Orientation for Physical Education 2026

［For students admitted in September and October］

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○ About “Tsukuba *Taiiku*”

✓ Vision

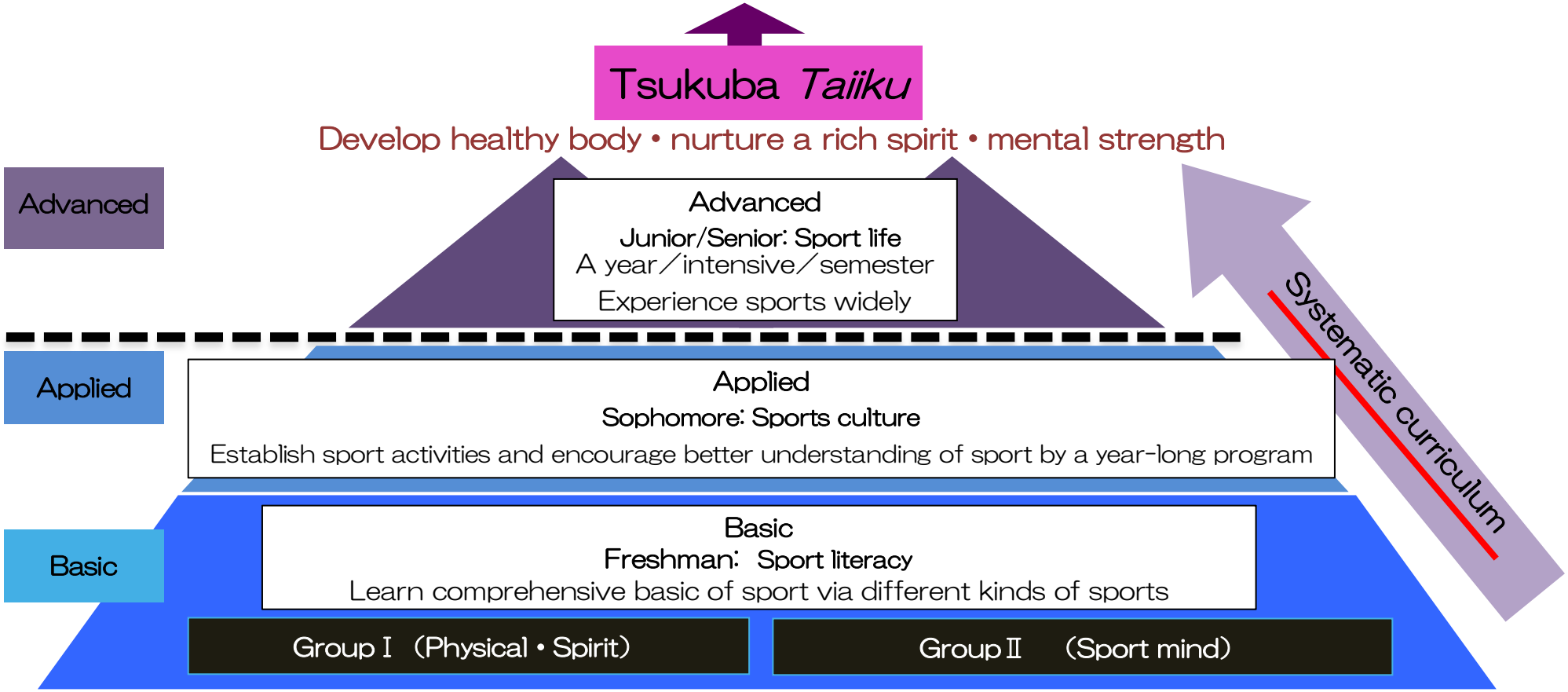
Tsukuba *Taiiku* (Physical Education) aims to develop a healthy body, nurture a rich spirit, and increase mental strength through various sports activities.

✓ Educational goals of Tsukuba *Taiiku* are as follows:

1. Teaching basic knowledge and the ability to think and practice in terms of health, strength, and sports techniques
2. Nurturing a rich spirit and sociability
3. Developing a strong mind and a sense of morality
4. Cultivating good interpretive skills and appreciation for sports
5. Fostering an ability to keep developing independently

○ Systematic curriculum of Tsukuba *Taiiku*

Produce students who can contribute to develop human society through various sports



Taught by professors who are experts in each sport

○ Standard Academic Year

- 2 or 3 credits from PE classes are required for graduation. The required number of PE credits are determined by the program you belong to. Depending on your program, 1 or 2 credits from Basic PE and 1 or 2 credits from Applied PE are needed.
  - Students admitted in September or October are expected to take the Basic PE class that is offered for their program in Fall semester. In addition, take Wellness Sports class in order to complete a total of 1 credit by the end of the academic year.
- The following Table shows the number of credits you must earn to graduate, by programs. This also shows the recommended timeline to take certain classes.

2026 Fall semester	2027 Spring semester	2027 Fall semester	2028 Spring semester	2028 Fall semester	2029 Spring semester	2029 Fall semester
【International Social Studies (ISS), Life and Environmental Sciences (LES), Medical Sciences (MS)】 2 credits are required						
Basic PE fall + Wellness Sports	Applied PE spring semester	Applied PE fall semester				
【Interdisciplinary Engineering (IDE)】 3 credits are required						
Basic PE fall + Wellness Sports	Applied PE 1 spring semester	Applied PE 1 fall semester	Applied PE 2 spring semester	Applied PE 2 fall semester		

※Applied PE 1 and Applied PE 2 must be taken in **different** sports disciplines. When drawing courses for Applied PE 2, be sure to register for the disciplines you took in Applied PE 1 at the lowest desired level.

2026 Fall semester	2027 Spring semester	2027 Fall semester	2028 Spring semester	2028 Fall semester	2029 Spring semester	2029 Fall semester

【Bachelor's Program in Global Issues (BPGI)】 2 credits are required

Basic PE fall + Wellness Sports	No PE Class	No PE Class	Applied PE spring semester	Applied PE fall semester		

【Japan-Expert (JE) - Agricultural Science Course and Japanese Language Teacher Training Course ONLY】 3 credits are required

Basic PE 1 fall + Wellness Sports	Basic PE 2 spring semester	Basic PE 3 fall semester	Applied PE spring semester	Applied PE fall semester		

※Basic PE 1-3 must be **different** sports. When you submit the preference level for course drawing for Basic PE 2 (3), be sure to indicate the sport you did in Basic PE 1 (1 and 2) by inserting the lowest desired level.

【Japan-Expert (JE) - Healthcare Course and Art & Design Course ONLY】 2 credits are required

No PE Class	Basic PE 1 spring semester	Basic PE 2 fall semester	Applied PE spring semester	Applied PE fall semester		

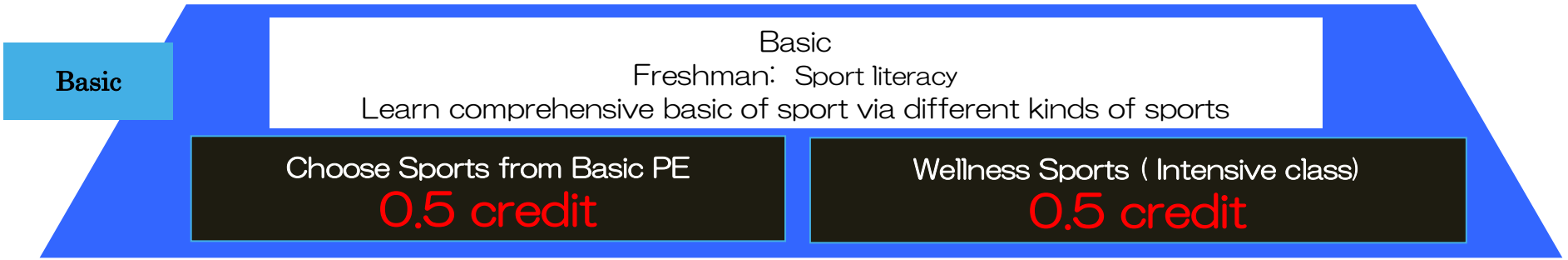
※Basic PE 1 and Basic PE 2 must be **different** sports. When you submit the preference level for course drawing for Basic PE 2, be sure to indicate the sport you did in Basic PE 1 at the lowest desired level.

Japan-Expert (JE) - Healthcare Course and Art & Design Course students will not be taking PE classes in this Fall semester; you will begin taking courses in the Spring 2027 semester and will need to register for the course drawing in early April to determine which courses you will be taking in. Please check the PE Center website carefully as the time approaches.

*** Wellness Sports is an intensive class, details on page 12.

○ How to take the “Basic Physical Education”

In Fall 2026 semester, choose one kind of sports from the Basic PE (fall semester / 0.5 credit) and take an intensive course “Wellness Sport” (fall semester /0.5 credit). If you fail the Fall 2026 Basic PE Class, consult with a staff at Consulting Service Office at the Sport and PE Center. The staffs will help you determine how to arrange classes from the academic year 2027.



Check the next page

Check p.12

○ How to choose a course of the “Basic Physical Education”

Tsukuba *Taiiku* offers PE classes of a specific sport. Due to the capacity of each PE class, there is a procedure for determining which sport course students will take. This procedure is called “course drawing”. Students will report their preference of sport courses, and later be notified which sport they can enroll. After you received the notification of course drawing results, **you CANNOT change the course.** If you have a special need and are not able to participate in some types of sport, you must consult with a staff at the Consulting Service Office at the Sport & PE Center prior to registering your course preferences. **We cannot help you change the course once it is determined.**

【When and how to report your course preferences】

When: Between Tuesday, September 1 and Monday, September 7 at 23:59

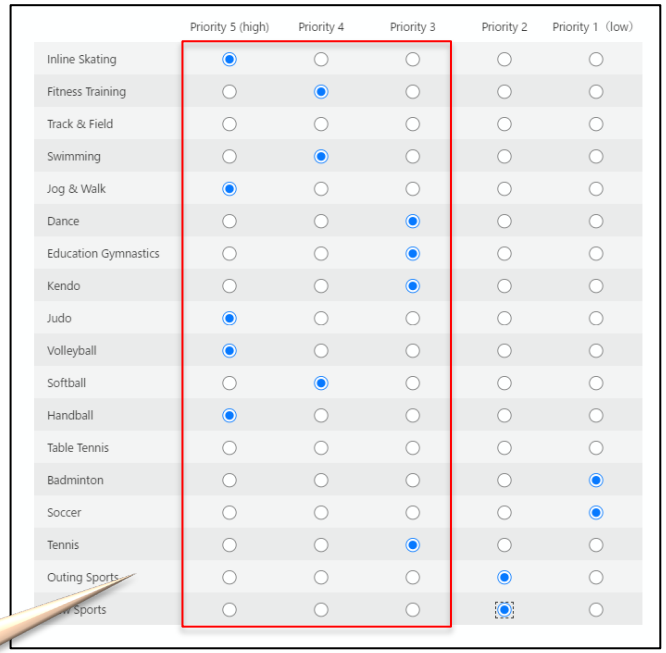
How: Click the link below and enter: 1) your name; 2) your student ID number(If you know); 3) Email address; 4) departmental affiliation[*1] [*2];

5) the level of preference of each course[*3].

The form URL: https://forms.cloud.microsoft/r/NcuYKA1DEC

Notes: Regarding the preference table

- You must enter the level of preference for each course, 5 being the most preferable, 1 meaning least preferable.
- You must have at least 6 courses that have the preference rating of 3, 4, or 5.



You MUST have at least 6 courses that has the preference rating of 3, 4, or 5.

- We do our best to accommodate your preferences, but very rarely, students might be assigned the course that they rated preference level of 1 or 2 due to the selection procedure.

*1 The periods and the day are determined by the program, as follows:

JE (Healthcare Course), JE (Art and Design Course): TUE 3rd period (start 12:15)

ISS, LES,IDE,MS,BPGI, JE (Agricultural Science Course): THU 1st period (start 08:40)

JE (Japanese Language Teacher Training Course): FRI 1st period (start 08:40)

*2 You are not allowed to take another PE class that are offered in a different time period. For example, if you are a ISS student, you must take PE class at THU 1st period, and cannot take FRI 1st period.

*3 Be sure to choose from the courses offered on the corresponding day of the week (see the next page).

＜Notification of the course drawing results＞

When: September 16 (Wed) - 18 (Fri)

How: You will receive the results individually by email. Please register the determined PE course indicated in the email via TWINS.

Basic PE：Tuesday 3rd period (begins at 12:15 pm)

Course for students in JE（Healthcare Course, Art and Design Course）

JE（Healthcare Course, Art and Design Course）students will not have classes to take in this Fall semester; please begin taking classes in the Spring 2027 semester. The information on this page is for reference only.

Group I
（Individual/Budo）

- ○Inline Skating
- ○Athletic Training
- ○Fitness Training
- ○Track & Field
- ○Swimming
- ○Jog & Walk
- ○Dance
- ○Education Gymnastics
- ○Kendo
- ○Judo

Group II
（Ball/Outdoor/Game Systems）

- ○Flag Football
- ○Volleyball
- ○Softball
- ○Handball
- ○Table Tennis
- ○Badminton
- ○Soccer
- ○Outing Sports
- ○New Sports

If you would like to see syllabi, see https://www.sapec.tsukuba.ac.jp/?page_id=67

Basic PE：Thursday 1st period (begins at 8:40 am)

Course for students in ISS・LES・IDE・MS・BPGI・JE（Agricultural Science Course）

Group I
（Individual/Budo）

- ○Fitness Training
- ○Track & Field
- ○Swimming
- ○Dance
- ○Refresh Movements
- ○Judo
- ○Kyudo
- ○Karate
- ○Bodywork

Group II
（Ball/Outdoor/Game Systems）

- ○Volleyball
- ○Softball
- ○Basketball
- ○Handball
- ○Table Tennis
- ○Badminton
- ○Tennis
- ○New Sports

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Basic PE：Friday 1st period (begins at 8:40 am)

Course for students in JE（Japanese Language Teacher Training Course）

Group I

（Individual/Budo）

- **Inline Skating**
- **Fitness Training**
- **Athletic Training**
- **Track & Field**
- **Swimming**
- **Jog & Walk**
- **Education Gymnastics**
- **Kendo**
- **Judo**

Group II

（Ball/Outdoor/Game Systems）

- **Softball**
- **Basketball**
- **Handball**
- **Table Tennis**
- **Soccer**
- **Tennis**
- **Outing Sports**
- **New Sports**

If you would like to see syllabi, see https://www.sapec.tsukuba.ac.jp/?page_id=67

○About Wellness Sports

- Wellness Sports is an intensive class.
- Students are required to attend the Advance Guidance.
- Course registration numbers will be given at the advance guidance. You will be able to register for courses after the guidance.
- When the date of the advance guidance approaches, please check the details on the Sport & PE Center website.

Practice Date: Sat. 23- Sun. 24 Jan. and Sat. 30 Jan., 2027

Advance Guidance: Tue. 22 Dec., 2026 18:15～20:00

Guidance place: 2F Meeting Room at Central Gymnasium

＜Sport & PE Center website＞　http://www.sapec.tsukuba.ac.jp

This is the end of the orientation materials.

You MUST enter your course drawing during the period (Sept. 1 - Sept. 7).

The form URL: https://forms.cloud.microsoft/r/NcuYKA1DEC

【Contact】

University of Tsukuba, Consulting Service Office at the Sport and PE Center.

PLACE：Sport and PE Center, 2nd floor (Art and Physical Education Area)

MAIL：p.e-center@un.tsukuba.ac.jp