

## (2) Physical Education

For students in International Social Studies

Course Number	Course Name	授業方法	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2107173	Basic Physical Education Karate	3	0.5	1	Fall/AB	Thu1	1st Multi-Purpose Dojo	Masaki Fumoto	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.	1 実務経験教員 elements by gender (contact) G-course
2108173	Basic Physical Education Gymnastics	3	0.5	1	Fall/AB	Thu1	Gymnastics Stadium	Mariko Kanaya	Through the events of apparatus gymnastics and artistic gymnastics, students will acquire skills according to ability and understand about movements under the theme of "feel yourself".	1 elements by gender (contact) G-course
2110133	Basic Physical Education Japanese Archery	3	0.5	1	Fall/AB	Thu1	Japanese Archery Training Hall	Makinori Matsuo	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.	1 elements by gender (equipment) G-course
2115173	Basic Physical Education Judo	3	0.5	1	Fall/AB	Thu1	Judo Dojo	Hiroataka Okada	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.	1 実務経験教員 elements by gender (contact) elements by gender (other) G-course 女子は 道着の下にT シャツを着用すること
2117133	Basic Physical Education Swimming	3	0.5	1	Fall/AB	Thu1	Indoor Pool	Miwako Homma	Understanding and improving various swimming skills. Students will be experienced basic strokes, water polo, snorkeling, and importance and value of aquatic sports will be understood through the classes.	1 実務経験教員 elements by gender (wear) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2123173	Basic Physical Education Dance	3	0.5	1	Fall/AB	Thu1	Dance Hall	Yonezawa Mayuko	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.	1 実務経験教員 elements by gender (contact) G-course
2140153	Basic Physical Education Fitness Training	3	0.5	1	Fall/AB	Thu1	2nd Training Area	Hirokazu Matsuo	Emphasis will be on maintenance of good health and understanding of relationship between physical fitness and health promotion. Acquisition of methods of resistance training, jogging and stretching shall also be addressed for lifelong good health.	1 elements by gender (contact) G-course Details will be announced. 体力測定の評価に際して、 男女で基準値が異なる
2143173	Basic Physical Education Bodywork	3	0.5	1	Fall/AB	Thu1	2nd Multi-Purpose Dojo	Toshihiro Kato	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.	1 G-course 男女の区別なくペア ワーク(トレーニング の補助やスポーツマッ サーズ等)が行われる ことがあります。ペア ワークが苦手な方は単 独で行うことができます。 ペアの組み方は自由 です。奇数の場合は 3人組になることもあ ります。

Course Number	Course Name	授業方法	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2148173	Basic Physical Education Refresh Movements	3	0.5	1	Fall/AB	Thu1	Gymnastics Area	Aya Horiguchi	In this lesson, you learn mind and body through gymnastics and acquire knowledge and fundamental exercise ability to enjoy sports with friends. 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. The teacher who is Japanese national athlete in Wheel gymnastics will take classes by taking advantage of their experiences.	I 実務経験教員 elements by gender (contact) elements by gender (special rule/pair/team) G-course
2113173	Basic Physical Education Soccer	3	0.5	1	Fall/AB	Thu1	1st Soccer Field	Masaaki Koido	Understand the principles of soccer in order to play and enjoy games. While acquiring the basic skills of "Ball control", "Passing" and "dribbling" the ball, learn the importance of moving in cooperation with the teammate.	II 実務経験教員 elements by gender (contact) elements by gender (special rule/pair/team) G-course
2121173	Basic Physical Education Softball	3	0.5	1	Fall/AB	Thu1	Baseball Field	Takeshi Kaneda	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.	II elements by gender (contact) elements by gender (special rule/pair/team) G-course
2122153	Basic Physical Education Table Tennis	3	0.5	1	Fall/AB	Thu1	3rd Gymnasium	Yuki Nonaka	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.	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. 実務経験教員 elements by gender (contact) G-course
2125173	Basic Physical Education Tennis	3	0.5	1	Fall/AB	Thu1	Taigei Tennis Hardcourts	Hajime Ohmori	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	II elements by gender (special rule/pair/team) G-course
2135153	Basic Physical Education Badminton	3	0.5	1	Fall/AB	Thu1	1st Gymnasium	Chika Tanifuji	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.	II elements by gender (special rule/pair/team) G-course
2136193	Basic Physical Education Volleyball	3	0.5	1	Fall/AB	Thu1	Volleyball Gymnasium	Nakaba Akiyama	This course is designed to learn fundamental skills (pass, serve, game play), rules, and team work.	II G-course
2137133	Basic Physical Education Handball	3	0.5	1	Fall/AB	Thu1	Handball Field	Eiko Yamada	Learn a way of the situation solution in individuals, and the group. In addition, develop ability for coordination, through various movements with ball.	II elements by gender (special rule/pair/team) G-course
2141133	Basic Physical Education Flag Football	3	0.5	1	Fall/AB	Thu1	SEKISHO Field	Tsuyoshi Matsumoto	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.	II elements by gender (special rule/pair/team) G-course 各チームの男女数が均等になるように男女混合チームを作ります。ゲームにおいては、女子特別ルールを設定し、全員が積極的にゲームに関与できるよう工夫を行います。
2130173	Basic Physical Education Trim Exercise	3	0.5	1	Fall/AB	Thu1		Yukinori Sawae	This course offers sports with consideration of the students' conditions for students who need special requirement.	Trim action room 実務経験教員 G-course

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For students in Life and Environmental Sciences

Course Number	Course Name	授業方法	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2107173	Basic Physical Education Karate	3	0.5	1	Fall/AB	Thu1	1st Multi-Purpose Dojo	Masaki Fumoto	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.	I 実務経験教員 elements by gender (contact) G-course
2108173	Basic Physical Education Gymnastics	3	0.5	1	Fall/AB	Thu1	Gymnastics Stadium	Mariko Kanaya	Through the events of apparatus gymnastics and artistic gymnastics, students will acquire skills according to ability and understand about movements under the theme of "feel yourself".	I elements by gender (contact) G-course
2110133	Basic Physical Education Japanese Archery	3	0.5	1	Fall/AB	Thu1	Japanese Archery Training Hall	Makinori Matsuo	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.	I elements by gender (equipment) G-course
2115173	Basic Physical Education Judo	3	0.5	1	Fall/AB	Thu1	Judo Dojo	Hiroataka Okada	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.	I 実務経験教員 elements by gender (contact) elements by gender (other) G-course 女子は 道着の下にT シャツを着用すること
2117133	Basic Physical Education Swimming	3	0.5	1	Fall/AB	Thu1	Indoor Pool	Miwako Homma	Understanding and improving various swimming skills. Students will be experienced basic strokes, water polo, snorkeling, and importance and value of aquatic sports will be understood through the classes.	I 実務経験教員 elements by gender (wear) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2123173	Basic Physical Education Dance	3	0.5	1	Fall/AB	Thu1	Dance Hall	Yonezawa Mayuko	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.	I 実務経験教員 elements by gender (contact) G-course
2140153	Basic Physical Education Fitness Training	3	0.5	1	Fall/AB	Thu1	2nd Training Area	Hirokazu Matsuo	Emphasis will be on maintenance of good health and understanding of relationship between physical fitness and health promotion. Acquisition of methods of resistance training, jogging and stretching shall also be addressed for lifelong good health.	I elements by gender (contact) G-course Details will be announced. 体力測定の評価に際して、 男女で基準値が異なる
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2113173	Basic Physical Education Soccer	3	0.5	1	Fall/AB	Thu1	1st Soccer Field	Masaaki Koido	Understand the principles of soccer in order to play and enjoy games. While acquiring the basic skills of "Ball control", "Passing" and "dribbling" the ball, learn the importance of moving in cooperation with the teammate.	II 実務経験教員 elements by gender (contact) elements by gender (special rule/pair/team) G-course
2121173	Basic Physical Education Softball	3	0.5	1	Fall/AB	Thu1	Baseball Field	Takeshi Kaneda	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.	II elements by gender (contact) elements by gender (special rule/pair/team) G-course
2122153	Basic Physical Education Table Tennis	3	0.5	1	Fall/AB	Thu1	3rd Gymnasium	Yuki Nonaka	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.	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. 実務経験教員 elements by gender (contact) G-course
2125173	Basic Physical Education Tennis	3	0.5	1	Fall/AB	Thu1	Taigei Tennis Hardcourts	Hajime Ohmori	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	II elements by gender (special rule/pair/team) G-course
2135153	Basic Physical Education Badminton	3	0.5	1	Fall/AB	Thu1	1st Gymnasium	Chika Tanifuji	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.	II elements by gender (special rule/pair/team) G-course
2136193	Basic Physical Education Volleyball	3	0.5	1	Fall/AB	Thu1	Volleyball Gymnasium	Nakaba Akiyama	This course is designed to learn fundamental skills (pass, serve, game play), rules, and team work.	II G-course
2137133	Basic Physical Education Handball	3	0.5	1	Fall/AB	Thu1	Handball Field	Eiko Yamada	Learn a way of the situation solution in individuals, and the group. In addition, develop ability for coordination, through various movements with ball.	II elements by gender (special rule/pair/team) G-course
2141133	Basic Physical Education Flag Football	3	0.5	1	Fall/AB	Thu1	SEKISHO Field	Tsuyoshi Matsumoto	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.	II elements by gender (special rule/pair/team) G-course 各チームの男女数が均等になるように男女混合チームを作ります。ゲームにおいては、女子特別ルールを設定し、全員が積極的にゲームに関与できるよう工夫を行います。
2130173	Basic Physical Education Trim Exercise	3	0.5	1	Fall/AB	Thu1		Yukinori Sawae	This course offers sports with consideration of the students' conditions for students who need special requirement.	Trim action room 実務経験教員 G-course

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Wellness Sports

Course Number	Course Name	授業方法	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2505373	Wellness Sports	3	0.5	1	Fall C	Intensive		Hajime Ohmori	The aim of this course is to provide students with basic knowledge and skills about exercise and sports from many viewpoints. This will enable students to independently improve their health and physical fitness and enjoy sports throughout life.	For G30 students, and new students who entered fall semester. 1/30, 1/31, 2/7 elements by gender (other) G-course Details will be announced.

For students in Life and Environmental Sciences

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2211203	Applied Physical Education Kendo	3	0.5	2	SprAB	Fri2		Takahiro Nabeyama	To begin practicing with Kendo armor also known as bogu to basic fundamental level, as well as learning Kendo etiquette to improve ones mind and body.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2213243	Applied Physical Education Soccer	3	0.5	2	SprAB	Fri2		Masaaki Koido	Understand the fundamentals of football skills / tactics. Also, learn what kind of scene of the game it is effective to use them, and realize the enjoyment of the game more.	実務経験教員 elements by gender (contact) elements by gender (special rule/pair/team) G-course
2214203	Applied Physical Education Shooting Sports	3	0.5	2	SprAB	Fri2		Hitoshi Saga	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.	Both of Archery and Kyudo are played outdoor field. Lefty player is available on Archery but not on Kyudo. G-course
2215223	Applied Physical Education Judo	3	0.5	2	SprAB	Fri2		Hiroaki Hiraoka	Emphasis will be on understandings of characteristics of Judo, types of waza, and history of Judo. Let's enjoy safe randori and game by acquiring basic waza!	elements by gender (contact) elements by gender (other) G-course 女子は 道着の下にTシャツを着用すること
2216263	Applied Physical Education Jog and walk	3	0.5	2	SprAB	Fri2		Yasushi Enomoto	Allows students to develop/improve their ability to enjoy sports and enhances their health promotion through walking and jogging.	G-course Need running shoes
2217263	Applied Physical Education Swimming	3	0.5	2	SprAB	Fri2		Hideki Takagi	Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on.	elements by gender (wear) elements by gender (contact) G-course
2221263	Applied Physical Education Softball	3	0.5	2	SprAB	Fri2		Takaaki Nara	We will deepen our understanding of softball techniques and strategies, and hone our skills so that we may succeed on the playing field. Both in practice and regular season games, we will learn teamwork, cooperation and leadership.	elements by gender (special rule/pair/team) G-course

Course Number	Course Name	授業方法	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2222263	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Fri2		Shintaro Ando	Deepen your knowledge of sports activities. Through a unique practice method, understanding the technical skills related to various sports scenes by pursuing one sport more deeply. Also work on applied mini-games.	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. 実務経験教員 elements by gender (contact) G-course
2230223	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Fri2		Takashi Fukuda	This class is offered for students who are unable to do a physical activity for reasons of physical and mental conditioning. Students who wish to attend must have an interview with a course instructor in advance. Taking into consideration the physical and mental conditions of students, I would choose a sport that all students can enjoy such as physical fitness training, flying discs, field golf, ball games and so on.	Trim exercise room 実務経験教員 G-course
2233203	Applied Physical Education New Sports	3	0.5	2	SprAB	Fri2		Taketoshi Saito	"New sports" subjects are not to implement major sports, but to experience various sports events. For example, Flying Disc, Waking, Indiaca, G-ball, Ground Golf, Petanque, Long jump rope, and so on.	Classroom will be announced later. G-course Details will be announced.
2234263	Applied Physical Education Basketball	3	0.5	2	SprAB	Fri2		Yoshihito Nakaso	Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2240263	Applied Physical Education Fitness Training	3	0.5	2	SprAB	Fri2		Toshinobu Kawai	Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise.	実務経験教員 elements by gender (other) G-course
2241263	Applied Physical Education Flag Football	3	0.5	2	SprAB	Fri2		Hirokazu Matsuo	We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically.	G-course Details will be announced.
2245223	Applied Physical Education Outing Sports	3	0.5	2	SprAB	Fri2		Akihiro Sakamoto	The goals of this class are 1) to acquire the basic skills for outdoor group activity: initiative games, 2) to understand the knowledge of that, 3) to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the outdoor activity. The class of Spring AB is held in the Yasei no Mori.	elements by gender (contact) elements by gender (special rule/pair/team) G-course
2248243	Applied Physical Education Refresh Movements	3	0.5	2	SprAB	Fri2		Kiyonao Hasegawa	Exercise bouncing in the Swiss ball. Exercise to rotation by the wheel gymnastics. Through a new experience, to refresh the mind and body.	elements by gender (contact) G-course
2211213	Applied Physical Education Kendo	3	0.5	2	FallAB	Fri2	Kendo Dojo	Takahiro Nabeyama	To wear the Kendo armor or bogu, being able to perform techniques where you strike based on your opponents reaction and to become in sync with your opponent to improve the mind and body.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2213253	Applied Physical Education Soccer	3	0.5	2	FallAB	Fri2	1st Soccer Field	Masaaki Koido	In addition to the technique of handling the ball itself, understand the movement when not holding a ball. Improve the ability to enjoy haggling with opponents in the game.	実務経験教員 elements by gender (contact) elements by gender (special rule/pair/team) G-course

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2214213	Applied Physical Education Shooting Sports	3	0.5	2	FallAB	Fri2	Archery Training Hall	Hitoshi Saga	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.	Both of Archery and Kyudo are played outdoor field. Lefty player is available on Archery but not on Kyudo. G-course
2215233	Applied Physical Education Judo	3	0.5	2	FallAB	Fri2	Judo Dojo	Hiroaki Hiraoka	Emphasis will be on understandings of characteristics of Judo, types of waza, and history of Judo. Let's enjoy safe randori and game by acquiring basic waza!	elements by gender (contact) elements by gender (other) G-course 女子は 道着の下にTシャツを着用すること
2216273	Applied Physical Education Jog and walk	3	0.5	2	FallAB	Fri2	Athletic Field	Yasushi Enomoto	Allows students to develop/improve their ability to enjoy sports and enhances their health promotion through walking and jogging.	G-course Need running shoes
2217273	Applied Physical Education Swimming	3	0.5	2	FallAB	Fri2	Indoor Pool	Hideki Takagi	Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on.	elements by gender (wear) elements by gender (contact) G-course
2221273	Applied Physical Education Softball	3	0.5	2	FallAB	Fri2	Baseball Field	Takaaki Nara	We will deepen our understanding of softball techniques and strategies, and hone our skills so that we may succeed on the playing field. Both in practice and regular season games, we will learn teamwork, cooperation and leadership.	elements by gender (special rule/pair/team) G-course
2222273	Applied Physical Education Table Tennis	3	0.5	2	FallAB	Fri2	3rd Gymnasium	Shintaro Ando	Along with the deepening of knowledge on sports or time, it enhances the ability to enjoy the results of activities. After understanding techniques related to various sports scenes, practice in a variety of forms together with games and technical exercises, and develop a free idea about game sports.	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. 実務経験教員 elements by gender (contact) G-course
2230233	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	Fri2		Takashi Fukuda	This class is offered for students who are unable to do a physical activity for reasons of physical and mental conditioning. Students who wish to attend must have an interview with a course instructor in advance. Taking into consideration the physical and mental conditions of students, I would choose a sport that all students can enjoy such as physical fitness training, flying discs, field golf, ball games and so on.	Trim exercise room 実務経験教員 G-course
2233213	Applied Physical Education New Sports	3	0.5	2	FallAB	Fri2		Taketoshi Saito	"New sports" subjects are not to implement major sports, but to experience various sports events. Various sports events are Flying Disc, G-ball, Ground Golf, Petanque, Universal-hockey, Bound Tennis, Double Dutch, Kin-Ball, etc. and so on.	Classroom will be announced later. G-course Details will be announced.
2234273	Applied Physical Education Basketball	3	0.5	2	FallAB	Fri2	Basketball Courts	Yoshihito Nakaso	Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2240273	Applied Physical Education Fitness Training	3	0.5	2	FallAB	Fri2	2nd Training Area	Toshinobu Kawai	Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise.	実務経験教員 elements by gender (other) G-course

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2241273	Applied Physical Education Flag Football	3	0.5	2	Fall AB	Fri2	SEKISHO Field	Hirokazu Matsuo	日本フラグフットボール協会公式規則に準じたゲームを通して、フラグフットボールに関する戦術的知識や技能の実践力を高め、ゲームパフォーマンスの向上を目指す。	G-course Details will be announced.
2245233	Applied Physical Education Outing Sports	3	0.5	2	Fall AB	Fri2	Practice Field for Outdoor Activities	Akihiro Sakamoto	The class of Fall AB use Canadian canoe as the teaching materials. The goals of this class are 1)to acquire the basic skills for outdoor group activity, 2)to understand the knowledge of that, 3)to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the Canadian canoe. The class is held in Lake Amakubo Ike.	elements by gender (contact) elements by gender (special rule/pair/team) G-course
2248253	Applied Physical Education Refresh Movements	3	0.5	2	Fall AB	Fri2	Gymnastics Area	Kiyonao Hasegawa	Exercise bouncing in the Swiss ball. Exercise to rotation by the wheel gymnastics. Through a new experience, to refresh the mind and body.	elements by gender (contact) G-course

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Course Number	Course Name	授業方法	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2207243	Applied Physical Education Karate	3	0.5	2	Spr AB	Thu2		Masaki Fumoto	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.	実務経験教員 elements by gender (contact) G-course
2214243	Applied Physical Education Shooting Sports	3	0.5	2	Spr AB	Thu2		Hitoshi Saga	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.	Both of Archery and Kyudo are played outdoor field. Lefty player is available on Archery but not on Kyudo. G-course
2215243	Applied Physical Education Judo	3	0.5	2	Spr AB	Thu2		Koji Komata	understanding the principle of the Judo techniques and lean the martial arts through experience.	elements by gender (contact) elements by gender (other) G-course 女子は 道着の下にTシャツを着用すること
2217223	Applied Physical Education Swimming	3	0.5	2	Spr AB	Thu2		Miwako Honma	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.	実務経験教員 elements by gender (wear) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2221243	Applied Physical Education Softball	3	0.5	2	Spr AB	Thu2		Takeshi Kaneda	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.	elements by gender (contact) elements by gender (special rule/pair/team) G-course
2222203	Applied Physical Education Table Tennis	3	0.5	2	Spr AB	Thu2		Yuki Nonaka	Deepen your knowledge of sports activities through table tennis. By using a unique practice method to deepen the pursuit of one type of sports, the students will understand the techniques related to various types of sports. Practice mini games as well.	実務経験教員 elements by gender (contact) G-course
2223243	Applied Physical Education Dance	3	0.5	2	Spr AB	Thu2		Yonezawa Mayuko	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.	実務経験教員 elements by gender (contact) G-course



Course Number	Course Name	授業方法	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2225263	Applied Physical Education Tennis	3	0.5	2	SprAB	Thu2		Hajime Ohmori	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	G-course
2230243	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Thu2		Akihiro Sakamoto	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.	Trim action room 実務経験教員 G-course
2234203	Applied Physical Education Basketball	3	0.5	2	SprAB	Thu2		Toshihiro Otaka	Learning Individual tactics (Beat the Defense & Get the Ball Offense), Understanding the characteristic of basketball, and Playing game with individual tactics.	elements by gender (equipment) elements by gender (contact) G-course
2235203	Applied Physical Education Badminton	3	0.5	2	SprAB	Thu2		Chika Tanifuji	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.	elements by gender (special rule/pair/team) G-course
2236243	Applied Physical Education Volleyball	3	0.5	2	SprAB	Thu2		Nakaba Akiyama	This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work.	G-course
2240243	Applied Physical Education Fitness Training	3	0.5	2	SprAB	Thu2		Hirokazu Matsuo	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.	elements by gender (other) G-course Details will be announced. 体力測定の評価に際して、男女で基準値が異なる
2241223	Applied Physical Education Flag Football	3	0.5	2	SprAB	Thu2		Tsuyoshi Matsumoto	We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically.	elements by gender (special rule/pair/team) G-course 各チームの男女数が均等になるように男女混合チームを作ります。ゲームにおいては、女子特別ルールを設定し、全員が積極的にゲームに関与できるよう工夫を行います。
2243243	Applied Physical Education Bodywork	3	0.5	2	SprAB	Thu2		Toshihiro Kato	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.	G-course 男女の区別なくペアワーク(トレーニングの補助やスポーツマッサージ等)が行われることがあります。ペアワークが苦手な方は単独で行うことができます。ペアの組み方は自由です。奇数の場合は3人組になることもあります。
2207253	Applied Physical Education Karate	3	0.5	2	FallAB	Thu2	1st Multi-Purpose Dojo	Masaki Fumoto	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.	実務経験教員 elements by gender (contact) G-course
2214253	Applied Physical Education Shooting Sports	3	0.5	2	FallAB	Thu2	Archery Training Hall	Hitoshi Saga	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.	Both of Archery and Kyudo are played outdoor field. Lefty player is available on Archery but not on Kyudo. G-course

Course Number	Course Name	授業方法	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2215253	Applied Physical Education Judo	3	0.5	2	Fall/AB	Thu2	Judo Dojo	Koji Komata	understanding the principle of the Judo techniques and lean the martial arts through experience.	elements by gender (contact) elements by gender (other) G-course 女子は 道着の下にTシャツを着用すること
2217233	Applied Physical Education Swimming	3	0.5	2	Fall/AB	Thu2	Indoor Pool	Miwako Homma	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.	実務経験教員 elements by gender (wear) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2221253	Applied Physical Education Softball	3	0.5	2	Fall/AB	Thu2	Baseball Field	Takeshi Kaneda	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.	elements by gender (contact) elements by gender (special rule/pair/team) G-course
2222213	Applied Physical Education Table Tennis	3	0.5	2	Fall/AB	Thu2	3rd Gymnasium	Yuki Nonaka	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.	実務経験教員 elements by gender (contact) G-course
2223253	Applied Physical Education Dance	3	0.5	2	Fall/AB	Thu2	Dance Hall	Yonezawa Mayuko	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.	実務経験教員 elements by gender (contact) G-course
2225273	Applied Physical Education Tennis	3	0.5	2	Fall/AB	Thu2	Taigai Tennis Hardcourts	Hajime Ohmori	More advanced skills will be introduced, including smash, lob, topspin service, strategies and more.	G-course
2230253	Applied Physical Education Trim Exercise	3	0.5	2	Fall/AB	Thu2		Akihiro Sakamoto	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.	Trim action room 実務経験教員 G-course
2234213	Applied Physical Education Basketball	3	0.5	2	Fall/AB	Thu2	Basketball Courts	Toshihiro Otaka	Learning Individual tactics (Beat the Defense & Get the Ball Offense). Understanding the characteristic of basketball, and Playing game with individual tactics.	elements by gender (equipment) elements by gender (contact) G-course
2235213	Applied Physical Education Badminton	3	0.5	2	Fall/AB	Thu2	1st Gymnasium	Chika Tanifuji	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.	elements by gender (special rule/pair/team) G-course
2236253	Applied Physical Education Volleyball	3	0.5	2	Fall/AB	Thu2	Volleyball Gymnasium	Nakaba Akiyama	This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work.	G-course
2240253	Applied Physical Education Fitness Training	3	0.5	2	Fall/AB	Thu2	2nd Training Area	Hirokazu Matsuo	Emphasis will be on maintenance of good health and understanding of relationship between physical fitness and health promotion. Acquisition of methods of resistance training, jogging and stretching shall also be addressed for lifelong good health.	elements by gender (other) G-course Details will be announced. 体力測定の評価に際して、男女で基準値が異なる

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2241233	Applied Physical Education Flag Football	3	0.5	2	Fall/AB	Thu2	SEKISHO Field	Tsuyoshi Matsumoto	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.	elements by gender (special rule/pair/team) G-course 各チームの男女数が均等になるように男女混合チームを作ります。ゲームにおいては、女子特別ルールを設定し、全員が積極的にゲームに関与できるように工夫を行います。
2243253	Applied Physical Education Bodywork	3	0.5	2	Fall/AB	Thu2	2nd Multi-Purpose Dojo	Toshihiro Kato	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.	G-course 男女の区別なくペアワーク(トレーニングの補助やスポーツマッサージ等)が行われることがあります。ペアワークが苦手な方は単独で行うことができます。ペアの組み方は自由です。奇数の場合は3人組になることもあります。