

Course Name	Applied Physical Education Karate
Course Number	2207243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Masaki Fumoto
Overview	The purpose of this class is to understand the relation between one's own mind and body, between one's opponent's mind and body, and their interaction, using basic Karate techniques. Basic Karate techniques, including suitable breathing methods, coordination of Karate basic techniques with footwork, Kata, and Kumite will be taught in this class.
Remarks	elements by gender(contact) 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. You can do (1) Basic Karate techniques, including (2) suitable breathing methods, (3) coordination of Karate basic techniques with footwork, and (4) Kata (Karate form).
Class Schedule	Week 1 Introduction Week 2 Sonoba-kihon 1. Stationary basic offensive techniques: Sonobazuki, Gyakuzuki, Maegeri, Mawashigeri, and punching and kicking training with mitts. Week 3 Sonoba-kihon 2. Uke. Basic defensive techniques for head, body trunk and lower limbs: Jodan-uke, Chudan-uke, Gedan-uke. Week 4 Ido-kihon 1. Basic offensive techniques with forward and backward movement: Jun-tsuki, Gyaku-tsuki. Week 5 Ido-kihon 2. Many variations of basic offensive techniques with forward and backward movement: Jun-tsuki, Gyaku-tsuki. Week 6 Coordination of footwork with hitting techniques 1. Footwork includes jumping and Suriashi. Week 7 Coordination of footwork with hitting techniques 2. Hitting techniques with Footwork includes jumping and Suriashi. Week 8 Compounding techniques 1. Coordination of Tsuki with Keri. Week 9 Sawari-kumite 1. Control of timing and spacing of offensive and defensive techniques: touching upper and lower limbs. Week 10 Kata 1. Offensive and defensive techniques for imaginary opponents in 4 directions. 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	<ol style="list-style-type: none"> 1. 全日本空手道連盟, 空手道教範 2. 全日本空手道連盟, 空手道—伝統的武道の心と技を学ぼう 3. 藤田幸雄, 強くなる空手動きの方程式
Office Hours and Contact Information	I don't set up certain office hours, so please let me know in advance if you intend to come and see me. Email:mfumoto@tiu.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 Kendo
Course Number	2211243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Takahiro Nabeyama
Overview	The aim is to develop mind and body through basic practice with equipment up to sparring level, and through practice of etiquette.
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)	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.
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 Breakdown and Out-of-Class Learning	Prepare and review the materials and videos of the Training Method for Fundamental Kendo Techniques with a Bokuto. Submit the contents of the activities done during the class through manaba.
Textbooks, References,and	Curriculum Guidance,Training Method for Fundamental Kendo Techniques with a Bokuto

Supplementary Materials	
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 Shooting Sports
Course Number	2214243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
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 of various physical activities by performing exercise and addressing the 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 Swimming
Course Number	2217223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Keisuke Yamakawa
Overview	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, artistic swimming, water polo, life saving and snorkeling etc.
Remarks	elements by gender(wear) 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 for various physical activities by performing exercise and addressing a 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) comprehension of swimming and aquatic sports
Class Schedule	Week 1 Guidance of this class, 10 min. swim, Kicking Week 2 10 min. swim, Kicking, Streamline, Crawl, Back stroke Week 3 10 min Swim, Elementary back stroke, Butterfly stroke Week 4 Indoor physical fitness test Week 5 Outdoor physical fitness test Week 6 10 min Swim, Breast stroke Week 7 10 min Swim, Japanese traditional swimming strokes (Eggbeater kick, Side layout stroke) Week 8 10 min Swim, Artistic Swimming Week 9 10 min Swim, Water polo (Basic skills) Week 10 10 min Swim, Water polo (Game) Week 11 Optional class Bring swimsuit, swim cap and goggles.
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-	Health observation records will be made, as well as preparation and review of class work.

Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	E-mail: yamakawa.keisuke.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	1 TA is assisted.
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Softball
Course Number	2221243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Takeshi Kaneda
Overview	Emphasis will be on fundamentals, and the way to enjoy playing game. Understanding and improvement of health and fitness shall also be addressed by playing softball.
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)You can throw the ball according to the game situation. (2)You can catch the ball at each position. (3)You can hit the thrown ball according to the situation. (4)You can cooperate with your teammates and actively participate in team activities.
Class Schedule	Week 1 Introduction, Ice break and Fundamental skills Week 2 Fundamental skills (how to play catch and throw the ball) Week 3 Fundamental skills (how to grip the bat and how to hit the ball) Week 4 Fundamental skills (how to catch the ball)and short games Week 5 Fundamental skills (how to swing strongly)nd short games Week 6 Defensive skills training, and practice games part 1 Week 7 Offensive skills training, and practice games part 2 Week 8 Defensive skills training, and practice games part 3 Week 9 Offensive skills training, and practice games part 4 Week 10 Team practice, and practice games part 5 Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Identify what you could not do well in this lecture and please think about how you can do better in the next lecture.(about 1 hour)
Textbooks, References,and Supplementary Materials	1. 吉村正,ベースボールマガジン社,うまくなるソフトボール 2. 功力靖雄,北隆館,図解野球,ソフトボールの教室

Office Hours and Contact Information	kaneda.takeshi.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	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.

Course Name	Applied Physical Education Table Tennis
Course Number	2222203
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Yuki Nonaka
Overview	Deepen your knowledge of sports activities through table tennis. By using a unique practice method to deepen the pursuit of one type of sports, the students will understand the techniques related to various types of sports. Practice mini games as well.
Remarks	elements by gender(contact) G-course Work Experience faculty face-to-face
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)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 basic knowledge of table tennis.
Class Schedule	Teachers having experience as a professional sports player will conduct a skill-practice lesson based on their experience. Week 1 Explanation and introduction of class contents Week 2 Understanding the characteristics of table tennis (Forehand introduction:How to make the racket surface and see the ball movement). Week 3 Understanding the characteristics of table tennis (Hitting the ball according to the sound) Week 4 Understanding the characteristics of table tennis (Hitting the ball according to the sound,Hitting ball feeling) Week 5 Understanding the characteristics of table tennis (Footwork) Week 6 Understanding the characteristics of table tennis(Backhand introduction) Week 7 Understanding the characteristics of table tennis(Backhand application) Week 8 Understanding the characteristics of table tennis(footwork with moving, turning back), mini games Week 9 Game operations, ways of ingenuity and communication with others (Individual game) Week 10 Game operations, ways of ingenuity and communication with others (Team game) 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, 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. nonaka.yuki.gp 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	2223243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Yonezawa Mayuko
Overview	In this class, learns how to use basic body of the dance and gets on various music and move a body. In addition, aims at the making of healthy body by yoga and stretch through a class.
Remarks	elements by gender(contact) 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. In this class, learns how to use basic body of the dance and gets on various music and move a body. In addition, aims at the making of healthy body by yoga and stretch through a class.
Class Schedule	Week 1 Guidance of Physical Education Class Week 2 Knowing about "my body" Week 3 yoga and stretch 1 Week 4 physical fitness test Week 5 yoga and stretch 2 Week 6 Dance with various music Week 7 Dance with various music 2 Week 8 dance combinations basic Week 9 dance combinations Week 10 Test 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	yonezawamayuko@gmail.com

Other(Behavioral expectations and points to note for students during coursework)	<p>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:Sports and Physical Education Center Phone Number (Ext.): N/A E-mail:yonezawamayuko@yahoo.co.jp TF:N/A TA:TBA As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.</p>
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	2225263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
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 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. Through the course, students will be able to: (1) play tennis in an enjoyable and safe way by learning characteristics of equipment and facility, and specific manner of tennis play. (2) conduct matches by themselves by learning the rules of tennis. (3) play with appropriate footwork and grip of the racket by learning the basic movement of tennis. (4) continue stroke rally to enjoy playing tennis.
Class Schedule	Week 1 Explanation of course contents, equipment, and safety management. The basic movement of tennis. Week 2 Court and manner for tennis. Volley and short rally. Week 3 Scoring system and self-judge. Matches with short rally. Week 4 Indoor physical fitness test. Week 5 Outdoor physical fitness test. Week 6 Review of rules and manners for tennis. Long rally and service. Week 7 Cross court rally, return, and advanced shot (lobbing). Week 8 The basic formation of the doubles match. Week 9 Doubles matches. Skill evaluation. Week 10 Doubles matches, simulated tournament. 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	Tennis-related magazines or books that available at the university library. 1. BASEBALL MAGAZINE SHA Co. Ltd., Tennis magazine

Supplementary Materials	
Office Hours and Contact Information	kaoru9hiyoko9@hotmail.co.jp
Other(Behavioral expectations and points to note for students during coursework)	<p>Students need to bring sports wear and shoes. A racket is available for rent at the class.</p> <p>As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.</p>
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	2230243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Akihiro Sakamoto
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 exercise room on the 1st floor of the physical education center 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 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) I can understand how to walk and walk happily. 2) The heart rate before and after walking is measured, and walking suitable for oneself can be performed. 3) You can walk at the pace of your friends. 4) I can learn and practice how to keep my mind and body healthy through walking.
Class Schedule	Week 1 Introduction Week 2 Walking(1):Basic of walking Week 3 Walking(2):Knowing your strides Week 4 Walking(3):Understanding of heart rate Week 5 Walking(4):Watch how you walk Week 6 Walking(5):Walk at different speeds Week 7 Walking(6):Walk with your friends Week 8 Walking(7):Walk at different speeds Week 9 Walking(8):Walk a long distance Week 10 Looking back Class evaluation Week 11 Optional
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Students will complete a questionnaire in their class notebooks. Also, write in the class notes about what you have learned by reflecting on the class content.
Textbooks, References, and	Xerox 1. 能勢博,ウォーキングの科学 10歳若返る、本当に効果的な歩き方

Supplementary Materials	
Office Hours and Contact Information	Office Hours: N/A(I don't set up certain office hours, so please contact me by email if you want) Location: A404 Phone Number: 029-853-6361 E-mail: sakamoto.akihiro.ff@u.tsukuba.ac.jp 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, fitness, lifetime, sports physical and mental health

Course Name	Applied Physical Education Badminton
Course Number	2235203
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
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 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 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	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, challenge, sports skills, sportsmanship, practical ability

Course Name	Applied Physical Education Volleyball
Course Number	2236243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Nakaba Akiyama
Overview	This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work.
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) To understand applied skills, strategies, and rules of volleyball. (2) To be able to perform forearm pass and overhead pass accurately and in a row. (3) To be able to hit serve and spike in targeted area. (4) To be able to balance on the court and have fun playing the game with friends.
Class Schedule	Week 1 Introduction, Fundamental skills test Week 2 Play with a volleyball Week 3 Forearm pass and overhead pass Week 4 Pass games (6 x 4.5m court) Week 5 Pass games (6 x 6m court) Week 6 Pass games (9 x 6m court) Week 7 Service and spike Week 8 Games (6 x 6m court) Week 9 Games (9 x 6m court) Week 10 Games (full court) 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	1. FIVB,Coaches manual,2011
Office Hours and Contact Information	Office Hours: Thursday, 14:00-16:00 akiyama.nakaba.ff@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, teamwork

Course Name	Applied Physical Education Flag Football
Course Number	2241223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Tsuyoshi Matsumoto
Overview	We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically.
Remarks	elements by gender(special rule/pair/team) G-course face-to-face Mixed gender teams will be created so that each team has an equal number of men and women. Special rules will be set for games to ensure that everyone is actively involved in the game. 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 Flag Football and Can do team activities. (2) You can do the basic skills involved in flag football balls. (3) You can understand the basic offensive tactics of Flag Football and demonstrate them during the game depending on the characteristics of the team. (4) You can understand the basic defensive tactics of flag football and demonstrate them during the game depending on the characteristics of the team. (5) You can play the game safely in cooperation with your friends.
Class Schedule	Week 1 What is Flag Football? Week 2 passing offence and defence drill Week 3 making an assignment book for offence Week 4 Understanding and practicing attacking formations Week 5 Understanding and practicing defensive tactics Week 6 game : Wide Formation Offence Week 7 game : Twin Formation Offence Week 8 game : Triple Formation Offence Week 9 game : Zone Defence Week 10 game : 1 on 1 Defence Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Reflect on each lesson under a set theme and summarize it in a report, referring to relevant references and websites, etc.

Textbooks, References, and Supplementary Materials	http://www.japanflag.org/ 1. Japan Flag Football Association, http://www.japanflag.org/
Office Hours and Contact Information	Monday 9am-10am B317 029-853-2680 matsumoto.tsuyosh.fn 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 Bodywork
Course Number	2243243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Toshihiro Kato
Overview	We will do the following exercises. (1) Core Training (2) Stretching (3) Self-massage (4) Breathing technique. Sharpen your senses. Increases resistance to stress. And enjoy the exercise itself.
Remarks	elements by gender(contact) G-course face-to-face Pair work (assisting with training, sports massage, etc.) may be done regardless of gender. If you are not comfortable with pair work, you can do it alone. Pairs can be formed in any way. If there is an odd number of participants, there may be a group of three. 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)Core Training (2)Stretching (3)Self-massage (4)Breathing technique. Sharpen your senses. Increases resistance to stress. And enjoy the exercise itself.
Class Schedule	Every hour, record the physical condition before class and the purpose of today on the training record card. Week 1 Guidance of Physical Education Class Week 2 Bodywork for more flexibility Week 3 Core training Week 4 Indoor physical fitness test Week 5 Outdoor physical fitness test Week 6 Bodywork to relax your body Week 7 Bodywork to regulate breathing well Week 8 Training for the good stance Week 9 Training to improve strength Week 10 Sports massage 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	E-mail: toshihiro.kato.bsk@vc.ibaraki.ac.jp (Ibaraki University)
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 Refresh Movements
Course Number	2248243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Thu2
Instructor	Kiyonao Hasegawa
Overview	Exercise bouncing in the Swiss ball.Exercise to rotation by the wheel gymnastics. Through a new experience, to refresh 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. (1) Understand the characteristics of G balls and use them appropriately. (2) You can 1side rotation in wheelgymnastics . (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 Physical Fitness Test Week 5 Posture improvement exercise on the Swiss ball Week 6 Bounding on the Swiss ball Week 7 Rolling on the Swiss ball Week 8 Basic movement on the wheel gymnastics Week 9 Basic rotation on the wheel gymnastics Week 10 Rotation on the wheel gymnastics Week 11 Optional Class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	In each class, a program of exercises that can be practiced in daily life will be presented. The report must be entered on manaba by noon of the day before the next week's class.
Textbooks, References,and	

Supplementary Materials	
Office Hours and Contact Information	hasegawa.kiyonao.fu@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