

Course Name	Applied Physical Education Karate
Course Number	2207253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB 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 Sonoba-kihon 3 Week 2 Sonoba-kihon 4 Week 3 Ido-kihon 3 Week 4 Ido-kihon 4 Week 5 Coordination of footwork with hitting techniques 3 Week 6 Compounding techniques 2 Week 7 Uchikomi Week 8 Sawari-kumite 2 Week 9 Lecture on sports activity of lifetime Week 10 Kata 2 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	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	2211253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu2
Instructor	Takahiro Nabeyama
Overview	The aim is to develop sparring skills with a partner with full kendo equipment, and furthermore to develop the mind and body.
Remarks	elements by gender(equipment) elements by gender(contact) elements by gender(special rule/pair/team) G-course Work Experience faculty face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
Relation to Degree Program Competences	Related to “ 5. Mental and physical health, humanity, and ethics ” Related to “ 6. Cooperative, independent, and autonomous ”
Course Objectives (Learning Outcomes)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture.
Class Schedule	Kendo teacher who is a former representative of Team Japan that currently holds the highest rank in Kendo, 8th Dan, implements his own experiences to conduct his classes. Week 1 History and etiquette of Nihon Kendo Kata Week 2 Nihon Kendo Kata (Ippon-me of tachi ' s kata) Week 3 Nihon Kendo Kata (Nihon-me of tachi ' s kata) Week 4 Nihon Kendo Kata (Sanbon-me of tachi ' s kata) Week 5 Nihon Kendo Kata (Yonhon-me of tachi ' s kata) Week 6 Nihon Kendo Kata (Gohon-me of tachi ' s kata) Week 7 Nihon Kendo Kata (Roppon-me of tachi ' s kata) Week 8 Nihon Kendo Kata (Nanahon-me of tachi ' s kata) Week 9 Wrap up of Nihon Kendo Kata (tachi ' s kata from ippon-me to nanahon-me) Week 10 Lecture Week 11 Reserve day
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Prepare and review the videos and materials of Nihon Kendo Kata
Textbooks, References, and Supplementary Materials	Kendo Teaching Guidelines, Kendo Workshop Materials
Office Hours and	Tuesday 14:00 ~ 17:00 nabeyama.takahiro.gn at u.tsukuba.ac.jp

Contact Information	
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	2214253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB 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 for various physical activities by performing exercise and addressing a concept of sports culture. (1)consider to conduct yourself and to treat the equipment for keeping safty (2)learning how to use bow and arrow as sport (3)respect each other and develop the freindship through the match (4)make fair conduct and judgment in the game (5)create the unique regulation and rules for more enjoyable sport
Class Schedule	This is beginner class for not ever doing Kyudo. Very close distance target from 5m to 10m. In case of rainy, desk work will be held in the indoor room. Week 1 Understanding about safety and avoiding risk with using bow and arrow. Choosing bow fitting your fitness. Week 2 Understanding the distinguished feature of Kyudo's bow. Week 3 Learning how to set up arrow and take stance in Kyudo. Week 4 Learning how to use right hand to pull string different from archery. Week 5 Learning the most important how to hold the bow of Kyudo. Week 6 Mastering the all step of Kyudo form. Week 7 Understanding how to aim target in Kyudo and try it. Week 8 Challenge the shooting from formal distance 28m. Week 9 Learning how to operate group tournament match(Test) Week 10 Lecture on sports activity of lifetime. Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks,	

References, and Supplementary Materials	
Office Hours and Contact Information	16:00-1800 Friday Office: Inst. Health and PE Sciences Building B room NO.504 saga.hitoshi.fu at u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, physical activity habit, sports culture, ethic, sportsmanship

Course Name	Applied Physical Education Swimming
Course Number	2217233
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu2
Instructor	Keisuke Yamakawa
Overview	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, synchronised 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
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 10 min swim, Slow Swim, Spring board Diving Week 2 10 min swim, Sculling, Eggbeater kick, Side stroke Week 3 10 min swim, Life Saving and rescue skill Week 4 10 min swim, Survival swim skill Week 5 10 min swim, Kayak Week 6 10 min swim, Kayak Week 7 10 min Swim, Water polo (Basic skills) Week 8 10 min Swim, Water polo (Game) Week 9 10 min Swim, Water polo (Game) Week 10 Lecture on sports activity of lifetime 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-Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	email: yamakawa.keisuke.gm@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	1 TA is assisted.
Course Keywords	communication, physical activity habits, sports culture, ethics, sportsmanship

Course Name	Applied Physical Education Softball
Course Number	2221253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB 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 Change the teams.Offensive or defensive skills training, and practice games Week 2 Offensive or defensive skills training, and practice games Week 3 Offensive or defensive skills training, and practice games Week 4 Change the teams.Team practice and league softball games Week 5 Team practice and league softball games Week 6 Team practice and league softball games Week 7 Change the teams.Team practice and league softball games Week 8 Team practice and league softball games Week 9 Team practice and league softball games Week 10 Lecture on sports activity of lifetime Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	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	handouts and photocopies 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

Materials	
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	communication, challenge, sports skills, sportsmanship, practical ability

Course Name	Applied Physical Education Table Tennis
Course Number	2222213
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu2
Instructor	Yuki Nonaka
Overview	Upon deepening knowledge concerning sports activities and understanding techniques applicable to different types of sports, apply the acquired knowledge and skills to games and technical practices and develop free thinking on sports activities.
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) Understand the characteristics of table tennis. And the operation which utilized the characteristic can be performed. (2) Communicate with peers and can clear issues smoothly. (3) To acquire the ability to act independently while grasping the movement of the whole group. (4) Through interpersonal sports, think about your opponents and friends and learn about sportsmanship. (5) You can plan and manage simple sports recreation to obtain athletic opportunities.
Class Schedule	Teachers having experience as a professional sports player will conduct a skill-practice lesson based on their experience. Week 1 Understanding and applying the characteristics of table tennis(review) Week 2 Understanding and applying the characteristics of table tennis (Switch between forehand and backhand) Week 3 Understanding and applying the characteristics of table tennis (Footwork with moving,Switch between forehand and backhand) Week 4 Understanding and applying the characteristics of table tennis (Footwork with moving,Switch between three techniques) Week 5 Understanding of applied techniques(Ball rotation direction,Top spin) Week 6 Understanding of applied techniques(Ball rotation direction,Back spin) Week 7 Understanding of applied techniques(Service) Week 8 Game setting method according to group characteristics Week 9 Lecture on sports activity of lifetime Week 10 Understanding table tennis as a lifelong sport Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Skill(35%), Knowledge(30%), Attitude(35%)

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	2223253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB 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 stretch Week 2 Dance with various music Week 3 Rhythm dance basic Week 4 Rhythm dance Week 5 Make dance moves 1 Week 6 Make dance moves 2 Week 7 Group work creation 1 Week 8 Group work creation 2 Week 9 Lecture on sports activity of lifetime 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	
Textbooks, References, and Supplementary Materials	Photocopies
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	2225273
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB 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) learn and perform various tactics in a match (3) create a practice program by themselves, and play with others based on it. (4) perform stable service to enjoy playing tennis.
Class Schedule	Week 1 Review of rules, manners, and basic movements and shots for tennis. Week 2 Various practice methods for service. Week 3 Create a practice program with a partner and its practice. Week 4 Advanced shot(approach). Week 5 Advanced shot(poach). Week 6 Advanced shot(overhead smash). Week 7 Doubles tactics with an advanced shot. Week 8 Create a practice program with the group and its practice. Week 9 Doubles matches, simulated tournament. Week 10 Lecture on sports activity of lifetime. Week 11 Optional class.
Course Prerequisites	
Grading Philosophy	Attitude (35%), Skill (35%), Knowledge (30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	Tennis-related magazines or books that available at university library. 1. BASEBALL MAGAZINE SHA Co. Ltd.,Tennis magazine

Office Hours and Contact Information	Office hours (202 room, Taiiku center): Thursdays 11:30-12:30 E-mail: jindo.takashi.ge@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	Students need to bring sports wear and shoes. A racket is available for rent at the class. 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	2230253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB 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 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) You can feel and notice familiar natural environment through nature games. 2) Improve sensitivity by using sensory organs that are not usually used. 3) You can sympathize with the sensitivity of your friends. 4) Understand natural environment protection. 5) Understand the natural environment from the viewpoint of sustainability and take appropriate actions.
Class Schedule	Week 1 Orientation Week 2 Nature Activity (1) :My Tree Week 3 Nature Activity (2) :Nature Trail Week 4 Nature Activity (3) :Camouflage Week 5 Nature Activity (4) :Window of Earth Week 6 Nature Activity (5) :Nature Bingo Week 7 Nature Activity (6) :Hiku Week 8 Nature Activity (7) :4 frame Nature Photo Week 9 Look back on activities Week 10 Lecture of Life Long Sport 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	Xerox
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)

Office Hours and Contact Information	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, spirit, challenge, skills, ability Lifetime, sports, and, mental, health, walking

Course Name	Applied Physical Education Badminton
Course Number	2235213
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu2
Instructor	Chika Tanifuji
Overview	Learning of Badminton skills
Remarks	elements by gender(special rule/pair/team) G-course face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
Relation to Degree Program Competences	Related to "5. Mental and physical health, humanity, and ethics" Related to "6. Cooperative, independent, and autonomous"
Course Objectives (Learning Outcomes)	Establishment of an awareness and knowledge of various physical activities by performing exercise and addressing the concept of sports culture. (1) Understand the characteristics of Badminton and use them appropriately. (2) You can play happily and safely while cooperating with your friends.
Class Schedule	Understanding the principles of badminton in order to play and enjoy games. History, manner, rule, and values of sports shall also be learned through playing games. Week 1 Making the Group Group work Week 2 Learning the Doubles tactics(1) Week 3 Learning the Doubles tactics(2) Week 4 Badminton Grip and Lob Week 5 Drive-Sidearm-Stroke Week 6 Drive-Overhead-Stroke Week 7 Doubles play and operation of the games(1) Week 8 Doubles play and operation of the games(2) Week 9 Doubles play and operation of the games(3) Week 10 Lecture on sports activity of lifetime Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	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 Volleyball
Course Number	2236253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB 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 the roles within the team and how to position and move around the court in a basic level. (2) To understand serve-reception and defensive formations. (3) To be able to perform a 3-way attack. (4) To be able to enhance teamwork with friends and have fun playing the game.
Class Schedule	Week 1 Review of fundamental skills Week 2 Fundamental positions and movements Week 3 Basic team compositions and formations Week 4 Lead-up games Week 5 League game 1 (Team order) Week 6 League game 2 (Reception formation) Week 7 League game 3 (Defense formation) Week 8 League game 4 (Teamwork) Week 9 Lecture on sports activity of lifetime Week 10 League game 5 (Summary) 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 expectations and	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.

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, teamwork

Course Name	Applied Physical Education Flag Football
Course Number	2241233
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu2
Instructor	Tsuyoshi Matsumoto
Overview	Emphasis is on further tactical/positional patterns and consideration for team shape/formations. Larger playing areas are gradually introduced, and as before, students take part in game formats on a regular basis.
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 understand the official rules of Flag Football and play games. (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 Understanding Flag Football official rule Week 2 passing offense and defence drill Week 3 running offense and defence drill Week 4 making an assignment book for offense Week 5 Game : Sport Culture in USA Week 6 Game : College Football in USA Week 7 Game : NFL Week 8 Game : American Football and Flag Football Week 9 Lecture on sports activity of lifetime Week 10 Game : Bowl Game in USA 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	2243253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB Thu2
Instructor	Toshihiro Kato
Overview	We will do the following exercises. (1) Core training (2) Stretching (3) Breathing technique (4) Body axis training. Sharpen your senses. Increases resistance to stress while communicating with others. 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) You can notice that the self and others interact with each other. (2) You can feel the axis of your body. (3) You can exercise happily and safely in cooperation with your friends. (4) You can keep your body and mind healthy in a way that fits your task.
Class Schedule	Week 1 Orientation Week 2 For the awareness of your behavior Week 3 Bodywork to promote communication Week 4 Training for the good stance Week 5 Bodywork to regulate breathing well Week 6 Sports massage Week 7 Bodywork to aware the axis of your body Week 8 Bodywork to resonate with others Week 9 Bodywork to solve your own problems Week 10 Lecture on sports activity of lifetime Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
Textbooks,	

References, and Supplementary Materials	
Office Hours and Contact Information	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	2248253
Credits	0.5 Credits
Adaptation years	2 Year
Class hold days	Fall IAB 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 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 Streching Week 2 Basic movement on the Swiss ball Week 3 Balance movement on the Swiss ball Week 4 Bounding on the Swiss ball Week 5 Rolling on the Swiss ball Week 6 Basic movement on the wheel gymnastics Week 7 Basic movement on the wheel gymnastics Week 8 Basic rotation on the wheel gymnastics Week 9 Lecture on sports activity of lifetime 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