10Lecture on sports activity of lifetime Week 11Option 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 Trim Exercise |
| Course No. | 2230273 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Mayumi Saito |
| 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 | 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.The goals of this class are to enjoy playing physical activities and form positive attitude to have interest on health and physical fitness based on creating a learning assignment and gradual training program fitted everyone ' s health condition. |
| Class Schedule | Week 1Introduction Week 2Adapted table tennis1 Week 3Adapted table tennis2 Week 4Adapted table tennis3 Week 5Town house1 Week 6Town house2 Week 7Adapted game of GO 1 Week 8Adapted game of GO 2 Week 9Reflection Week 10Lecture Week 11 |
| 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 | please contact me by email if you want |
| Other(Behavioral expectations and points to note for students during coursework) | |

| | |
|---|--|
| Relation to Other Courses | |
| Teaching Fellow and/or Teaching Assistant | |
| Course Keywords | communication, skills, fitness, habit, culture, ethic, sportsmanship, lifetime, sports, physical, and, mental, health, physical activity habit, sports culture |

| | |
|--|--|
| Course | Applied Physical Education Basketball |
| Course No. | 2234253 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| 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) 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) 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 | |

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

| | |
|--|---|
| Course | Applied Physical Education Badminton |
| Course No. | 2235273 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Masashi Suita |
| Course Overview | Learning of Badminton skills |
| 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 1Making the Group ~ Group work Week 2Learning the Doubles tactics(1) Week 3Learning the Doubles tactics(2) Week 4Badminton Grip and Lob Week 5Drive-Sidearm-Stroke Week 6Drive-Overhead-Stroke Week 7Doules play and operation of the games(1) Week 8Doules play and operation of the games(2) Week 9Doules play and operation of the games(3) Week 10Lecture on sports activity of lifetime 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 | |
| Office Hours and Contact Information | suita.masashi.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 Handball |
| Course No. | 2237253 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Miyuki Fujimoto |
| Course Overview | Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games. |
| 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. (1) Practice of ”playable” with situation judgment (2) Understand and practice basic attack tactics of handball. (3) Understand and practice basic defence tactics of handball. (4) Enjoy the game and safely with teammates. |
| Class Schedule | Week 1Orientation,Numerically advantageous attacks Week 22vs2players:attack skill and defence skill,2vs 2matches Week 33vs3players:atack kill and defence skill,3vs3 matches Week 4Learning atack position,Shoot from various position,matches Week 5Learning defence position,Various defence systems,matches Week 6Matches with various situations Week 7League matches Week 8League matches Week 9League matches 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 Fitness Training |
| Course No. | 2240213 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Satoru Tanigawa |
| Course Overview | Understanding the relationship among maintaining and promoting physical, mental health and exercise and physical fitness, this class focus on applying exercises, resistance training, jogging, stretching to daily life as sports culture. |
| Remarks | elements by gender(other) 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) Understanding and Practicing the anaerobic and aerobic exercises. (2) Making the objective and subjective index of Individual training effect. (3) Making the optimal individual training. |
| Class Schedule | Week 1planning the personal training standard Week 2planning the personal level training Week 3personal training (aerobic) Week 4personal training (anaerobic) Week 5practice the personal training Week 6modification the personal training Week 7practice the optimal personal training Week 8personal training outside Week 9optional class Week 10evaluation of personal training Week 11lecture on sports activity of lifetime |
| 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 Outing Sports |
| Course No. | 2245213 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| 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) 山と溪谷社, 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 Track and Field |
| Course No. | 2252273 |
| Credits | 0.5Credits |
| Grade | 2Year |
| Timetable | FallAB Thu3 |
| Instructor | Yasushi Enomoto |
| Course Overview | Learn fundamental movement in running, jumping and throwing to develop athletic performance and also learn appropriate knowledge of skill/technique for track and field and attitude to enjoy track and field performance. Enhance movement ability and capacity and understand physical literacy. |
| 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. |
| Class Schedule | Week 1Fundamental athletic test Week 2Technique for long jump Week 3Technique of take off for high jump Week 4Technique of bar clearance for high jump Week 5Fundamental of Pole vault Week 6Technique of shot put Week 7Technique of discuss throw Week 8Technique of javelin throw Week 9Athletic competition of combined event 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 | |
| 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 |