

Information about first class, 2024 (Basic Physical Education)

As of September 25, 2024

Timetable	Course	Instructor	Date of first class	Meeting place	Things to bring	In case of rain	Remarks column
Thu. 1st	Fitness Training	Matsuo	3 Oct. 1st period	2nd training room, Central Gymnasium	Sportswear, Indoor shoes	Same as on the left	
	Track and Field	Enomoto	3 Oct. 1st period	South Field, Track & Field	Sportswear, Running shoes	Same as on the left	
	Swimming	Yamakawa	3 Oct. 1st period	Get changed and meet at pool deck	Bring a swimming wear, swimming cap, and a swimming goggle, towel	Same as on the left	
	Dance	Yonezawa	3 Oct. 1st period	Dance studio, Central Gymnasium	Sports wear	Same as on the left	
	Refresh Movements	Hasegawa	3 Oct. 1st period	Gymnastics Area, Central Gymnasium	Sports wear, Indoor shoes with laces	Same as on the left	
	Judo	Okada	3 Oct. 1st period	Judo dojo, Gymnasium of Martial Arts	Judo uniform (be available for rent), T-shirt	Same as on the left	
	Japanese Archery	Matsuo	3 Oct. 1st period	Entrance (2F), Sport and Physical Education Center	Sportswear	Same as on the left	
	Karate	Furumoto	3 Oct. 1st period	1st Multi-purpose Dojo	Karate uniform will be lent to you. Prepare a bag for take the uniform back to home. Bring your own if you have one.	Same as on the left	
	Bodywork	Kato	3 Oct. 1st period	2nd Multi-purpose Dojo	Sports wear, towel, you will be required to take off your pair of socks during the class.	Same as on the left	
	Flag Football	Matsumoto	3 Oct. 1st period	Sekisyo Field	Sportswear, Indoor shoes & Outdoor shoes	Same as on the left	
	Volleyball	Akiyama	3 Oct. 1st period	Gymnasium (Volleyball)	Sports wear, Indoor shoes	Same as on the left	
	Softball	Kaneda	3 Oct. 1st period	Baseball field, Back net	Sports wear, Sports shoes (You can not wear spiked shoes).	Same as on the left	
	Handball	Yamada	3 Oct. 1st period	2nd Gymnasium (Medical Area)	Sports Wear, Indoor shoes	2nd Gymnasium (Medical area) *Please bring indoor shoes	
	Table Tennis	Ando	3 Oct. 1st period	3rd Gymnasium (3rd Area)	Sports wear, Indoor shoes	Same as on the left	
	Badminton	Sueta	3 Oct. 1st period	1st Gymnasium (2nd Area)	Sports wear, Indoor shoes, Writing tool	Same as on the left	
	Tennis	Maezawa	3 Oct. 1st period	Taipei Tennis Court	Sports Wear, Training Shoes (Please bring tennis shoes if you have one)	Meeting room, 2nd floor P.E. Center	
	New Sports	Nagata	3 Oct. 1st period	Soccer field	Sports Wear, Training Shoes	Ancient Japanese Martial Arts	
	Trim Exercise	Sakamoto	3 Oct. 1st period	Trim exercise room, 1st floor P.E. center	You can only take this class if you have mental or physical disorder. If you wish to take this class, you have to come to Physical Education Center beforehand.	Same as on the left	