

Orientation for Common Physical Education 2023

[For students enrolled in September and October]

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○ About “Tsukuba Taiiku”

✓ Vision

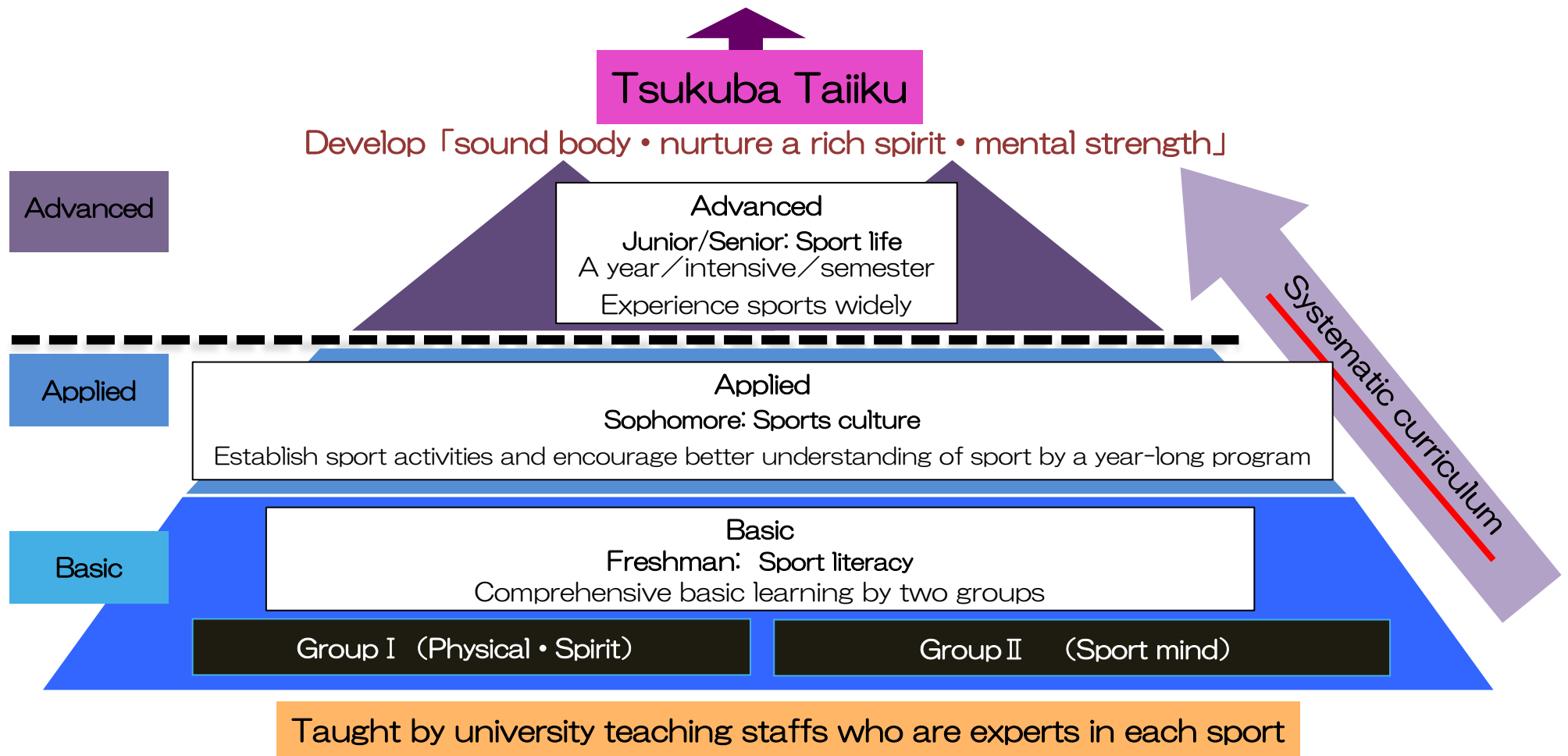
Tsukuba Taiiku (Physical Education) aims to develop a “sound body, nurture a rich spirit, and increase mental strength” through various sports activities.

✓ Educational goals of Tsukuba Taiiku are as follows:

1. Teaching basic knowledge and the ability to think and practice in terms of health, strength, and sports techniques
2. Nurturing a rich spirit and sociability
3. Developing a strong mind and a sense of morality
4. Cultivating good interpretive skills and appreciation for sports
5. Fostering an ability to keep developing independently

○ Systematic curriculum of Tsukuba Taiiku

Produce students who can contribute to develop human society through various sports



○ Standard Academic Year

- 2 or 3 credits from PE classes are required for graduation. The required number of PE credits are determined by the program you belong to. Depending on your program, 1 or 2 credits from Basic PE and 1 or 2 credits from Applied PE are needed.
 - Returnee students are expected to take the Basic PE class that is offered for their program in Fall semester. In addition, take Wellness Sports class in order to complete a total of 1 credit by the end of the academic year.
- The following Table shows the number of credits you must earn to graduate, by programs. This also shows the recommended timeline to take certain classes.

2023 Fall semester	2024 Spring semester	2024 Fall semester	2025 Spring semester	2025 Fall semester	2026 Spring semester	2026 Fall semester
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【International Social Studies (ISS), Life and Environmental Sciences (LES), Medical Sciences (MS)】 2 credits are required

Basic PE fall + Wellness Sports	Applied PE spring semester	Applied PE fall semester				
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【Interdisciplinary Engineering (IDE)】 3 credits are required

Basic PE fall + Wellness Sports	Applied PE 1 spring semester	Applied PE 1 fall semester	Applied PE 2 spring semester	Applied PE 2 fall semester		
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※Applied PE 1 and Applied PE 2 must be taken in different sports disciplines. When drawing courses for Applied PE 2, be sure to register for the disciplines you took in Applied PE 1 with the lowest desired level.

2023 Fall semester	2024 Spring semester	2024 Fall semester	2025 Spring semester	2025 Fall semester	2026 Spring semester	2026 Fall semester
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【Bachelor’s Program in Global Issues (BPGI)】 2 credits are required

Basic PE fall + Wellness Sports	No PE Class	No PE Class	Applied PE spring semester	Applied PE fall semester		
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【Japan-Expert (JE) - Agricultural Science Course and Japanese Language Teacher Training Course ONLY】 3 credits are required

Basic PE 1 fall + Wellness Sports	Basic PE 2 spring semester	Basic PE 2 fall semester	Applied PE spring semester	Applied PE fall semester		
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【Japan-Expert (JE) - Healthcare Course and Art & Design Course ONLY】 2 credits are required

No PE Class	Basic PE spring semester	Basic PE fall semester	Applied PE spring semester	Applied PE fall semester		
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Japan-Expert (JE) - Healthcare Course and Art & Design Course students will not be taking PE classes in this Fall semester; you will begin taking courses in the Spring 2024 semester and will need to register for the subject drawing in early April to determine which courses you will be taking in. Please check the PE Center website carefully as the time approaches.

***** Wellness Sports is an intensive class, details on page 12.**

○ How to take the “Basic Physical Education”

In Fall 2023 semester, choose one kind of sports from the Basic PE (fall semester / 0.5 credit) and take an intensive course “Wellness Sport” (fall semester /0.5 credit). If you fail the Fall 2023 Basic PE Class, consult with a staff at Consulting Service Office at the Sport and PE Center. The staffs will help you determine how to arrange classes from the academic year 2024.



○ How to choose a subject of the “Basic Physical Education”

Tsukuba Taiiku offers PE classes of a specific sport. Due to the capacity of each PE class, there is a procedure for determining which sport subject students will take. This procedure is called “subject drawing”. Students will report their preference of sport subjects, and later be notified which sport they can enroll. After you received the notification of subject drawing results, **you CANNOT change the subject**. If you have a special need and are not able to participate in some types of sport, you must consult with a staff at the Consulting Service Office at the Sport & PE Center prior to registering your course preferences. **We cannot help you change the subject once it is determined.**

【When and how to report your subject preferences】

When: Between Monday, September 4 and Sunday, September 10 at 23:59

How: Click the link below and enter: 1) your name; 2) your student ID number (if you know); 3) Email address; 4) departmental affiliation^{*1 *2};
5) the level of preference of each subject^{*3}.

The form URL: <https://forms.office.com/r/aiBBUbCgHr>

Notes: Regarding the preference table

- You must enter the level of preference for each subject, 5 being the most preferable, 1 meaning least preferable.
- You must have at least 6 subjects that have the preference rating of 3, 4, or 5.

You MUST have at least 6 subjects that has the preference rating of 3, 4, or 5.

	Priority 5 (high)	Priority 4	Priority 3	Priority 2	Priority 1 (low)
Inline Skating	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fitness Training	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Track & Field	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Swimming	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Jog & Walk	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dance	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Education Gymnastics	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kendo	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Judo	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Volleyball	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Softball	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Handball	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Table Tennis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Badminton	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Soccer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Tennis	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Outing Sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Winter Sports	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

- We do our best to accommodate your preferences, but very rarely, students might be assigned the subject that they rated preference level of 1 or 2 due to the selection procedure.
- *1 The periods and the day are determined by the program, as follows:
 - JE (Healthcare Course), JE (Art and Design Course): TUE 3rd period (start 12:15)
 - ISS, LES,IDE,MS,BPGI, JE (Agricultural Science Course): THU 1st period (start 08:40)
 - JE (Japanese Language Teacher Training Course): FRI 1st period (start 08:40)
- *2 You are not allowed to take another PE class that are offered in a different time period. For example, if you are a ISS student, you must take PE class at THU 1st period, and cannot take FRI 1st period.
- *3 Be sure to choose from the subjects offered on the corresponding day of the week (see the next page).

< Notification of the subject drawing results >

When: September 20 (Wed) - 22 (Fri)

How: You will receive the results individually by an email.

Basic PE : Tuesday 3rd period (begins at 12:15 pm)

Course for students in JE (Healthcare Course, Art and Design Course)

JE (Healthcare Course, Art and Design Course) students will not have classes to take in this Fall semester; please begin taking classes in the Spring 2024 semester. The information on this page is for reference only.

Group I
(Individual/Budo)

- Inline Skating
- Athletic Training
- Fitness Training
- Track & Field
- Swimming
- Jog & Walk
- Dance
- Education Gymnastics
- Kendo
- Judo

Group II
(Ball/Outdoor/Game Systems)

- Volleyball
- Softball
- Handball
- Table Tennis
- Badminton
- Soccer
- Tennis
- Outing Sports
- New Sports

If you would like to see syllabi, see https://www.sapec.tsukuba.ac.jp/?page_id=67

Basic PE : Thursday 1st period (begins at 8:40 am)

Course for students in ISS · LES · IDE · MS · BPGI · JE (Agricultural Science Course)

Group I

(Individual/Budo)

- Fitness Training
- Track & Field
- Swimming
- Dance
- Refresh Movements
- Judo
- Kyudo
- Karate
- Bodywork

Group II

(Ball/Outdoor/Game Systems)

- Flag Football
- Volleyball
- Softball
- Handball
- Table Tennis
- Badminton
- Tennis
- New Sports

If you would like to see syllabi, see https://www.sapcc.tsukuba.ac.jp/?page_id=67

Basic PE : Friday 1st period (begins at 8:40 am)

Course for students in JE (Japanese Language Teacher Training Course)

Group I

(Individual/Budo)

- Inline Skating
- Fitness Training
- Athletic Training
- Track & Field
- Swimming
- Jog & Walk
- Education Gymnastics
- Kendo
- Judo

Group II

(Ball/Outdoor/Game Systems)

- Softball
- Basketball
- Handball
- Table Tennis
- Soccer
- Tennis
- Outing Sports
- New Sports

If you would like to see syllabi, see https://www.sapcc.tsukuba.ac.jp/?page_id=67

○About Wellness Sports

- Wellness Sports is an intensive class.
- Students are required to attend the Advance Guidance.
- Course registration numbers will be given at the advance guidance. You will be able to register for courses after the guidance.
- When the date of the advance guidance approaches, please check the details on the Sport & PE Center website.

Practice Date: Sat. 27- Sun. 28 Jan. and Sat. 3 Feb., 2024

Advance Guidance: Thu. 25 Jan., 2024 18:30~20:00

Guidance place: 5C213

< Sport & PE Center website > <http://www.sapcc.tsukuba.ac.jp>

This is the end of the orientation materials.

You MUST enter your subject drawing during the period (Sept. 4 - Sept. 10).

The form URL: <https://forms.office.com/r/aiBBUbCgHr>

【Contact】

University of Tsukuba, Consulting Service Office at the Sport and PE Center.

PLACE : Sport and PE Center, 2nd floor (Art and Physical Education Area)

MAIL : p.e-center@un.tsukuba.ac.jp