

Course Name	Basic Physical Education Karate
Course Number	2107173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
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, and Kata (Karate form), 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)	Acquire basic knowledge and skills about sports and perform. 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 Orientation Week 2 Sonoba-kihon 1. Stationary basic offensive techniques: Sonobazuki, Gakuzuki, 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, Gayku-tsuki. Week 5 Ido-kihon 2. Many variations of basic offensive techniques with forward and backward movement: Jun-tsuki, Gayku-tsuki, and Tsuki, including Keri and their direction shifts. Week 6 Coordination of footwork with hitting techniques 1. Footwork includes jumping, Suriashi. Week 7 Coordination of footwork with hitting techniques 2. Hitting techniques with various footworks. Week 8 Compounding techniques. Coordination of Tsuki with Keri. Week 9 Sawari-kumite. Control of timing and spacing of offensive and defensive techniques: touching upper and lower limbs, and body trunk. Week 10 Kata. 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"> <li>1. 全日本空手道連盟,空手道教範</li> <li>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</li> <li>3. 藤田幸雄,強くなる空手動きの方程式</li> </ol>
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	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.

Course Name	Basic Physical Education Japanese Archery
Course Number	2110133
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Makinori Matsuo
Overview	In this class you will be able to learn the basic of Kyudo. While shooting on short and middle distance you will have a chance to learn about safety rules, be able to shoot quite well, and experience other parts of Kyudo, like competition.
Remarks	I elements by gender(equipment) 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)	Acquire basic knowledge and skills about sports and perform.
Class Schedule	With regard to this Kyudo lesson, teacher will use his experience to conduct classes. He have experience of Kyudo competition and teaching Kyudo club. Week 1 the basic style of Kyudo, Dojo manners Week 2 short distance; the way of release and the work of the left hand Week 3 short distance; the way of release and the work of the right hand Week 4 short distance; the 8 step of shooting and the way of aiming Week 5 short distance; 8 step of shooting, “ Zanshin ” Week 6 Individual competition (flow) Week 7 middle distance; 8 step of shooting and body posture Week 8 middle distance; 8 step of shooting and release Week 9 middle distance; 8 step of shooting and manners Week 10 team competition (flow) 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. 松尾牧則, はじめての弓道(Hajimete no Kyudo)
Office Hours and Contact Information	matsuo.makinori.gf@u.tsukuba.ac.jp Kyudo-jo:029-853-5624 matsuo.makinori.gf at u.tsukuba.ac.jp
Other(Behavioral	As a rule, students who attend the course for at least two-thirds of the

expectations and points to note for students during coursework)	classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability, budo

Course Name	Basic Physical Education Judo
Course Number	2115173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Hiroataka Okada
Overview	The purpose of this instruction is to learn fundamental skills of judo and to understand the fascination of judo through doing safety Randori with using some basic technique.
Remarks	elements by gender(contact) elements by gender(other) 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)	Acquire basic knowledge and skills about sports and perform.
Class Schedule	Week 1 Guidance of this instruction. Week 2 Basic movement of judo, Ukemi, Osaekomi-waza. Week 3 Ukemi, Ashi-waza, Osaekomi-waza. Week 4 Ukemi, Ashi-waza, Osaekomi-waza. Week 5 Ashi-waza, Osaekomi-waza, Randori-Newaza. Week 6 Te-waza, Shime-waza, Randori-Newaza. Week 7 Te-waza, Shime-waza, Randori-tachiwaza and Newaza. Week 8 Koshi-waza, Kansetsu-waza, Randori-Tachiwaza and Newaza. Week 9 Koshi-waza, Kansetsu-waza, Randori-Tachiwaza and Newaza. Week 10 Randori-Tachiwaza and Newaza. 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	okada.hiroataka.fw at u.tsukuba.ac.jp
Other(Behavioral expectations and	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.

points to note for students during coursework)	
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability

Course Name	Basic Physical Education Swimming
Course Number	2117133
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Keisuke Yamakawa
Overview	The module aims to enjoy exercises in water together with various people. You learn 4 different swimming strokes, skin-diving and water polo through this module.
Remarks	elements by gender(wear) elements by gender(contact) G-course face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
Course Type	practical training, experiments, skills practice
Relation to Degree Program Competences	Related to "5. Mental and physical health, humanity, and ethics" Related to "6. Cooperative, independent, and autonomous"
Course Objectives (Learning Outcomes)	Acquire basic knowledge and skills about sports and perform.  The course supports student to: 1) understand own health and fitness so as to take care of themselves. 2) experience enjoying exercises in daily life. 3) understand the value of physical education / sports. 4) learn 4 different stroke technique in swimming based on sports science. 5) experience water polo and skin diving so as to have an interest in those sports.
Class Schedule	Week 1 Guidance of this class, 10 min. swim, Streamline, Kicking Week 2 10 min. swim, Streamline, Kicking, Front crawl stroke 1 Week 3 10 min Swim, Streamline, Kicking, Front crawl stroke 2 Week 4 10 min Swim, Back crawl stroke 1 Week 5 10 min Swim, Back crawl stroke 2, Breaststroke 1 Week 6 10 min Swim, Breaststroke 2, Butterfly Week 7 10 min Swim, Skin diving 1 Week 8 10 min. Swim, Skin diving 2 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	NA
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Using the record of pulse, time and distance for 10 minutes swimming, a student find and learn the information about the importance of exercise/daily activity. A student finds and learn the knowledge related to swimming technique and fluid

Course Hours Breakdown and Out-of-Class Learning	characteristics to answer tests given every week. A student attempts to improve his/her swimming skill in a spare time in a public swimming pool or the university swimming pool.
Textbooks, References, and Supplementary Materials	Handouts may be given if needs.
Office Hours and Contact Information	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	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability



Course Name	Basic Physical Education Dance
Course Number	2123173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
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)	Acquire basic knowledge and skills about sports and perform. 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 Introduction Week 2 Knowing about "my body" Week 3 yoga and stretch 1 Week 4 yoga and stretch 2 Week 5 Dance with various music 1 Week 6 Dance with various music 2 Week 7 Dance with various music 3 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	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	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.

Course Name	Basic Physical Education Fitness Training
Course Number	2140153
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Hirokazu Matsuo
Overview	Emphasis will be on maintenance of good health and understanding of relationship between physical fitness and health promotion. Acquirement of methods of resistance training, jogging and stretching shall also be addressed for lifelong good health.
Remarks	elements by gender(special rule/pair/team) 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)	Acquire basic knowledge and skills about sports and perform. ----- (1) Acquire knowledge and understand the principles and principles of training. (2) Be able to train in a safe and effective form. (3) Construct a series of training menus that meet their objectives. (4) train safely and enjoyably in cooperation with peers.
Class Schedule	Week 1 Explanation of class outline, introduction of training menu, and exercises Week 2 Explanation of training principles, training exercises Week 3 Resistance training Week 4 Introduction of aerobic exercise Week 5 Selection and practice of training menu by objective Week 6 Creation and practice of objective-based training menus Week 7 Training practice and evaluation Week 8 Training practice and improvement of content Week 9 Training practice and method improvement Week 10 Training practice and semester 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	
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. What to bring: exercise clothing, indoor shoes, a towel, writing utensils, a second watch, or a smartphone.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability

Course Name	Basic Physical Education Refresh Movements
Course Number	2148173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Kiyonao Hasegawa
Overview	<p>In this lesson, you learn mind and body through gymnastics and acquire knowledge and fundamental exercise ability to enjoy sports with friends.</p> <p>Through this lesson ,we will cultivate a spirit of challenge by challenging the activities that have never experienced, such as "G-ball" ;giant-gymnastics ball and "Wheel gymnastics" ;gym wheels movement.</p> <p>The teacher who is Japanese national athlete in Wheel gymnastics will take classes by taking advantage of their experiences.</p>
Remarks	<p>elements by gender(contact)</p> <p>elements by gender(special rule/pair/team)</p> <p>G-course</p> <p>Work Experience faculty</p> <p>face-to-face</p> <p>In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class</p>
Course Type	practical training, experiments, skills practice
Relation to Degree Program Competences	<p>Related to “ 5. Mental and physical health, humanity, and ethics ”</p> <p>Related to “ 6. Cooperative, independent, and autonomous ”</p>
Course Objectives (Learning Outcomes)	<p>Acquire basic knowledge and skills about sports and perform.</p> <p>(1) Understand the characteristics of G balls and use them appropriately.</p> <p>(2) You can 1side rotation in wheelgymnastics . (support doesn't matter)</p> <p>(3) You can do paired exercises happily and safely while cooperating with your friends.</p> <p>(4) Learn and carry out how to keep your mind and body healthy through gymnastics.</p>
Class Schedule	<p>In this lesson, you learn mind and body through gymnastics and acquire knowledge and fundamental exercise ability to enjoy sports with friends.</p> <p>Through this lesson ,we will cultivate a spirit of challenge by challenging the activities that have never experienced, such as "G-ball" ;giant-gymnastics ball and "Wheel gymnastics" ;gym wheels movement.</p> <p>Week 1 Stretching the body and loosen yourself up with gymnastics</p> <p>Week 2 Learn to the characteristics and basically movement of wheel gymnastics</p> <p>Week 3 Wheel gymnastics(Basic movement/How to use bindings)</p> <p>Week 4 Wheel gymnastics(Side rotation with support)</p> <p>Week 5 Wheel gymnastics (Side rotation/Roundup)</p> <p>Week 6 Pair gymnastics(1~5)</p> <p>Learn to the characteristics and basically movement of G-ball</p> <p>Week 7 Pair gymnastics(6~10)</p> <p>G-ball (Balancing movement)</p>

Class Schedule	<p>Week 8 Pair gymnastics(with music) G-ball (Bounding movement)</p> <p>Week 9 Pair gymnastics(with music) G-ball (Rolling movement)</p> <p>Week 10 Pair Gymnastics(Roundup) G-ball (Roundup)</p> <p>Week 11 Optional class</p>
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of- Class Learning	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	Please send me an E-mail if you need anything. 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	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability, refresh, communication, challenge

Course Name	Basic Physical Education Track and Field
Course Number	2152153
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Yasushi Enomoto
Overview	Learn knowledge and the method to improve fitness and skill as fundamental exercise of running, jumping and throwing in track and field, and also focusing an attitude to enjoy exercise depending on your own level. Promote understanding significance of wellness and fitness through practice.
Remarks	elements by gender(equipment) elements by gender(special rule/pair/team) G-course face-to-face There is a difference in grading skills for women and men. 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)	Acquire basic knowledge and skills about sports and perform.
Class Schedule	Week 1 Characteristics of track and field Week 2 Fundamental of running motion Week 3 Technique of dash and sprint Week 4 Hurdle running and hurdling skill Week 5 Fitness test Week 6 Fundamental of jump technique Week 7 Running jump Week 8 Fundamental of throwing Week 9 Skill of running throw Week 10 Lecture Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	
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
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	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.



Course Name	Basic Physical Education Softball
Course Number	2121173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
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)	Enhancement of a sense of teamwork and reaching a common object with friends. (1)You can understand the characteristics of softballs and use them to throw appropriately. (2)You can catch the ball thrown by the opponent. (3)You can hit the ball thrown by the pitcher. (4)You can cooperate with your teammates and perform 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 part 1 Week 5 Fundamental skills (how to swing strongly)and short games part 2 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	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
Office Hours and	kaneda.takeshi.gb@u.tsukuba.ac.jp

Contact Information	
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course Name	Basic Physical Education Table Tennis
Course Number	2122153
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Yuki Nonaka
Overview	Learn the basic techniques of table tennis from its essence, while at the same time deepening the understanding of the movements applicable to different types of sports. Through various practice methods and minigames, learn also about relevant aspects of sports, such as communications and sportsmanship.
Remarks	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. elements by gender(contact) G-course Work Experience faculty face-to-face
Course Type	practical training, experiments, skills practice
Relation to Degree Program Competences	Related to "5. Mental and physical health, humanity, and ethics" Related to "6. Cooperative, independent, and autonomous"
Course Objectives (Learning Outcomes)	Enhancement of a sense of teamwork and reaching a common object with friends. (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.
Class Schedule	The former coach of the national team carries out classes. Week 1 Explanation and introduction of class contents Week 2 Understanding the characteristics of table tennis (the racket surface and How to see ball movement). Week 3 Understanding the characteristics of table tennis (How to see ball movement and Hitting point). Week 4 Understanding the characteristics of table tennis (Hitting point and Hitting the ball according to the sound). Week 5 Understanding the characteristics of table tennis (Hitting the ball according to the sound and Hitting feeling). Week 6 Understanding the characteristics of table tennis (Footwork) Week 7 Understanding the characteristics of table tennis (Footwork with movement) Week 8 Understanding the characteristics of table tennis (Have good footwork with moving). Week 9 Game operations, ways of ingenuity and communication with others Week 10 Understanding of applied technique and equipment and operation of games 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	1. 日本卓球協会,卓球コーチング教本
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, challenge, sports skills, sportsmanship, practical ability

Course Name	Basic Physical Education Tennis
Course Number	2125173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Daisuke Mituhashi
Overview	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.
Remarks	It is preferable to wear tennis shoes. If you don't have them, wear athletic shoes (no leather shoes or sandals as they are dangerous). 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)	Enhancement of a sense of teamwork and reaching a common object with friends.
Class Schedule	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis. Week 1 Basics of forehand stroke Week 2 How to Apply Forehand Spin Week 3 Basics of backhand stroke (Level 1) Week 4 How to Apply backhand Spin Week 5 Basics of volley Week 6 Basics of service Week 7 Basics of smash Week 8 Way of doubles match (process, rule and manner) Week 9 Doubles match Week 10 Skill 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	
Office Hours and Contact Information	mitsuhashi.daisuk.gn at u.tsukuba.ac.jp

Other(Behavioral expectations and points to note for students during coursework)	It is preferable to wear tennis shoes. If you don't have them, wear athletic shoes (no leather shoes or sandals as they are dangerous). In principle, students who have attended at least two-thirds of the classes in question are eligible for credit.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course Name	Basic Physical Education New Sports
Course Number	2133173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Shinichi Nagata
Overview	Students will engage in New Sports, which refer to organized activities that are different from existing sports and have different philosophies from traditional sports. Through some samples of New Sports, including Bocce Ball, Indiaca, and Unihoc floorball, students will gain basic skills and knowledge to make their life-long active living. The planned activities might be changed in case of inclement weathers (rain, temperature, etc.).
Remarks	Those who were absent more than 1/3 of the class will not be considered for the credit of this class 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)	Enhancement of a sense of teamwork and reaching a common object with friends.  ----- By the end of the course, students will be able to: (1) carry out New Sports as a part of physically active life. (2) demonstrate competence to play New Sports safely with others. (3) demonstrate competence to use New Sports equipment appropriately. (4) demonstrate basic skills of each New Sport.
Class Schedule	Week 1 Introduction to the Class Week 2 Target-type New Sport: Introducing Bocce Ball Week 3 Learning Bocce Ball throwing skills Week 4 Establish teams and play with other teams Week 5 Boccia league Week 6 Boccia final tournaments Week 7 Learning the basic throwing skills of flying disc Week 8 Flying disc games - Accuracy and Distance Week 9 Flying disc games - Ultimate Week 10 Summary and introduction of other New Sports Week 11 Optional class
Course Prerequisites	
Grading Philosophy	Attitude(35%),Skill(35%),Knowledge(30%)
Course Hours Breakdown and Out-of-	Students must monitor their health behaviors and report at each class. Students are also expected to practice skills at home.

Class Learning	
Textbooks, References, and Supplementary Materials	
Office Hours and Contact Information	By appointment GSI410 nagata.shinichi.gm at u.tsukuba.ac.jp nagata.shinichi.gm@u.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability



Course Name	Basic Physical Education Badminton
Course Number	2135153
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Masashi Suita
Overview	Learning of Badminton skills.
Remarks	<p>elements by gender(special rule/pair/team)</p> <p>G-course</p> <p>Work Experience faculty</p> <p>face-to-face</p> <p>In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class. Teaching assistants may not be available and require you to actively communicate in English and Japanese.</p>
Course Type	practical training, experiments, skills practice
Relation to Degree Program Competences	<p>Related to “ 5. Mental and physical health, humanity, and ethics ”</p> <p>Related to “ 6. Cooperative, independent, and autonomous ”</p>
Course Objectives (Learning Outcomes)	<p>Enhancement of a sense of teamwork and reaching a common object with friends.</p> <p>(1) Understand the characteristics of Badminton and use them appropriately.</p> <p>(2) You can play happily and safely while cooperating with your friends.</p>
Class Schedule	<p>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.</p> <p>Week 1 Introduction</p> <p>Week 2 Beginner Play 1 (Solo play to play by two people)</p> <p>Week 3 Beginner Play 2 (Playing Game: Development history of badminton game)</p> <p>Week 4 Occurrence of technical issues (Learning of Drive)</p> <p>Week 5 Drive-Game (Mixed Doubles format)</p> <p>Week 6 Toward moving the opponent back and forth, left and right (Mastering the badminton grip and lob)</p> <p>Week 7 Drop&amp;Hair-pin&amp;Lob, Half court Singles Game</p> <p>Week 8 Toward the acquisition of a hard-hitting</p> <p>Week 9 Doubles play and operation of the games</p> <p>Week 10 Summary</p> <p>Week 11 Optional class</p>
Course Prerequisites	
Grading Philosophy	Attitude(35%), Skill(35%), Knowledge(30%)
Course Hours Breakdown and Out-of-Class Learning	Assign reports on manaba on what was learned before and after the class.
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:B205 Phone Number (Ext.): 6331 E-mail:suita.masashi.gn@u.tsukuba.ac.jp TA and TF:N/A suita at taiiku.tsukuba.ac.jp
Other(Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course Name	Basic Physical Education Volleyball
Course Number	2136193
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Nakaba Akiyama
Overview	This course is designed to learn fundamental skills (pass, serve, game play), rules, and team work.
Remarks	II 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)	Enhancement of a sense of teamwork and reaching a common object with friends. (1) To understand fundamental skills and rules of volleyball. (2) To be able to make accurate forearm pass and overhead pass. (3) To be able to serve to the target area in the opponent's court. (4) To be able to cooperate with friends and enjoy the game.
Class Schedule	Week 1 Introduction, Fundamental skills test Week 2 Play with a ball by one player Week 3 Play with a ball by two players Week 4 Introduction to forearm pass Week 5 Introduction to underhand service (single hand pass) Week 6 Introduction to overhand pass (set-up) Week 7 Pass games (6 x 4.5m court) Week 8 Pass games (6 x 6m court) Week 9 Pass games (9 x 6m court) Week 10 Pass 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 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, challenge, sports skills, sportsmanship, practical ability, teamwork

Course Name	Basic Physical Education Handball
Course Number	2137133
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall AB Thu1
Instructor	Eiko Yamada
Overview	Learn a way of the situation solution in individuals, and the group. In addition, develop ability for coordination, through various movements with ball.
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)	Enhancement of a sense of teamwork and reaching a common object with friends. (1) Understand the rules 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), fast break, Rule explanation, Play mini-handball Week 2 Fundamental skill (ball coordination, throw, dribble, shoot), defense skill "stealing the ball", rule explanation, match Week 3 Fundamental skill (ball coordination, throw, dribble, shoot), Understanding the game phases, Carrying a ball in fast break, match Week 4 Fundamental skill (ball coordination, throw, dribble, shoot, feint movement), skill and technique of goalkeeper, match Week 5 Fundamental skill (ball coordination, throw, dribble, shoot, feint movement), defense skill "stealing the ball", fastbreak by1 and 2 , match Week 6 Fundamental skill (ball coordination, throw, dribble, shoot, feint movement), a role of line player(technique), match Week 7 Fundamental skill (ball coordination, throw, dribble, shoot, feint movement), a role of line player(skill), match Week 8 Fundamental skill (ball coordination, throw, dribble, shoot, feint movement),pass games, 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	
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: B302 Phone: 2636 yamada.eiko.ga@u.tsukuba.ac.jp
Other (Behavioral expectations and points to note for students during coursework)	As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
Relation to Other Courses	
Teaching Fellow and/or Teaching Assistant	
Course Keywords	communication, challenge, sports skills, sportsmanship, practical ability

Course Name	Basic Physical Education Flag Football
Course Number	2141133
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
Instructor	Tsuyoshi Matsumoto
Overview	Through a modified game from flag football, we learn a basic skill and tactics. Furthermore, we deepen understanding about the communication and leadership for team activity.
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. In games, we will set special rules and devise ways 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)	Enhancement of a sense of teamwork and reaching a common object with friends. (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. (4) You can understand the basic defensive tactics of flag football and demonstrate them during the game. (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 making an assignment book for defence Week 5 Pre-game Week 6 Game : Wide Formation Offence Week 7 Game : Twin Formation Offence Week 8 Game : Zone Defence Week 9 Game : 1 on 1 Defence Week 10 Game : Game Tactics 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	<a href="http://www.japanflag.org/">http://www.japanflag.org/</a> 1. Japan Flag Football Association, <a href="http://www.japanflag.org">http://www.japanflag.org</a>
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, challenge, sports skills, sportsmanship, practical ability



Course Name	Basic Physical Education Bodywork
Course Number	2143173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
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	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)	Acquire basic knowledge and skills about sports and perform. (1) You can notice your body. (2) You can do core training. (3) You can relax from inside your body. (4) You can enjoy the exercise and improve your daily life.
Class Schedule	Every hour, record the physical condition before class and the purpose of today on the training record card. Week 1 Introduction Week 2 Bodywork for more flexibility Week 3 Core training Week 4 Bodywork to relax your body Week 5 Bodywork to regulate breathing well Week 6 Training for the good stance Week 7 Training to improve strength Week 8 Sports massage Week 9 Training for the body balance Week 10 Bodywork for shaping up your body Week 11 Optional class Fill in your physical condition after class and review the class with your friends.
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	health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability.

Course Name	Basic Physical Education Trim Exercise
Course Number	2130173
Credits	0.5 Credits
Adaptation years	1 Year
Class hold days	Fall IAB Thu1
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 in Physical Education Center 1F 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	This class is for students with special education needs by teacher who has some practical performance; he has ever worked in rehabilitation, special education program, sport program for children with disabilities for long time. 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
Course Prerequisites	
Grading Philosophy	Attendance(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	1. N/A

Materials	
Office Hours and Contact Information	<p>Office Hours: N/A</p> <p>Please contact me by email if you need.</p> <p>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</p> <p>Location: A404</p> <p>Phone Number: 029-853-6361</p>
Other(Behavioral expectations and points to note for students during coursework)	<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	<p>health, physical fitness, basic knowledge, sports skills, sportsmanship, practical ability</p>