

Course Name	Applied Physical Education Kendo
Course Number	2211203
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
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(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 1. Orientation, class overview, fundamentals of Kendo, how to swing the shinai Week 2 Fundamentals of Kendo: how to swing the shinai and footwork Week 3 Fundamentals of Kendo: how to swing the shinai and footwork Week 4 Fundamentals of Kendo: how to swing the shinai and footwork Week 5 5.Fundamentals of Kendo, practical use of suburi, fumikomi footwork Week 6 6. Basic techniques to learn the Training Method for Fundamental Kendo Techniques with a Bokuto(swing to the head called "men" going forwards and backwards) Week 7 7. Training Method for Fundamental Kendo Techniques with a Bokuto (groupwork)backward suburi) Week 8 7. Training Method for Fundamental Kendo Techniques with a Bokuto (groupwork) Week 9 7. Training Method for Fundamental Kendo Techniques with a Bokuto (groupwork) Week 10 10. Wrap-up of the Training Method for Fundamental Kendo Techniques with a Bokuto

Class Schedule	Week 11 Test
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 Supplementary Materials	Curriculum Guidance,Training Method for Fundamental Kendo Techniques with a Bokuto
Office Hours and Contact Information	Tuesday14:00 ~ 17:00 nabeyama.takahiro.gn at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	In principle, credit will be granted to students who have attended at least 2/3 of the hours of the class.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship, Etiquette

Course Name	Applied Physical Education Soccer
Course Number	2213243
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
Instructor	Masaaki Koido
Overview	Understand the fundamentals of football skills / tactics. Also, learn what kind of scene of the game it is effective to use them, and realize the enjoyment of the game more.
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 Introduction Week 2 Fundamental skills reveiw (Ball control) Week 3 Fundamental skills reveiw (Ball control,Passing,turn) Week 4 Indoor physical fitness test Week 5 Outdoor physical fitness test Week 6 Team & group tactics (communication, ball possession) Week 7 Team & group tactics (ball possession, shoot) Week 8 Team tactics (Game1) Week 9 Team tactics (Game2) Week 10 Team tactics (Game3) 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	All relevant handouts will be distributed in class.
Office Hours and Contact Information	Office Hours: N/A Location:Sports and Physical Education Center

Office Hours and Contact Information	Phone Number (Ext.): 029-853-2664 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.

Course Name	Applied Physical Education Shooting Sports
Course Number	2214203
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 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 Judo
Course Number	2215223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
Instructor	Hiroaki Hiraoka
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. 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) 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 ukemi, posture, kumikata, osaekomi-waza Week 2 ukemi,tai-sabaki, deashi-harai, osaekomi-waza Week 3 ukemi,deashi-harai, osaekomi-waza Week 4 physical fitness test (Fitness events + Preferred Class) Week 5 ukemi, osotogari, shimewaza Week 6 ukemi, osotogari, shimewaza Week 7 ukemi, outhigari, shimewaza, randori Week 8 ukemi,hiza-guruma, kansetsu-waza, randori Week 9 ukemi,hiza-guruma, kansetsu-waza, randori Week 10 randori 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	hiraoka.hiroaki.gb@u.tsukuba.ac.jp hiraoka.hikaru.gb at u.tsukuba.ac.jp
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

Course Name	Applied Physical Education Jog and walk
Course Number	2216263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
Instructor	Yasushi Enomoto
Overview	You can get knowledge and experience for life span physical literacy through evidence based jogging and walking. First task would be appropriate activity for your physical fitness and condition, second task would be consideration of making your own design and plan for health and physical promotion, and third task would be understanding your mind and attitude for enjoying jogging and walking.
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 little long time
Class Schedule	Week 1 Introduction Week 2 Fundamental of walking and jogging Week 3 Locomotion speed and step length and frequency Week 4 Fitness test Week 5 Review of fitness test Week 6 Significance of walking Week 7 Walking and jogging technique Week 8 Jogging speed and heart rate Week 9 Long slow jogging Week 10 Reviewing
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	
Textbooks, References, and Supplementary	

Materials	
Office Hours and Contact Information	水曜日11:30~12:00 A603 2669 enomoto.yasushi.ft at u.tsukuba.ac.jp Necessary with running shoes
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 Swimming
Course Number	2217263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
Instructor	Takaaki Tsunokawa
Overview	The students will take advantage of the characteristics of the University's swimming pool facilities to engage in a variety of water-based activities. In particular, during the spring term, students will learn basic water polo skills and acquire knowledge of self-preservation in the water.
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 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 Familiarization with the water Week 2 Fundamental swimming skill, 10-min consecutive swimming Week 3 Swimming technique (Kicking---flutter and dolphin) Week 4 Swimming technique (Front-crawl) Week 5 Swimming technique (Butterfly) Week 6 Swimming technique (Back stroke) Week 7 Swimming technique (Breaststroke) Week 8 Start and turn skill Week 9 Individual medley Week 10 High diving (Outdoor pool) Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary	

Materials	
Office Hours and Contact Information	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

Course Name	Applied Physical Education Softball
Course Number	2221263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
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)	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	2222223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
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	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 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 against flying balls Week 4 Check basic forehand techniques, introduce games Week 5 Basic forehand techniques application. Mini-games 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, 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 Trim Exercise
Course Number	2230223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 of various physical activities by performing exercise and addressing the concept of sports culture. ----- By the end of the course, students will be able to: (1) understand the characteristics of flying discs and use them appropriately. (2) understand the rules of various flying disc sports. (3) be able to modify flying disc activities. (4) understand joy of playing with others.
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 Physical and mental health outcomes from sport participation Week 2 Foundations of flying disc (Rules and variations) Week 3 Backhand throw: Accuracy Week 4 Backhand throw: long cast Week 5 Indoor physical fitness test Week 6 The game of flying disc Week 7 Outdoor physical fitness test Week 8 Disc golf: Rules and adaptations Week 9 Disc golf: Participant-led course development Week 10 Disc golf: participant-led course implementation Week 11 Optional class
Course Prerequisites	Only students who have physical or mental disorders can take the class. Before

Course Prerequisites	taking the class, students need to have an interview with a course instructor.
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	N/A
Office Hours and Contact Information	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 New Sports
Course Number	2233203
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
Instructor	Taketoshi Saito
Overview	"New sports" subjects are not to implement major sports, but to experience various sports events. For example, Flying Disc, Warking, Indiacca, G-ball, Ground Golf, Petanque, Long jump rope , and so on.
Remarks	Classroom will be announced later. G-course Details will be annouced. 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) Understand the rules of the Flying Disc and have ideas about the competition.
Class Schedule	Week 1 Guidance of Physical Education Class Week 2 Walking Week 3 Flying disc 1. basic skill (back-hand throw) Week 4 Flying disc 2. fore-hand throw & game Week 5 Indoor Physical fitness test Week 6 G-ball & skipping lope Week 7 Outdoor Physical fitness test Week 8 Indiacca Week 9 Ground golf Week 10 reflection Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Evaluation will be made from the perspective of physical activity(35%), knowledge(30%), attitude and motivation based on the status of the course(35%), reports and assignments submitted.
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	e-mail : saito.taketoshi.fw@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
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	2234263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 Class、 Introduce Basketball Week 2 Introduce 3x3 Basketball Week 3 Fundamental Skills(Shooting) Week 4 Fundamental Skills(Passing) Week 5 Fundamental Skills(Rebounding) Week 6 Fundamental Skills(Dribbling) Week 7 How to use fundamental skills in the game Week 8 How to use fundamental skills in the game Week 9 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References,and Supplementary Materials	
Office Hours and Contact Information	連絡先 : yoshihitonakaso@gmail.com moriya@edogawa-u.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 Handball
Course Number	2237223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
Instructor	Eiko Yamada
Overview	Through understanding of a handball game and acquiring group/team tactics, your relationship skills/ thinking skills in the team and your ability to enjoy team sports are cultivated.
Remarks	elements by gender(special rule/pair/team) G-course Available for students related to a cooperation system 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 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 Orientation, making 4 teams, fundamental skill (ball coordination, throw, dribble, shoot), rule explanation, play mini-handball Week 2 Fundamental skill(ball coordination, throw, dribble, jump shot), understanding game phases, fast break, match Week 3 Fundamental skill(ball coordination, throw, dribble, jump shot), feint movement, skill of goalkeeper, match Week 4 Indoor physical fitness test Week 5 Outdoor physical fitness test Week 6 Fundamental skill (ball coordination, throw, dribble, shoot, feint movement), defense skill "intercept", fastbreak by1 and 2 , match Week 7 Fundamental skill (ball coordination, throw, dribble, shoot, feint movement), a role of line player(technique), match Week 8 Fundamental skill (ball coordination, throw, dribble, shoot, feint movement), a role of line player(skill), match Week 9 Develop a strategy for playing in a League system Week 10 Develop a strategy for playing in a League system 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.
Textbooks, References, and Supplementary Materials	N/A
Office Hours and Contact Information	Office Hours: Location: B302 Tel. Number (Ext.): 2636 Email: 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

Course Name	Applied Physical Education Fitness Training
Course Number	2240263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 Introduction: xplanation of class outline Week 2 How to use the training room Week 3 Warm-up/Cool-down, Stretching Week 4 Physical fitness test Week 5 Feedback on physical fitness tests Week 6 Resistance training with body weight Week 7 Resistance training using machines: introduction Week 8 Resistance training using machines: development Week 9 Instructions and measurements for 1RM Week 10 Endurance training Week 11 Reserve day
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	Students will use 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 points to note for	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.

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

Course Name	Applied Physical Education Flag Football
Course Number	2241263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
Instructor	Hirokazu Matsuo
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	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 Fundamentals of Flag football Week 2 Learning the rules and planning pass plays Week 3 Pass play practice Week 4 physical fitness test Week 5 Pass game 1 Week 6 Pass game 2 Week 7 Pass game 3 Week 8 League 1 Week 9 League 2 Week 10 League 3 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 Contact Information	matsuo.hirokazu.ga 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 Outing Sports
Course Number	2245223
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB Fri2
Instructor	Akihiro Sakamoto
Overview	The goals of this class are 1)to acquire the basic skills for outdoor group activity: initiative games, 2)to understand the knowledge of that, 3)to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the outdoor activity. The class of Spring AB is held in the Yasei no Mori.
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 challenge activities and work safely together. 2) Communicate effectively in groups. Appropriate briefing can be done. 3) Be aware of the natural environment, understand and act appropriately. 4) To deep self-understanding and understanding of others through outdoor movements, and practice together
Class Schedule	Week 1 Introduction Week 2 Ice Break Game Week 3 Challenge Activity 1 Line up(communication) Week 4 Challenge Activity 2 Japanese archipelago(cooperation) Week 5 Challenge Activity 3 Inclined wall(Problem solving, challenge) Week 6 Challenge Activity 4 Trolley(communication, empathy) Week 7 Challenge Activity 5 tension traverse (communication) Week 8 Challenge Activity 6 wall (Problem solving, challenge) Week 9 Challenge Activity 7 Trust fall(challenge, trust) Week 10 Debriefing · Class evaluation Week 11 Optional Class
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 Supplementary Materials	
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

Course Name	Applied Physical Education Refresh Movements
Course Number	2248263
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	SprAB 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 Streching Week 2 Basic movement on the Swiss ball Week 3 Balance movement on the Swiss ball Week 4 Indoor physical fitness test Week 5 Bounding on the Swiss ball Week 6 Rolling on the Swiss ball Week 7 pair exercise 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	Conduct health observations as well as prepare and review classroom learning.
Textbooks,	

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