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| Course Name | Applied Physical Education Kendo |
| Course Number | 2211213 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| 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(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 (long sword) kata)and learning how to hit and receive hits 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 |

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| Office Hours and Contact Information | Tuesday 14:00 ~ 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 |

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| Course Name | Applied Physical Education Soccer |
| Course Number | 2213253 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Masaaki Koido |
| Overview | In addition to the technique of handling the ball itself, understand the movement when not holding a ball. Improve the ability to enjoy haggling with opponents in the game. |
| 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. |
| Class Schedule | Week 1 Skills review (Ball control,Passing) Week 2 Fundamental skills (Ball control,Passing,Dribbling) Week 3 Team & group attacking tactics (Ball possession) Week 4 Team & group attacking tactics 2 (Ball possession) Week 5 Team & group attacking tactics 3 (Ball possession,Shooting) Week 6 Team & group attacking tactics 4 (team tactical patterns) Week 7 Team tactics 1 (Game) Week 8 Team tactics 2 (Game) Week 9 Team tactics 3 (Game) Week 10 Lecture on sports activity of lifetime Week 11 Optional class |
| Course Prerequisites | |
| Grading Philosophy | Attitude(35%),Skill(35%),Knowledge(30%) As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits. |
| Course Hours Breakdown and Out-of-Class Learning | In addition to observing their health, they will also review their lessons. |
| Textbooks, References, and Supplementary Materials | |
| Office Hours and Contact Information | Office Hours: N/A Location:Sports and Physical Education Center |

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| Office Hours and Contact Information | Phone Number (Ext.): E-mail:koido.masaaki.gu@u.tsukuba.ac.jp TF:N/A TA:TBA Wednesday 10:00-11:00 |
| 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 |

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| Course Name | Applied Physical Education Shooting Sports |
| Course Number | 2214213 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| 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 the "Anchoring";how to pull bow string. 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 | Health observation records will be made, as well as preparation and review of class work. |
| Textbooks, | |

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| 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 |

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| Course Name | Applied Physical Education Judo |
| Course Number | 2215233 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | |
| 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 face-to-face You can wear a shirt under the judo suit when you play judo. |
| 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) To understand the special qualities of Judo within the context of Budo. (2) To practice Judo in a safe and fun way, while learning to cooperate with your partner. (3) To master the various types of Ukemi, and practice responding to different situations using the appropriate technique. |
| Class Schedule | to practice safely Week 1 review of the techniques Week 2 koshi-waza, randori, shime-waza Week 3 koshi-waza, randori, shime-waza Week 4 koshi-waza, randori, shime-waza Week 5 Te-waza, randori, kansetsuwaza Week 6 Te-waza, randori, kansetsuwaza Week 7 Te-waza, randori, kansetsuwaza Week 8 combination, randori, Week 9 combination, randori, 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 | Students will record their health observations, review materials related to the class content, and submit their learning from the class on manaba. |
| Textbooks, References, and Supplementary Materials | |
| Office Hours and Contact Information | p.e-center@un.tsukuba.ac.jp Part-time instructors are in charge in the fall. |

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| Other(Behavioral expectations and points to note for students during coursework) | You can wear a shirt under the judo suit when you play judo. 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 | Teaching Assistant : 1 |
| Course Keywords | communication, physical activity habits, sports culture, ethics, sportsmanship |

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| Course Name | Applied Physical Education Jog and walk |
| Course Number | 2216273 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | FallIAB Fri2 |
| Instructor | Yasushi Enomoto |
| Overview | You learn advanced physical literacy for jogging and walking based on scientific understanding through the activities in variety of time, distance, and terrain. The goal is set for getting the ability and understanding to jog and walk for yourself subjectively. |
| Remarks | elements by gender(contact) elements by gender(special rule/pair/team) G-course face-to-face Need running shoes 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. Jog for a long distance |
| Class Schedule | Week 1 Introduction of jogging and walking world Week 2 Conditioning for jogging and walking Week 3 Change in speed of jogging and walking Week 4 Jogging and walking in uneven surface Week 5 Jogging and walking on barefoot Week 6 Functional movement for jogging and walking Week 7 Fitness for jogging and walking Week 8 Long slow distance Week 9 Considering future jogging and walking 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 | As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits. |

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| Office Hours and Contact Information | 水曜日11:30~12:00 A603 2669 enomoto.yasushi.ft at u.tsukuba.ac.jp Need running shoes |
| 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 |

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| Course Name | Applied Physical Education Swimming |
| Course Number | 2217273 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Takaaki Tsunokawa |
| Overview | Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on. |
| Remarks | elements by gender(wear) 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) 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 firends. (4) Learn and carry out how to keep your mind and body healthy through swimming. |
| Class Schedule | Week 1 Water Polo 1 (Ball dribble, Pass, Mini game) Week 2 Water Polo 2 (Treading water, Shoot, Games) Week 3 Water Polo 3 (Tactics of offence and defense, Positioning, Games) Week 4 Water safety skill Week 5 Life saving Week 6 Kayak1 (Basic skill) Week 7 Kayak2 (Control, Cruise) Week 8 Correction of swimming skill using underwater camera Week 9 Lecture on sports activity of lifetime Week 10 30-min swimming, Class evaluation 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 | |

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| 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: B417 Phone Number (Ext.): 2643 tsunokawa.takaaki.ke@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 |

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| Course Name | Applied Physical Education Softball |
| Course Number | 2221273 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| 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 |

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| 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 |

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| Course Name | Applied Physical Education Table Tennis |
| Course Number | 2222233 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| 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>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%) |

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| 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 | |
| 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 should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. 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 |

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| Course Name | Applied Physical Education Trim Exercise |
| Course Number | 2230233 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Shinichi Nagata |
| Overview | This course accepts students who need special assistance in physical education class. This course aims to introduce sports that can be played in a variety of ways. Depending on the collective status of the enrolled students, the course contents may be modified. |
| Remarks | Trim exercise room Those who were absent more than 1/3 of the class will not be considered for the credit of this class 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. By the end of this course, students will be able to: (1) know various adapted sports. (2) understand the ability of self, and practice activities they can. (3) understand the ability of others, and practice activities together. (4) learn and practice activities that can be done indoors and outdoors. |
| Class Schedule | The instructor is a Certified Therapeutic Recreation Specialist (CTRS) and has experience working with individuals disabilities. The contents of the class may be modified according to the collective status of the enrolled students. Week 1 Introduction to adaptive activities Week 2 Petanque: Rules and adaptations Week 3 The game of petanque Week 4 Takkyu Volleyball: Rules and adaptations Week 5 The game of Takkyu Volleyball Week 6 Sport wheelchair: slalom Week 7 Wheelchair rugby: Rules and adaptations Week 8 The game of wheelchair rugby Week 9 The game of wheelchair basketball Week 10 Lecture on sports activity of lifetime Week 11 Optional class |
| Course Prerequisites | Only students who have physical or mental disorders can take the class. Before taking the class, students need to have an interview with a course instructor. |
| Grading Philosophy | Attitude(35%), Skill(35%), Knowledge(30%) |

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| 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 | N/A |
| 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 |

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| Course Name | Applied Physical Education New Sports |
| Course Number | 2233213 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Taketoshi Saito |
| 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 | Classroom will be announced later. G-course Details will be announced. 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 G balls and use them appropriately. (2) You can do paired exercises happily and safely while cooperating with your friends. (3) Learn and carry out how to keep your mind and body condition. |
| Class Schedule | Week 1 boccia Week 2 archery Week 3 double dutch Week 4 soft tennis Week 5 grand golf Week 6 soft volleyball Week 7 kinn ball Week 8 G ball Week 9 indoor hockey Week 10 Lecture Week 11 Optional class |
| 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 | |

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| Office Hours and Contact Information | e-mail : taketoshi.saito.fw@u.tsukuba.ac.jp friday |
| 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 |

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| Course Name | Applied Physical Education Basketball |
| Course Number | 2234273 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Shiho Moriya |
| Overview | Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball. |
| 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. (1)Understand of basketball and Enjoy of game. (2)Enhance teamwork and achieve goal together. (3)Acquire basic skills and tactics. (4)Learn how to stay healthy though basketball |
| Class Schedule | Week 1 Introduce 5on5 Basketball Week 2 Practice of fundamental skills Week 3 Practice of fundamental skills Week 4 Group Skills 2on2, 3on3 Week 5 Group Skills 5on5 Week 6 How to use Group Skills in the game Week 7 How to use Group Skills in the game Week 8 How to use Group Skills in the game Week 9 Game 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 | 連絡先 : Lecturer: Shiho Moriya Email address: moriya@edogawa-u.ac.jp |

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| Contact Information | |
| 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 | p.e-center@un.tsukuba.ac.jp |
| Course Keywords | communication, physical activity habits, sports culture, ethics, sportsmanship |

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| Course Name | Applied Physical Education Handball |
| Course Number | 2237233 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Eiko Yamada |
| Overview | Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games. |
| 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 | Related to "5. Mental and physical health, humanity, and ethics" |
| Program Competences | 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) Acquired techniques of pass, receive, dribble, shot. (3) You can cooperate with your teammates and follow the referee and play game in a fun and safe way. (4) Learn and carry out how to keep your mind and body healthy through handball. |
| Class Schedule | Week 1 Fundamental skill(ball coordination, throw, dribble, jump shot, feint movement), match Week 2 Fundamental skill(ball coordination, throw, dribble, jump shot, feint movement), defense skill "stealin the ball", 4 on 4, match Week 3 Fundamental skill(ball coordination, throw, dribble, jump shot, feint movement), shooting technique, match Week 4 Fundamental skill(ball coordination, throw, dribble, jump shot, feint movement), defense tactic "falling out and switching", match Week 5 Fundamental skill(ball coordination, throw, dribble, jump shot, feint movement), shoot blocking, how to defense a line player, match Week 6 Fundamental skill(ball coordination, throw, dribble, jump shot, feint movement), 3 on 2 with line player, match Week 7 League Week 8 League Week 9 League Week 10 Lecture on sports activity of lifetime Week 11 Optional class |
| Course Prerequisites | |
| Grading Philosophy | Attitude(35%), Skill(35%), Knowledge(30%) |
| Course Hours | Record your health and condition observations and review lessons learnt in |

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| Breakdown and Out-of-Class Learning | class by the following week. |
| Textbooks, References, and Supplementary Materials | N/A |
| Office Hours and Contact Information | Office Hours: Location: B302 Tel. Number (Ext.): 2636 yamada.eiko.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 |

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|--|--|
| Course Name | Applied Physical Education Fitness Training |
| Course Number | 2240273 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Toshinobu Kawai |
| Overview | Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise. |
| Remarks | G-course Work Experience faculty 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) Know their own health and physical fitness, and be able to use this knowledge to manage their physical and mental health. (2) Know the joy of exercise and include physical activity in their daily lives. (3) Understand the meaning and value of physical education and sport. |
| Class Schedule | Week 1 1RM test (2) Week 2 Planning for tailor-made training programs Week 3 Implementation of tailor-made training programs (introduction) Week 4 Implementation of tailor-made training programs (maintain) Week 5 Interim evaluation and review of tailor-made training programs Week 6 Implementation of tailor-made training programs (modification) Week 7 Implementation of tailor-made training programs (development) Week 8 1RM test (3) Week 9 Final evaluation of the tailor-made training program Week 10 Lecture on sports activity of lifetime |
| Course Prerequisites | Indoor shoes for the gymnasium must be provided by own. |
| Grading Philosophy | 35% skills, 30% knowledge and understanding, 35% attitude and motivation |
| Course Hours Breakdown and Out-of-Class Learning | Using a smartphone app to record their daily exercise and report their learning in class on a web form. |
| Textbooks, References, and Supplementary Materials | Handouts |
| Office Hours and Contact Information | An office hour isn't fixed. Contact by e-mail in order to adjust meeting time. 体育系B棟3F B316研究室 kawai.toshinobu.gp at u.tsukuba.ac.jp |
| Other(Behavioral expectations and | As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits. |

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| points to note for students during coursework) | |
| Relation to Other Courses | |
| Teaching Fellow and/or Teaching Assistant | |
| Course Keywords | Communication, Physical activity habits, Sport culture, Ethics, Sportsmanship |

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|--|--|
| Course Name | Applied Physical Education Flag Football |
| Course Number | 2241273 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Hirokazu Matsuo |
| Overview | Through flag football games, students will improve their tactical knowledge and skills related to flag football and improve their game performance. |
| Remarks | G-course Details will be announced. 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)Learn about your health and physical fitness and use it to manage your physical and mental condition. 2)Learn the joy of physical activity and get exercise into your life 3)Understand the significance and value of physical education and sports. |
| Class Schedule | Week 1 Review official rules and making run-play Week 2 Practicing the strategy of run-play and pass-play Week 3 Planning and practicing defensive strategy Week 4 Simulation game using strategy cards Week 5 5 on 5(full game), run-pass combination offense strategy 1 Week 6 5 on 5(full game), run-pass combination offense strategy 2 Week 7 5 on 5(full game), run-pass combination offense strategy 3 Week 8 5 on 5(full game), advanced defense strategy 1 Week 9 Lecture on sports activity of lifetime Week 10 5 on 5(full game), advanced defense strategy 2/Conclusion Week 11 Optional class |
| Course Prerequisites | |
| Grading Philosophy | Attitude(35%),Skill(35%),Knowledge(30%) |
| Course Hours Breakdown and Out-of-Class Learning | Students will watch game films, movies, and other works related to flag football and American football and report on the tactics, history, and cultural background of the football game in MANABA. |
| Textbooks, References, and Supplementary Materials | |
| Office Hours and | matsuo.hirokazu.ga at u.tsukuba.ac.jp |

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| Contact Information | |
| 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 |

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| Course Name | Applied Physical Education Outing Sports |
| Course Number | 2245233 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Akihiro Sakamoto |
| Overview | In the fall semester, students will learn practical camping skills (fire making, outdoor cooking (lunch making), rope work, tarp tent setup, etc.) and actually experience day camping. The schedule is the morning of Wednesday, November 27 (regular classes will be cancelled due to the TOEIC exam for third-year students on that day). Therefore, the number of class hours will be adjusted. |
| 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. 1) Develop intellectual understanding for outdoor pursuit and camping. 2) Acquire the skills necessary for outdoor pursuit and camping. 3) To be able to think about the value of the natural environment through outdoor pursuit and camping. 4) To be able to enjoy outdoor pursuit and camping. 5) Learn how to solve problems through outdoor pursuit and apply them to other everyday matters. |
| Class Schedule | Week 1 Orientation Week 2 Camp skill (1) Rope work Week 3 Camp skill (2) Tarp tent Week 4 Camp skill (3) Building a fire Week 5 Camp skill (4) Building a fire and boil water Week 6 Camp skill (5) Thinking about outdoor cooking menu as a group Week 7 Day camp (6) (intensive 27th, November 8:40~11:25) Week 8 • Set up tarp tent • outdoor cooking contest etc. Week 9 class will be canceled Week 10 Lecture on sports activity of lifetime • Class evaluation Week 11 optional |
| Course Prerequisites | |
| Grading Philosophy | Attitude(35%), Skill(35%), Knowledge(30%) |
| Course Hours Breakdown and Out-of- | • Camping ropework and fire making • Group planning of outdoor cooking menus. |

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| Class Learning | |
| Textbooks, References, and Supplementary Materials | 1. 日本野外教育研究会編, キャンプテキスト |
| Office Hours and Contact Information | Monday 15:00-17:00 特に定めませんが、事前に連絡してから訪問してください。 sakamoto.akihiro.ff at u. tsukuba.ac.jp |
| Other (Behavioral expectations and points to note for students during coursework) | Students who attend two-thirds or more of the classes in question are eligible for credit approval. |
| Relation to Other Courses | |
| Teaching Fellow and/or Teaching Assistant | |
| Course Keywords | communication, physical activity habits, sports culture, ethics, sportsmanship |

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| Course Name | Applied Physical Education Refresh Movements |
| Course Number | 2248273 |
| Credits | 0.5 Credits |
| Adaptation years | 2 Year |
| Class hold days | Fall IAB Fri2 |
| Instructor | Rina Kano |
| Overview | Through pleasant exercise and interaction with peers, the program fosters a rich mind and knowledge of the enjoyment of sports. They also refresh their minds and bodies through exposure to unusual physical activities such as "G-ball," which they can ride, and "Wheel Gymnastics" , in which they spin inside a large iron ring. |
| Remarks | elements by gender(contact) elements by gender(special rule/pair/team) G-course face-to-face Short-term international students who wish to take a class must, in principle, contact the instructor 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 G-balls and use them appropriately. (2) You can 1side rotation in wheel gymnastics.(support doesn't matter) (3) You can do paired exercises happily and safely while cooperating with your friends. (4) Learn and carry out how to keep your mind and body healthy through gymnastics. |
| Class Schedule | Week 1 Stretching Week 2 Basic movement on the Swiss ball Week 3 Balance movement on the Swiss ball Week 4 Bounding on the Swiss ball Week 5 Rolling on the Swiss ball Week 6 Basic movement on the wheel gymnastics Week 7 Basic rotation on the wheel gymnastics Week 8 Basic rotation on the wheel gymnastics Week 9 Rotation on the wheel gymnastics Week 10 Lecture on sports activity of life time Week 11 Optional class |
| Course Prerequisites | |
| Grading Philosophy | Attitude(35%), Skill(35%), Knowledge(30%) |
| Course Hours Breakdown and Out-of-Class Learning | Conduct health observations as well as prepare and review classroom learning. |
| Textbooks, | |

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| References, and Supplementary Materials | |
| Office Hours and Contact Information | Email: kano.rina.kn@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 |