

Course Name	Applied Physical Education Kendo
Course Number	2211273
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall AB Thu3
Instructor	Takahiro Nabeyama
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 Work Experience faculty face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
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	Kendo teacher who is a former representative of Team Japan that currently holds the highest rank in Kendo, 8th Dan, implements his own experiences to conduct his classes. Week 1 History and etiquette of Nihon Kendo Kata Week 2 Nihon Kendo Kata (Ippon-me of tachi 's kata) Week 3 Nihon Kendo Kata (Nihon-me of tachi 's kata) Week 4 Nihon Kendo Kata (Sanbon-me of tachi 's kata) Week 5 Nihon Kendo Kata (Yonhon-me of tachi 's kata) Week 6 Nihon Kendo Kata (Gohon-me of tachi 's kata) Week 7 Nihon Kendo Kata (Roppon-me of tachi 's kata) Week 8 Nihon Kendo Kata (Nanahon-me of tachi 's kata) Week 9 Wrap up of Nihon Kendo Kata (tachi 's kata from ippon-me to nanahon-me) Week 10 Lecture Week 11 Reserve day
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Prepare and review the videos and materials of Nihon Kendo Kata
Textbooks, References, and Supplementary Materials	Kendo Teaching Guidelines, Kendo Workshop Materials

Office Hours and Contact Information	Tuesday 14:00 ~ 17:00 nabeyama.takahiro.gn@u.tsukuba.ac.jp Tuesday14:00 ~ 17:00 nabeyama.takahiro.gn at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	In principle, credit will be granted to students who have attended at least 2/3 of the hours of the class.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship, Etiquette

Course Name	Applied Physical Education Golf
Course Number	2212253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Hitoshi Shiraki
Overview	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship. Practical practice at a nearby golf course in the fall semester
Remarks	Expenses: Golf Driving Range / ¥ 1300, Golf Course / ¥3500 G-course face-to-face Clubs are asked to select clubs for their height.
Course Type	practical training, experiments, skills practice
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 1 Review the basics of the swing (grip, address) and check the full swing by 7-iron Week 2 Practice by putter to separate from 1 to 3 meters Week 3 practiced full swing with a holed ball by 7-iron Week 4 Practice a round at Round the mini course by pitching wedge Week 5 practice by 7-iron and pitching wedge to determine the flight distance at the driving range Week 6 practiced full swing with a range ball by 7-iron Week 7 Practice a round at the golf course by 7-iron, pitching wedge and putter Week 8 practice approach shots from 10 to 20 yards by pitching wedge Week 9 practice approach shots from 30 yards by pitching wedge Week 10 Lecture on sports activity of lifetime Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours	Health observation records as well as preparation and review of classroom

Breakdown and Out-of-Class Learning	learning.
Textbooks, References, and Supplementary Materials	Photocopies
Office Hours and Contact Information	shiraki.hitoshi.fw@u.tsukuba.ac.jp shiraki.hitoshi.fw at u.tsukuba.ac.jp shiraki.hitoshi.fw@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits Clubs are asked to select clubs for their height.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Soccer
Course Number	2213273
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Kazuya Naruse
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 face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
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 1 shooting Week 2 pass Week 3 positioning Week 4 practice match Week 5 league match Week 6 league match Week 7 league match Week 8 league match Week 9 league match Week 10 Lecture on sports activity of lifetime Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Health observation records will be made, as well as preparation and review of class work.
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	naruse.kazuya.gu@u.tsukuba.ac.jp 木曜日2時限目 naruse.kazuya.gu at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.

coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Shooting Sports
Course Number	2214273
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Hitoshi Saga
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	elements by gender(special rule/pair/team) G-course face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
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)consider to conduct yourself and to treat the equipment for keeping safty (2)learning how to use bow and arrow as sport (3)respect each other and develop the freindship through the match (4)make fair conduct and judgment in the game (5)create the unique regulation and rules for more enjoyable sport
Class Schedule	This is beginner class for not ever doing Kyudo. Very close distance target from 5m to 10m. In case of rainy, desk work will be held in the indoor room. Week 1 Understanding about safety and avoiding risk with using bow and arrow. Choosing bow fitting your fitness. Week 2 Understanding the distinguished feature of Kyudo's bow. Week 3 Learning how to set up arrow and take stance in Kyudo. Week 4 Learning how to use right hand to pull string different from archery. Week 5 Learning the most important how to hold the bow of Kyudo. Week 6 Mastering the all step of Kyudo form. Week 7 Understanding how to aim target in Kyudo and try it. Week 8 Challenge the shooting from formal distance 28m. Week 9 Learning how to operate group tournament match(Test) Week 10 Lecture on sports activity of lifetime. Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks,	

References, and Supplementary Materials	
Office Hours and Contact Information	16:00-18:00 Friday Office: Inst. Health and PE Sciences Building B room NO.504 saga.hitoshi.fu at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habit, sports culture, ethic, sportsmanship

Course Name	Applied Physical Education Judo
Course Number	2215273
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Takashi Matsui
Overview	understanding the principle of the Judo techniques and learn the martial arts through experience.
Remarks	<p>elements by gender(contact)</p> <p>elements by gender(other)</p> <p>G-course</p> <p>face-to-face</p> <p>T-shirts may be worn under the Judo-wear.</p> <p>In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class</p>
Course Type	practical training, experiments, skills practice
Relation to Degree Program Competences	<p>Related to “ 5. Mental and physical health, humanity, and ethics ”</p> <p>Related to “ 6. Cooperative, independent, and autonomous ”</p>
Course Objectives (Learning Outcomes)	<p>Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.</p> <p>(1) Understand the way of UKEMI, and execute in any direction safely.</p> <p>(2) You can apply the technique in correct way to the partner.</p> <p>(3) You can move rationally in cooperation with your partner .</p> <p>(4) Through the technical practice, you can learn to keep safe and mental health.</p>
Class Schedule	<p>Week 1 Review of learned techniques</p> <p>Week 2 Ashiwaza, Randori (Tachiwaza & Newaza)</p> <p>Week 3 Ashiwaza, Randori (Tachiwaza & Newaza)</p> <p>Week 4 Koshiwaza, Kansetsuwaza, Randori (Tachiwaza & Newaza)</p> <p>Week 5 Koshiwaza, Kansetsuwaza, Randori (Tachiwaza & Newaza)</p> <p>Week 6 Tewaza, Kansetsuwaza, Randori (Tachiwaza & Newaza)</p> <p>Week 7 Tewaza, Randori (Tachiwaza & Newaza)</p> <p>Week 8 Rule, Randori (Tachiwaza & Newaza)</p> <p>Week 9 Culture on Judo, Randori (Tachiwaza & Newaza)</p> <p>Week 10 Lecture on sports activity of lifetime</p> <p>Week 11 Optional class</p>
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Health observation records will be made, as well as a report on what was learned in class on manaba.
Textbooks, References, and Supplementary	

Materials	
Office Hours and Contact Information	matsui.takashi.ga@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	T-shirts may be worn under the Judo-wear. In principle, students who attend at least two-thirds of the classes in question are eligible for credit.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	Teaching Assistant : 1
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Swimming
Course Number	2217253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Hiroyuki Sakaue
Overview	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, water polo, artistic swimming, Diving, life saving and skin diving etc.
Remarks	elements by gender(wear) elements by gender(contact) elements by gender(special rule/pair/team) G-course face-to-face
Course Type	practical training, experiments, skills practice
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 swim for easy and fast. (2) You can enjoy playing water polo and Artistic swimming with friends. (3) Learn and carry out how to keep your mind and body healthy through swimming.
Class Schedule	Week 1 10 min. swim, Breast stroke Week 2 10 min. swim, Butterfly stroke and Individual Medley Week 3 10 min. swim, Water Polo 1 (History of water polo, Instruction of equipment) Week 4 10 min. swim, Water Polo 2 (Pass, Fundamental movement, Mini game) Week 5 10 min. swim, Water Polo 3 (Ball dribble, Pass, Mini game) Week 6 10 min. swim, Artistic swimming 1 (Sculling technique) Week 7 10 min. swim, Artistic swimming 2 (short routine) Week 8 10 min. swim, Life Saving and rescue skill Week 9 Lecture on sports activity of lifetime Week 10 10 min. swim, Water floating skill Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Health observation records will be made, as well as preparation and review of class work.
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	sakaue.hiroyuki.ft at u.tsukuba.ac.jp

Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Softball
Course Number	2221233
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Takaaki Nara
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 face-to-face
Course Type	practical training, experiments, skills practice
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 basic softball skills and be able to take on challenges with your peers. 2)Understand the value of team play and be able to demonstrate your strengths in cooperation with others. 3)Understand the significance and value of physical education and sports.
Class Schedule	Week 1 Double play Week 2 Fungo, Exhibition match1 Week 3 Pitching, Fly catching, Exhibition match2 Week 4 Pitching, Run down play, Exhibition match3 Week 5 Pitching, Exhibition match4 Week 6 Infielder's throwing practice, League1 Week 7 Batting, League2 Week 8 Team practice, League3 Week 9 Lecture on sports activity of lifetime Week 10 Play off Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Write a report about in-class activities and submit it through manaba.
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 A405 nara.takaaki.gp@u.tsukuba.ac.jp

Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship, life skills, self-disclosure, cooperation

Course Name	Applied Physical Education Table Tennis
Course Number	2222253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Shintaro Ando
Overview	<p>Along with the deepening of knowledge on sports or time, it enhances the ability to enjoy the results of activities.</p> <p>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.</p>
Remarks	<p>elements by gender(contact)</p> <p>G-course</p> <p>Work Experience faculty</p> <p>face-to-face</p>
Course Type	practical training, experiments, skills practice
Relation to Degree Program Competences	<p>Related to “ 5. Mental and physical health, humanity, and ethics ”</p> <p>Related to “ 6. Cooperative, independent, and autonomous ”</p>
Course Objectives (Learning Outcomes)	<p>Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.</p> <p>(1) Can understand the characteristics of table tennis as a sport and solve problems appropriately.</p> <p>(2) Can communicate with peers and demonstrate appropriate sports behavior.</p> <p>(3) Can continue and enjoy rallies.</p> <p>(4) Can think about one's role and take action in accordance with the characteristics of the group.</p> <p>(5) Can learn and implement methods to keep the mind and body healthy through table tennis.</p>
Class Schedule	<p>Week 1 Understanding and development of hitting techniques, forehand with more advanced spatial cognition</p> <p>Week 2 Play with changing distant condition, compatibility of accurate space recognition and fast motion</p> <p>Week 3 Development of grip work, understanding of sports that manipulates tools with hands</p> <p>Week 4 Understanding and development of footwork, extensive movement</p> <p>Week 5 How to set up games where experienced players and beginners join together</p> <p>Week 6 Team game, Understanding of ideal way of team game form in individual competition</p> <p>Week 7 About planning and management of sports recreation using table tennis</p> <p>Week 8 Adaptation to tool conditions (1)</p> <p>Week 9 Lecture on sports activity of lifetime</p> <p>Week 10 Adaptation to tool conditions (2)</p> <p>Week 11 Optional class</p>
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)

Course Hours Breakdown and Out-of-Class Learning	Students are expected to study voluntarily out of class on topics of interest to them in class.
Textbooks, References, and Supplementary Materials	1. 日本卓球協会,卓球コーチング教本
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. As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Dance
Course Number	2223273
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Motoko Hirayama
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 face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
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 1 Reset body exercise Week 2 Michael Jackson Week 3 Ballet Week 4 Street dance Week 5 Jazz dance Week 6 Group creation #1 Week 7 Group creation #2 Week 8 Group creation #3 Week 9 Showing Week 10 Lecture on sports activity of lifetime Week 11 Option class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	hirayama.motoko.fp@u.tsukuba.ac.jp hirayama at taiiku.tsukuba.ac.jp
Other(Behavioral expectations and points to note for	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.

students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Tennis
Course Number	2225213
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Kaoru Maezawa
Overview	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.
Remarks	elements by gender(special rule/pair/team) G-course face-to-face
Course Type	practical training, experiments, skills practice
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 1 Service 1 Week 2 Service 2, Smash Week 3 Practice of ground stroke during game, doubles' formation 1 Week 4 Practice of volley during game, doubles' formation 2 Week 5 Review of each stroke learned 1 Week 6 Review of each stroke learned 2 Week 7 Doubles game Week 8 Team competition 1 Week 9 Team competition 2 Week 10 Lecture Week 11 Preliminary day
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	There may be a handout.
Office Hours and Contact Information	Office hour: Wednesday 13:45~14:30 Email: kudo.shigetada.ft@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	This class is for a biggnor tennis player. Please attend the class with tennis shoes and sports attire. When it rains and the court becomes wet, there may be a lecture, instead. The class contents may be changed, depending on the skill levels of students.
Relation to Other Courses	

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

Course Name	Applied Physical Education Trim Exercise
Course Number	2230273
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Mayumi Saito
Overview	In this course, course instructor provides some physical activities which every student can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.
Remarks	Trim action room G-course Work Experience faculty face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
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 1 Introduction Week 2 Adapted table tennis1 Week 3 Adapted table tennis2 Week 4 Adapted table tennis3 Week 5 Town house1 Week 6 Town house2 Week 7 Adapted game of GO 1 Week 8 Adapted game of GO 2 Week 9 Lecture Week 10 Reflection Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and	please contact me by email if you want

Contact Information	月曜5限 mayumi-saito.gp at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education New Sports
Course Number	2233233
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Shinichi Nagata
Overview	"New sports" subjects are not to implement major sports, but to experience various sports events. Various sports events are Flying Disc, G-ball, Ground Golf, Petanque, Universal-hockey, Bound Tennis, Double Dutch, Kin-Ball, etc. and so on.
Remarks	As a general rule, credits are awarded to students who have attended at least two-thirds of the hours in the relevant class. elements by gender(contact) G-course face-to-face
Course Type	practical training, experiments, skills practice
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)	Enhancement of a sense of teamwork and reaching a common object with friends. ----- By the end of the course, students will be able to: (1) carry out New Sports as a part of physically active life. (2) demonstrate competence to play New Sports safely with others. (3) demonstrate competence to use New Sports equipment appropriately. (4) demonstrate basic skills of each New Sport.
Class Schedule	Week 1 Introduction Week 2 Introducing a sport of flying disc Week 3 Skill practice - back hand throw Week 4 Skill practice - fore hand throw Week 5 Playing games with flying discs Week 6 Introducing a sport of Neo hockey Week 7 Neo hockey - skills practice Week 8 Neo hockey - playing games Week 9 Neo hockey - league games Week 10 Lecture on sport activity for lifetime Week 11 TBD
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Students must complete a weekly daily self-care assignment by noon on the day of class, and a report recording their activities in class by noon the day after each class. Also, summarize it as a final report.
Textbooks, References, and Supplementary Materials	

Office Hours and Contact Information	By appointment GSI410 nagata.shinichi.gm at u.tsukuba.ac.jp nagata.shinichi.gm@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Basketball
Course Number	2234253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Takuya Sakamoto
Overview	Understanding the characteristics of basketball, acquirement of Individual tactics and group tactics(cut play, screen play). Acquirement how to utilize technical and tactical fundamentals, and group tactics.
Remarks	elements by gender(equipment) elements by gender(contact) G-course face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
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 the characteristics of basketball and acquirement of individual and group tactics. (2) You can play basketball games that utilize technical and tactical fundamentals, and group tactics. (3) Structure and practice game plans in cooperation with your teammates. (4) Acquire how to manage basketball games(referee, record of box score) smoothly with your teammates.
Class Schedule	Week 1 Introduction (including review of spring semester) Week 2 Brush up on technical fundamentals: shooting, passing and dribbling Week 3 Brush up on interpersonal skills: 1on1 and 2on1 Week 4 Group tactics: 3on2 and 3on3 Week 5 Group tactics: screen pick and roll Week 6 Group tactics: set play Week 7 Mini games under restricted condition (time and space) Week 8 Half court games using group tactics Week 9 Full court games using group tactics Week 10 Lecture on sports activity of lifetime Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Based on the individual assignments written in each class, research and prepare methods to address them by the next class. It is desirable to gather information from multiple sources, such as literature on basketball and online sources, during this process.
Textbooks,	I hand out some materials as needed.

References, and Supplementary Materials	
Office Hours and Contact Information	If you have any questions, please e-mail me. sakamoto.takuya.ga@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Badminton
Course Number	2235273
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Chika Tanifuji
Overview	Learning of Badminton skills
Remarks	elements by gender(special rule/pair/team) G-course face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
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 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 1 Making the Group Group work Week 2 Learning the Doubles tactics(1) Week 3 Learning the Doubles tactics(2) Week 4 Badminton Grip and Lob Week 5 Drive-Sidearm-Stroke Week 6 Drive-Overhead-Stroke Week 7 Doules play and operation of the games(1) Week 8 Doules play and operation of the games(2) Week 9 Doules play and operation of the games(3) Week 10 Lecture on sports activity of lifetime Week 11 Optional class
Course Prerequisites	
Grading Philosophy	1Skill(35%), 2Knowledge(30%), 3Attitude(35%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	tanifuji@faculty.chiba-u.jp
Other(Behavioral	As a rule, students who attend the course for at least two-thirds of the

expectations and points to note for students during coursework)	classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Handball
Course Number	2237253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Miyuki Fujimoto
Overview	Think about individual roles in the team Ando acquire the ability to enjoy team sports.
Remarks	elements by gender(equipment) elements by gender(contact) elements by gender(special rule/pair/team) G-course face-to-face
Course Type	practical training, experiments, skills practice
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 rules and tactics of handball and be able to play properly. (2) You can play while feeling the movements and situations of your teammates and opposing team's players. (3) You can cooperate with your teammates and play game in fun and safe way. (4) Learn and practice how to keep your body and mind healthy through handball.
Class Schedule	Week 1 Themes for the second semester. Description of attack positions, Shot from different areas, A simple game with a task. Week 2 Basics of Group Attack (Basics of minimum unit attack), A simple game with a task. Week 3 Basics of Group Defense (exchange marked people), A simple game with a task. Week 4 Application of Group Attack (parallel/cross/screen), A simple game with a task. Week 5 Application of Group Defence (Defensive formation), A simple game with a task. Week 6 Skill check, Some match Week 7 Skill check, Some match Week 8 Enjoy handball games, Week 9 Lecture on sports activity of lifetime, Rule Tests Week 10 Enjoy handball games Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Record your health and condition observations and review lessons learnt in class by the following week. Let's watch handball games on You Tube, etc., for image training.
Textbooks, References, and	

Supplementary Materials	
Office Hours and Contact Information	contact to Fujimoto.miyuki.gf@gmail.com
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits. There is a rules test for handball. Lecture reports are also evaluated.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship, feeling the movements feeling the movements and situations

Course Name	Applied Physical Education Fitness Training
Course Number	2240213
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu3
Instructor	Satoru Tanigawa
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(contact) elements by gender(special rule/pair/team) G-course Work Experience faculty face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
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	To understand one's own body from a scientific point of view and to be able to practice basic strength training and aerobic training. Students will also understand the need for training in their daily lives by planning and executing training according to their own characteristics. Specialized training will also be outlined. Week 1 planning the personal training standard Week 2 planning the personal level training Week 3 personal training (aerobic) Week 4 personal training (anaerobic) Week 5 practice the personal training Week 6 modification the personal training Week 7 practice the optimal personal training Week 8 personal training outside Week 9 evaluation of personal training Week 10 lecture on sports activity of lifetime Week 11 optional class
Course Prerequisites	
Grading Philosophy	attitude(35%), skill(35%), knowledge(30%)
Course Hours Breakdown and Out-of-	Have students submit a weekly exercise log for each class.

Class Learning	
Textbooks, References, and Supplementary Materials	tanigawa.satoru.gb@u.tsukuba.ac.jp
Office Hours and Contact Information	tanigawa.satoru.gb@u.tsukuba.ac.jp
Other (Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship