

Course	Applied Physical Education Gymnastics
Course No.	2208223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu3
Instructor	Mariko Kanaya
Course Overview	Through the events of apparatus gymnastics and artistic gymnastics, students will acquire skills according to ability and understand about movements under the theme of “ coordination with apparatus ”
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 the concept of sports culture.
Class Schedule	Week 1Orientation about this subject and Basic skills check Week 2Trampoline(Introduction) Week 3Trampoline(Straight jumps) Week 4Trampoline(Seat drops) Week 5Trampoline(knee drops) Week 6Physical Fitness Test Week 7Physical Fitness Test Week 8Trampoline(Front drops) Week 9Trampoline(Combination) Week 10Trampoline(Skills check) 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.	2211263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu3
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 Golf
Course No.	2212243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu3
Instructor	Hitoshi Shiraki
Course Overview	In this course, students will learn about Golf Swing,History,manner, etiquette,rule,history and sportsman ship.Recognize your physical fitness by performing physical fitness measurement.
Remarks	G-course Clubs are asked to select clubs for their height.
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 check the schedule of this class and acquire the history of golf and knowledge of equipment (2)Make a free hit and experience a golf swing by 7-iron (3)Understand the basics of golf swing (grip, address) and practice mini-swing (4)Learn the correct address and practice half-swing (5)Full swing can be practiced with a holed ball by 7-iron (6)Perform indoor physical fitness test to check your physical abilities(Flexibility, body fat mass, agility) (7)Perform outdoor physical fitness test to check your physical abilities (endurance, power, skill) (8)A full swing can be practiced with a range ball by 7-iron (9)You can make an approach shot by pitching wedge (10)Putting can be practiced by putter
Class Schedule	Week 1Explanation of class contents, outline of golf Week 2Free hit with a perforated ball by 7-iron Week 3Explanation and practice of swing basics (grip, address), practice of mini-swing by 7-iron Week 4practice half swing with a holed ball by 7-iron Week 5practiced full swing with a holed ball by 7-iron Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8practiced full swing with a range ball by 7-iron Week 9Practice of approach shot by pitching wedge Week 10Practice putting by putter 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.	2213263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu3
Instructor	Kazuya Naruse
Course Overview	The purpose of this class is to cultivate football cultural elements. Acquire principles of offense and defense and basic skills through various game formats football .
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 1guidance Week 2kick Week 3ball control Week 4Physical Fitness Test Week 5Physical Fitness Test Week 6dribble Week 7defense Week 8principle of offense and defense Week 9application of offense and defense Week 10blind soccer 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.	2214263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 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.	2215263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu3
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.	2217243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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., 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 3Skin diving 1 (Instructions for equipments, fundamental movement) Week 4Skin diving 2 (Pipe clear, Diving shallow point) Week 5Skin diving 3 (Equalizing, Diving deep point) Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8Artistic swimming 1 (Sculling technique) Week 9Artistic swimming 2 (short routine) Week 10High diving (Outdoor pool) 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.	2221223
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu3
Instructor	Takaaki Nara
Course Overview	Through softball practice and our regular season games, we will develop our ability to work in a team and overcome challenges together. We will primarily focus on preparation and defensive practice for the first half of the semester, and will enter the regular season in the second half of the semester. Additionally, we will measure our physical fitness through various tests and challenge ourselves to improve based on the results.
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, Exhibition match Week 5Test2, Infielder defence, 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.	2222243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu3
Instructor	Shintaro Ando
Course Overview	In this lesson, contents of table tennis skill level are for contents from beginner to intermediate level. Playing table tennis during the class is to raise the level of life skills acquisition through the four experiences (self-disclosure, cooperation, challenge, and enjoyment) inherent in sports activities. In daily life outside the class, we aim to acquire healthy lifestyle including not only physical activity but also nutrition and sleep.
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 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 strength measurement Week 7Outdoor physical strength measurement 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)	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.	2223263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1YOGA basic Week 2Yoga valietion Week 3body balance exercise yoga strech and Tai Chi Week 4Dance for fitness #1 Aerobic dance Week 5Dance for fitness #2 Dance workout Week 6Physical fitness test Week 7Physical fitness test Week 8Dance for communication #1 mambo basic(pair dance) Week 9Dance for communication #2 Pre chorgraphy pair dance Week 10Dance for art 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	hirayama at taiiku.tsukuba.ac.jp
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 Trim Exercise
Course No.	2230263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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	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)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 2walking1 Week 3walking2 Week 4Adapted sports1 Week 5Adapted sports2 Week 6Physical Fitness Test1(indoor) Week 7physical Fitness Test2(Outdoor) Week 8Bocca1 Week 9Bocca2 Week 10Reflection 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	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, physical activity habits, sports culture, ethics, sportsmanship

Course	Applied Physical Education Basketball
Course No.	2234243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 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	

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

Course	Applied Physical Education Badminton
Course No.	2235263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1Orientation Week 2Beginner Play 1 (Solo play to play by two people) Week 3Making Companion, Beginner Play 2 (Playing Game: Development history of badminton game) Week 4Study of Skill Exercise (Drive) Week 5Badminton Grip and Lob Week 6Physical fitness test Week 7Physical fitness test Week 8Drive-Overhead-Stroke Week 9Doules play and operation of the games (1) Week 10Skill Test ,Self-Evaluation of the semester 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.	2237243
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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) Understand and practice basic handball skills. (2) Understand ”playable” (3) Understand the set rules and cooperate with your friends to enjoy the game safely.
Class Schedule	Week 1Orientation,Ice break,ball coordination Week 2Fundamental skill(Through:Step • Jump • Running,Dribble,Various Pass and Catch) Week 3Fundamental skill(Various shoot:Step • Jump • Running,Carring a ball,Shoot matchs Week 4Fundamental skill(Various feint:Step • Shoot • Turn,Carring a ball,Shoot matchs Week 5Goal keeper skills,Fast break,matchs Week 6Indoor physical fitness test Week 7Outdoor physical fitness test Week 8Playable ,Pass game,matchs Week 9Playable ,Pass game,matchs Week 10Playable ,Pass game,matchs 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	Please contact to e-mail:fujimoto.miyuki.gf@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, playable

Course	Applied Physical Education Fitness Training
Course No.	2240203
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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 1class concept and jogging Week 2jogging and streching Week 3jjogging and sprinting Week 4aerobic cycling Week 5aerobic running Week 6physical fitness test Week 7physical fitness test Week 8strength training upper body Week 9strength training lower body Week 10strength training Core 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 Outing Sports
Course No.	2245203
Credits	0.5Credits
Grade	2Year
Timetable	SprAB Thu3
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 Track and Field
Course No.	2252263
Credits	0.5Credits
Grade	2Year
Timetable	SprAB 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. Consider relationship between athletic activity and improvement of fitness and health promotion.
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 1Fact of Track and Field Week 2sprint technique Week 3Start technique Week 4fundamental skill of hurdle event Week 5take off, clearance and touch down of hurdling Week 6Physical fitness test Week 7Physical fitness test Week 8Relay events Week 9Baton pass technique Week 10Performance analysis of track and field 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