

Course Name	Applied Physical Education Kendo
Course Number	2211263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Takahiro Nabeyama
Overview	To begin practicing with Kendo armor also known as bogu to basic fundamental level, as well as learning Kendo etiquette to improve ones mind and body.
Remarks	elements by gender(equipment) elements by gender(contact) elements by gender(special rule/pair/team) G-course 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)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.4)Learn Kendo etiquette
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 Explanation of course content, introduction Week 2 The Characteristics of Kendo Week 3 Basics(Posture, Etiquette) Week 4 Measurement of Indoor physical fitness Week 5 Measurement of Outdoor physical fitness Week 6 The Swing of the Shinai also known as Suburi ,(Large swing, The swing to the head called ” men ” going forwards and backwards) Week 7 Suburi, (Men suburi going forwards and backwards, fast forward and backward suburi) Week 8 Footwork Week 9 Examination of Practical Skill in Kendo Week 10 Written Examination Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours	Prepare and review the materials and videos of the Training Method for

Breakdown and Out-of-Class Learning	Fundamental Kendo Techniques with a Bokuto. Submit the contents of the activities done during the class through manaba.
Textbooks, References, and Supplementary Materials	Curriculum Guidance, Training Method for Fundamental Kendo Techniques with a Bokuto
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

Course Name	Applied Physical Education Golf
Course Number	2212243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Hitoshi Shiraki
Overview	In this course, students will learn about Golf Swing,History,manner, etiquett, rule,history and sportsman ship.Recognize your physical fitness by performing physical fitness measurement.
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)You can check the schedule of this class and acquire the history of golf and knowledge of equipment (2)Make a free hit and experience a golf swing by 7-iron (3)Understand the basics of golf swing (grip, address) and practice mini-swing (4)Perform indoor physical fitness test to check your physical abilities (Flexibility, body fat mass, agility) (5)Perform outdoor physical fitness test to check your physical abilities (endurance, power, skill) (6)Learn the correct address and practice half-swing (7)Full swing can be practiced with a holed ball by 7-iron (8)A full swing can be practiced with a range ball by 7-iron (9)You can make an approach shot by pitching wedge (10)Putting can be practiced by putter
Class Schedule	Week 1 Explanation of class contents, outline of golf Week 2 Free hit with a perforated ball by 7-iron Week 3 Explanation and practice of swing basics (grip, address), practice of mini- swing by 7-iron Week 4 Indoor physical fitness test Week 5 Outdoor physical fitness test Week 6 practice half swing with a holed ball by 7-iron Week 7 practiced full swing with a holed ball by 7-iron Week 8 practiced full swing with a range ball by 7-iron Week 9 Practice of approach shot by pitching wedge Week 10 Practice putting by putter 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 as well as preparation and review of classroom learning.
Textbooks, References, and Supplementary Materials	Photocopies Distribute printed materials Watching a golf game on TV. Reading articles about golf in newspapers and magazines.
Office Hours and Contact Information	shiraki.hitosh.fw@u.tsukuba.ac.jp shiraki.hitoshi.fw 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. 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	2213263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Kazuya Naruse
Overview	The purpose of this class is to cultivate football cultural elements. Acquire principles of offense and defense and basic skills through various game formats football .
Remarks	elements by gender(contact) elements by gender(special rule/pair/team) G-course 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 1side rotation in wheelgymnastics . (support does'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 guidance Week 2 kick Week 3 ball control Week 4 dribble Week 5 Indoor physical fitness test Week 6 defense Week 7 Outdoor physical fitness test Week 8 principle of offense and defense Week 9 application of offense and defense Week 10 blind soccer
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 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 Shooting Sports
Course Number	2214263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 archery. 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 Deciding your best standing position and stance. Week 3 Learning the "Anchoring";how to pull bow string. Week 4 Learning how to grasp handle to push the bow properly Week 5 Understanding the importance of anchoring for keeping stable form Week 6 Challenge from 30m middle distance , and check your shooting form. Week 7 Making up your form better, and challenge from 50m long distance. Week 8 Learning the work of sighting device and the handling of it. Week 9 Learning how to count the score of archery. Week 10 Learning how to operate group tournament match. Week 11 Optional class
Course Prerequisites	keeping attentiveness for safety management because of using high lethality equipment
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	To learn about the topics offered in class

Textbooks, References, and Supplementary Materials	Eugen Herrige, Zen , 1956
Office Hours and Contact Information	15:00-17:00 Monday 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. You need 1000yen for consumable goods using in class of spring and fall.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	none
Course Keywords	communication, physical activity habit, sports culture, ethic, sportsmanship

Course Name	Applied Physical Education Judo
Course Number	2215263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Takashi Matsui
Overview	Understanding the principle of the Judo techniques and learn the martial arts through experience.
Remarks	<p>I</p> <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 Manner in dojo, treatment of judogi, movement, hold, UKEMI, Osaekomiwaza</p> <p>Week 2 UKEMI, management of the body, DEASHIBARAI, Osaekomiwaza</p> <p>Week 3 UKEMI, DEASHIBARAI, Osaekomiwaza</p> <p>Week 4 Indoor physical fitness test</p> <p>Week 5 Outdoor physical fitness test</p> <p>Week 6 UKEMI, OSOTOGARI, Shimewaza</p> <p>Week 7 UKEMI, OSOTOGARI, Shimewaza</p> <p>Week 8 UKEMI, HIZAGURUMA, Kansetsuwaza</p> <p>Week 9 UKEMI, HIZAGURUMA, Kansetsuwaza</p> <p>Week 10 UKEMI, randori</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	2217243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 dive in the deep safely. (3) Learn and carry out how to keep your mind and body healthy through swimming.
Class Schedule	Week 1 Guidance of this class, 10 min. swim, Kicking Week 2 10 min. swim, Kicking, Streamline Week 3 10 min. swim, Crawl Week 4 Physical fitness test Week 5 10 min. swim, Back strokes Week 6 10 min. swim, Skin diving 1 (Instruction of equipment, Pipe clear) Week 7 10 min. swim, Skin diving 2 (Ear clear, Diving shallow point) Week 8 10 min. swim, Skin diving 3 (Mask clear, Diving deep point) Week 9 10 min. swim, Diving spring board 1 Week 10 10 min. swim, Diving spring board 2 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	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 Softball
Course Number	2221223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Takaaki Nara
Overview	Through softball practice and our regular season games, we will develop our ability to work in a team and overcome challenges together. We will primarily focus on preparation and defensive practice for the first half of the semester, and will enter the regular season in the second half of the semester.
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 Orientation, Play catch, Infielder fungo Week 2 Cutoff play, Outfielder fungo Week 3 Batting, Fielding Week 4 Batting, Live batting practice Week 5 Quick throwing, Exhibition match1 Week 6 Pitching, Covering, Exhibition match2 Week 7 Pitching, Throwing, Official game1 Week 8 Team defense, Official game2 Week 9 Team practice, Official game3 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

Office Hours and Contact Information	nara.takaaki.gp@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	Regardless of whether or not you have played softball before, I want you to be active and cooperative with your peers. 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	2222243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Shintaro Ando
Overview	To deepen students' knowledge of sports activities. Through unique exercises, students will gain an understanding of the techniques involved in various sporting situations by pursuing a single discipline in greater depth. Students will also engage in applied mini-games.
Remarks	elements by gender(contact) 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)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. 4)Learn the basic knowledge of table tennis
Class Schedule	Week 1 Description of class contents. Check students' table tennis skills, exercise level and sports behavior Week 2 Characteristics of table tennis, Introduction of forehand Week 3 Basics of hitting technique, supplementary way toy ball Week 4 Check basic forehand techniques, introduce games Week 5 Basic forehand application. Mini-game Week 6 Relationship between forehand and back hand (1), grip and racket operation Week 7 Relationship between forehand and back hand (2),posture stability, mini game Week 8 Acclimatization to sports with high gaming ability(1), mini game Week 9 Acclimatization to sports with high gaming ability(2), applied game Week 10 Shorter ball recognition time, understanding of sports that require recognition and judgment within a short time Week 11 Optional class
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,	1. 日本卓球協会,卓球コーチング教本

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

Course Name	Applied Physical Education Dance
Course Number	2223263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 YOGA basic Week 2 Yoga variation Week 3 body balance exercise yoga stretch and Tai Chi Week 4 Dance for fitness #1 Aerobic dance Week 5 Dance for fitness #2 Dance workout yoga stretch and Tai Chi Week 6 Physical fitness test yoga stretch and Tai Chi Week 7 Physical fitness test Aerobic dance Week 8 Dance for communication #1 mambo basic(pair dance) Aerobic dance Week 9 Dance for communication #2 Pre choreography pair dance Week 10 Dance for art 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	hirayama.motoko.fp@u.tsukuba.ac.jp

Contact Information	hirayama at taiiku.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 Tennis
Course Number	2225203
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 Course orientation, Get used to a tennis racket and ball Week 2 Learn the rule of tennis, Forehand stroke 1 Week 3 Forehand stroke 2 Week 4 Backhand stroke 1 Week 5 Backhand stroke 2 Week 6 Volley 1 Week 7 Volley 2 Week 8 Application of ground stroke and volley 1 Week 9 Application of ground stroke and volley 2 Week 10 Double games Week 11 Preliminary day
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	There may be a handout.
Office Hours and Contact Information	Office hour: Wednesday 1345~1430 Email: kudo.shigetada.ft@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	This class is for a beginner 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. 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 Trim Exercise
Course Number	2230263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Mayumi Saito
Overview	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.
Remarks	Trim action room 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 walking1 Week 3 walking2 Week 4 Physical Fitness Test1(indoor) Week 5 walking3 Week 6 Adapted sports1 Week 7 Adapted sports2 Week 8 Bocca1 Week 9 Bocca2 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	Health observation records will be made, as well as preparation and review of class work.
Textbooks, References, and Supplementary Materials	
Office Hours and	please contact me by email if you want

Contact Information	Mail to : mayumi-saito.gp@u.tsukuba.ac.jp 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	2233223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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	Classroom will be announced later. elements by gender(contact) G-course Details will be announced. 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 the sport of Pétanque Week 3 Pétanque - skills practice Week 4 Pétanque - playing games Week 5 Physical fitness tests Week 6 Physical fitness tests Week 7 Introducing Ground Golf Week 8 Playing games of Ground Golf Week 9 Ground Golf - Creating original golf course Week 10 Ground Golf - playing with the original courses 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	2234243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Takuya Sakamoto
Overview	Understanding the characteristics of basketball, acquirement of individual tactics (break opponent, take ball from opponent). Acquirement how to utilize technical and tactical fundamentals in games.
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 tactics. 2)You can play basketball games that utilize technical and tactical fundamentals. 3)Structure and practice games plan in cooperation with your teammates.
Class Schedule	Week 1 Introduction: contents of this class Week 2 Understanding the characteristics of basketball Week 3 Technical fundamentals: shooting Week 4 Indoor physical fitness test Week 5 Outdoor physical fitness test Week 6 Technical fundamentals: passing Week 7 Technical fundamentals: dribbling Week 8 Interpersonal skills: 1on1 Week 9 Interpersonal skills: 2on1 Week 10 Tournament-format games 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, References, and Supplementary	I hand out some materials as needed.

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	2235263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Chika Tanifuji
Overview	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.
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 Introduction Week 2 Know the badminton Week 3 Play ancient games Week 4 Indoor physical fitness test Week 5 Outdoor physical fitness test Week 6 Play games Week 7 Learn the basic skills Week 8 Learn the tactics Week 9 Play singles Week 10 Play doubles Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Evaluation will be made from the perspective of physical activity, knowledge, attitude and motivation based on the status of the course, reports and assignments submitted.
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	tanifuji@faculty.chiba-u.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 Handball
Course Number	2237243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu3
Instructor	Miyuki Fujimoto
Overview	Acquire fundamental skills through games.
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)Acquired techniques of throw, receive, dribble, shot. (3)You can cooperate with your teammates and play task in fun and safe way. (4)Learn and practice how to keep your body and mind healthy through handball.
Class Schedule	Week 1 Orientation, icebreaking ,light exercise Week 2 Ball throw test (Handball throw) Week 3 Coordination exercise with ball, fundamental skills(throwing, receiving, dribbling) Week 4 Coordination exercise with ball, fundamental skill(shot), shot match Week 5 Coordination exercise with ball, shot game, basic attacking skills(feint: change of direction) Week 6 Coordination exercise with ball, shot game, basic attacking skills(feint: change of direction) , defence skills Week 7 Fundamental skills(goalkeeping skills, long through: fast break1on0, 2on0) Week 8 Various match(shot match, pass match), understand of ‘ playable’ Week 9 Rule explanation Play a match with ‘ playable’ in mind. Week 10 Rule explanation Play a match with ‘ playable’ in mind. 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	If you want to contact to me , please contact to e-mail:fujimoto.miyuki.gf@gmail.com

Other(Behavioral expectations and points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.Take a picture to understand the person.In case of rain, the event will be held in the gymnasium. Please bring your own shoes.
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship, playable

Course Name	Applied Physical Education Fitness Training
Course Number	2240203
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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) 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) Understanding the significant and value of physical education and sports.
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 Class guidance Week 2 Jogging and Walking Week 3 Stretching Week 4 Physical fitness test Week 5 Various strength exercise Week 6 Aerobic Exercise Week 7 Coordination Week 8 Theory of resistance training Week 9 Resistance training 1 Week 10 Resistance training 2 Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours	Have students submit a weekly exercise log for each class.

Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	
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