

## Information about first class, 2023 (Basic Physical Education)

As of September 22, 2023

Timetable	Course	Instructor	Date of first class	Meeting place	Things to bring	In case of rain	Remarks column
Thu. 1st	Fitness Training	Matsuo	5 Oct. 1st period	2nd training room, Central Gymnasium	Sportswear, Indoor shoes	Same as on the left	
	Track and Field	Enomoto	5 Oct. 1st period	The stands at the track	Sportswear, Indoor shoes	Same as on the left	
	Swimming	Kudo	5 Oct. 1st period	Get changed and meet at pool deck	Bring a swimming wear, swimming cap, and a swimming goggle, towel	Same as on the left	
	Dance	Yonezawa	5 Oct. 1st period	Dance studio, Central Gymnasium	Sports wear	Same as on the left	
	Refresh Movements	Hasegawa	5 Oct. 1st period	Gymnastics Area, Central Gymnasium	Sports wear, Indoor shoes with laces	Same as on the left	
	Judo	Okada	5 Oct. 1st period	Judo dojo, Gymnasium of Martial Arts	Judo uniform (be available for rent), Female students bring a T-shirt.	Same as on the left	
	Japanese Archery	Matsuo	5 Oct. 1st period	Japanese archery training hall	Sportswear	Same as on the left	
	Karate	Fumoto	5 Oct. 1st period	1st Multi-purpose Dojo	Karate uniform will be lent to you. Prepare a bag for take the uniform back to home. Bring your own if you have one.	Same as on the left	
	Bodywork	Kato	5 Oct. 1st period	2nd Multi-purpose Dojo	Sports wear, towel, you will be required to take off your pair of socks during the class.	Same as on the left	
	Flag Football	Matsumoto	5 Oct. 1st period	5C416-Classroom	Sportswear, Indoor shoes & Outdoor shoes	Same as on the left	
	Volleyball	Akiyama	5 Oct. 1st period	Gymnasium (Volleyball)	Sports wear, Indoor shoes	Same as on the left	
	Softball	Kaneda	5 Oct. 1st period	Baseball field, Back net	Sports wear, Sports shoes (You can not wear spiked shoes).	Same as on the left	
	Handball	Yamada	5 Oct. 1st period	Handball court	Sports Wear, Sports shoes	2nd Gymnasium (Medical area) *Please bring indoor shoes	
	Table Tennis	Nonaka	5 Oct. 1st period	3rd Gymnasium (3rd area)	Sports wear, Indoor shoes	Same as on the left	
Badminton	Suita	5 Oct. 1st period	1st Gymnasium (1st area)	Sports wear, Indoor shoes, Writing tool	Same as on the left		
Tennis	Mitsuhashi	5 Oct. 1st period	Taigei Tennis Court	Sports Wear, Training Shoes (Please bring tennis shoes if you have one)	Meeting room, 2nd floor P.E. Center		
New Sports	Nagata	5 Oct. 1st period	Soccer field	Sports Wear, Training Shoes	Ancient Japanese Martial Arts		
Trim Exercise	Fukuda	5 Oct. 1st period	Trim exercise room, 1st floor P.E. center	You can only take this class if you have mental or physical disorder. If you wish to take this class, you have to come to Physical Education Center beforhand.	Same as on the left		