

(2) Physical Education

For students in International Social Studies

Course Number	Course Name	Course Type	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 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
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 elements by gender (contact) elements by gender (special rule/pair/team) 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 elements by gender (contact) elements by gender (other) 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
2122173	Basic Physical Education Table Tennis	3	0.5	1	Fall/AB	Thu1	3rd Gymnasium	Atsushi Kiuchi	Playing table tennis during the class is to improve the level of life skills acquisition through "right way to fight" as individuals and groups. In daily life outside the class, we aim to increase the physical activity every day for ten minutes than the current situation (plus 10).	Third Gymnasium elements by gender (special rule/pair/team) G-course Let's attend all of this course. Wear indoor shoes and sportswear.
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 elements by gender (contact) G-course
2125173	Basic Physical Education Tennis	3	0.5	1	Fall/AB	Thu1	Taigei Tennis Hardcourts	Daisuke Mitsuhashi	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
2130173	Basic Physical Education Trim Exercise	3	0.5	1	Fall/AB	Thu1	Sport and Physical Education Center	Yukinori Sawae	This course offers sports with consideration of the students' conditions for students who need special requirement.	Trim action room G-course
2134173	Basic Physical Education Basketball	3	0.5	1	Fall/AB	Thu1	Basketball Courts	Hidenori Kashiwakura	Acquiring fundamentals, understanding offense and defense principles and team play. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball.	II elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2136173	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

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2140173	Basic Physical Education Fitness Training	3	0.5	1	FallAB	Thu1	2nd Training Area	Shin Sakai	Fitness training with weight training, aerobic training understanding sports physiology.	I elements by gender (contact) elements by gender (special rule/pair/team) G-course
2143173	Basic Physical Education Bodywork	3	0.5	1	FallAB	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.	I G-course

For students in Life and Environmental Sciences

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2103133	Basic Physical Education Inline Skating	3	0.5	1	FallAB	Tue1	Practice Hall for Physical Education	Toshinobu Kawai	Learn the basics for enjoying inline skating and aim to maintain and improve physical fitness.	I elements by gender (contact) G-course
2110133	Basic Physical Education Japanese Archery	3	0.5	1	FallAB	Tue1	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.	elements by gender (equipment) G-course
2111133	Basic Physical Education Kendo	3	0.5	1	FallAB	Tue1	Kendo Dojo	Takahiro Nabeyama	Recognizing your own health and fitness through learning of basic kendo skills. Also, developing your health and fitness, while increasing your understanding of the nature of kendo.	I elements by gender (equipment) G-course
2112133	Basic Physical Education Golf	3	0.5	1	FallAB	Tue1	Golf Cages, Athletic Field	Hitoshi Shiraki	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship.	II G-course
2115133	Basic Physical Education Judo	3	0.5	1	FallAB	Tue1	Judo Dojo	Akihiro Sakamoto	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!	I elements by gender (contact) elements by gender (other) G-course
2116133	Basic Physical Education Jog and walk	3	0.5	1	FallAB	Tue1	Athletic Field	Yasushi Enomoto	You will enjoy walking and jogging on your own way as to learn the characteristics of walking and jogging in historical, social and human science. Practice is based on your fitness level and you can get ability and knowledge to enhance your health and fitness.	I elements by gender (contact) elements by gender (special rule/pair/team) G-course
2117133	Basic Physical Education Swimming	3	0.5	1	FallAB	Tue1	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 elements by gender (wear) elements by gender (special rule/pair/team) G-course
2125133	Basic Physical Education Tennis	3	0.5	1	FallAB	Tue1	Taigei Tennis Hardcourts	Yukio Yamada	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	II G-course
2130133	Basic Physical Education Trim Exercise	3	0.5	1	FallAB	Tue1	Sport and Physical Education Center	Takashi Fukuda	In this course, course instructor provides some physical activities such as physical fitness training, flying disk, field golf and so on so that every student can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.	Trim action room G-course

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2134133	Basic Physical Education Basketball	3	0.5	1	Fall AB	Tue1	Basketball Courts	Yoshihito Nakaso	Acquiring fundamentals, understanding offense and defense principles and team play. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball.	II elements by gender (equipment) elements by gender (contact) G-course
2135133	Basic Physical Education Badminton	3	0.5	1	Fall AB	Tue1	1st Gymnasium	Masashi Suita	Learning of Badminton skills.	II elements by gender (special rule/pair/team) G-course
2137133	Basic Physical Education Handball	3	0.5	1	Fall AB	Tue1	Handball Field	Eiko Yamada	Learn a way of the situation solution in individuals, and the group. In addition, raise ability for coordination, through various movement using the ball.	II elements by gender (special rule/pair/team) G-course
2140133	Basic Physical Education Fitness Training	3	0.5	1	Fall AB	Tue1	2nd Training Area	Hajime Ohmori	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 (other) G-course
2141133	Basic Physical Education Flag Football	3	0.5	1	Fall AB	Tue1	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.	G-course
2145133	Basic Physical Education Outing Sports	3	0.5	1	Fall AB	Tue1	Practice Field for Outdoor Activities	Mitsuru Sakatani	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 Fall AB is carried out in the Yasei no Mori.	II elements by gender (contact) elements by gender (special rule/pair/team) G-course

Wellness Sports

Course Number	Course Name	Course Type	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. elements by gender (other) G-course

For students in International Social Studies

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2208223	Applied Physical Education Gymnastics	3	0.5	2	Spr AB	Wed3	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 "coordination with apparatus"	elements by gender (contact) G-course
2211223	Applied Physical Education Kendo	3	0.5	2	Spr AB	Wed3	Kendo Dojo	Toshinobu Sakai	To study skill acquisition and physical condition from a Japanese perspective through experiencing traditional Japanese martial arts culture. And through the same perspective, to understand Japanese cultural identity in global society.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2212223	Applied Physical Education Golf	3	0.5	2	Spr AB	Wed3	Golf Cages, Athletic Field	Hitoshi Shiraki	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsmanship. Recognize your physical fitness by performing physical fitness measurement.	G-course
2215223	Applied Physical Education Judo	3	0.5	2	Spr AB	Wed3		Akihiro Sakamoto	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

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2217223	Applied Physical Education Swimming	3	0.5	2	SprAB	Wed3	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.	elements by gender (wear) elements by gender (special rule/pair/team) G-course
2221223	Applied Physical Education Softball	3	0.5	2	SprAB	Wed3	Baseball Field	Takaaki Nara	Through softball practice and our regular season games, we will develop our ability to work in a team and overcome challenges together. We will primarily focus on preparation and defensive practice for the first half of the semester, and will enter the regular season in the second half of the semester. Additionally, we will measure our physical fitness through various tests and challenge ourselves to improve based on the results.	elements by gender (special rule/pair/team) G-course
2223223	Applied Physical Education Dance	3	0.5	2	SprAB	Wed3	Dance Hall	Motoko Hirayama	"Discovery of your body" as the theme. An individual invention ability and the sensibility are polished by touching various dance cultures. Beautiful posture and the necessity of a healthy body making are understood while introducing the base of the yoga.	elements by gender (contact) G-course
2225223	Applied Physical Education Tennis	3	0.5	2	SprAB	Wed3	Taigei Tennis Hardcourts	Tatsumasa Kubota	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	G-course
2230223	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Wed3	Sport and Physical Education Center	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 G-course
2236223	Applied Physical Education Volleyball	3	0.5	2	SprAB	Wed3	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
2237223	Applied Physical Education Handball	3	0.5	2	SprAB	Wed3	Handball Field	Eiko Yamada	Through understanding of a handball game and acquiring group/team tactics, your relationship skills/ thinking skills in the team and your ability to enjoy team sports are cultivated.	elements by gender (special rule/pair/team) G-course
2240223	Applied Physical Education Fitness Training	3	0.5	2	SprAB	Wed3	2nd Training Area	Toshinobu Kawai	Understanding the significance of the health and physical fitness. Doing the training that combines the strength training and the jogging.	elements by gender (contact) G-course
2241223	Applied Physical Education Flag Football	3	0.5	2	SprAB	Wed3	SEKISHO Field	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.	G-course
2245223	Applied Physical Education Outing Sports	3	0.5	2	SprAB	Wed3	Practice Field for Outdoor Activities	Akihiro Sakamoto, Mitsuru Sakatani	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 carried out in the Yasei no Mori.	elements by gender (contact) elements by gender (special rule/pair/team) G-course
2208233	Applied Physical Education Gymnastics	3	0.5	2	FallAB	Wed3	Gymnastics Area	Mariko Kanaya	This class aims to acquire skills according to ability and understand about movements mainly by practicing trampoline under the theme of "control of movements".	elements by gender (contact) G-course
2211233	Applied Physical Education Kendo	3	0.5	2	FallAB	Wed3	Kendo Dojo	Toshinobu Sakai	To study skill acquisition and physical condition from a Japanese perspective through experiencing traditional Japanese martial arts culture. And through the same perspective, to understand Japanese cultural identity in global society.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2212233	Applied Physical Education Golf	3	0.5	2	Fall AB	Wed3	Golf Cages, Athletic Field	Hitoshi Shiraki	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship.	Expenses: Golf Driving Range / ¥1000, Golf Course / ¥2500 G-course
2215233	Applied Physical Education Judo	3	0.5	2	Fall AB	Wed3		Akihiro Sakamoto	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
2217233	Applied Physical Education Swimming	3	0.5	2	Fall AB	Wed3	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.	elements by gender(wear) elements by gender(special rule/pair/team) G-course
2221233	Applied Physical Education Softball	3	0.5	2	Fall AB	Wed3	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
2223233	Applied Physical Education Dance	3	0.5	2	Fall AB	Wed3	Dance Hall	Motoko Hirayama	"Discovery of your body" as the theme. An individual invention ability and the sensibility are polished by touching various dance cultures. Beautiful posture and the necessity of a healthy body making are understood while introducing the base of the yoga.	elements by gender(contact) G-course
2225233	Applied Physical Education Tennis	3	0.5	2	Fall AB	Wed3	Taigei Tennis Hardcourts	Tatsumasa Kubota	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	G-course
2230233	Applied Physical Education Trim Exercise	3	0.5	2	Fall AB	Wed3	Sport and Physical Education Center	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 G-course
2236233	Applied Physical Education Volleyball	3	0.5	2	Fall AB	Wed3	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
2237233	Applied Physical Education Handball	3	0.5	2	Fall AB	Wed3	Handball Field	Eiko Yamada	Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games.	elements by gender(special rule/pair/team) G-course
2240233	Applied Physical Education Fitness Training	3	0.5	2	Fall AB	Wed3	2nd Training Area	Toshinobu Kawai	Understanding the significance of the health and physical fitness. Doing the training that combines the strength training and the jogging.	elements by gender(contact) G-course
2241233	Applied Physical Education Flag Football	3	0.5	2	Fall AB	Wed3	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.	G-course
2245233	Applied Physical Education Outing Sports	3	0.5	2	Fall AB	Wed3	Practice Field for Outdoor Activities	Akihiro Sakamoto, Mitsuru Sakatani	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: 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 is performed in Lake Amakubo Ike.	elements by gender(contact) elements by gender(special rule/pair/team) G-course

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For students in Life and Environmental Sciences										
Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2207243	Applied Physical Education Karate	3	0.5	2	SprAB	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.	elements by gender (contact) G-course
2212243	Applied Physical Education Golf	3	0.5	2	SprAB	Thu2	Golf Cages, Athletic Field	Hitoshi Shiraki	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsmanship. Recognize your physical fitness by performing physical fitness measurement.	G-course
2213243	Applied Physical Education Soccer	3	0.5	2	SprAB	Thu2	1st Soccer Field	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.	elements by gender (contact) elements by gender (special rule/pair/team) G-course
2214243	Applied Physical Education Shooting Sports	3	0.5	2	SprAB	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
2215243	Applied Physical Education Judo	3	0.5	2	SprAB	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)
2217243	Applied Physical Education Swimming	3	0.5	2	SprAB	Thu2	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
2221243	Applied Physical Education Softball	3	0.5	2	SprAB	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
2222243	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Thu2	3rd Gymnasium	Atsushi Kiuchi	In this lesson, contents of table tennis skill level are for contents from beginner to intermediate level. Playing table tennis during the class is to raise the level of life skills acquisition through the four experiences (self-disclosure, cooperation, challenge, and enjoyment) inherent in sports activities. In daily life outside the class, we aim to acquire healthy lifestyle including not only physical activity but also nutrition and sleep.	Third gymnasium elements by gender (special rule/pair/team) G-course Let's attend all of this course. Wear indoor shoes and sportswear.
2223243	Applied Physical Education Dance	3	0.5	2	SprAB	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.	elements by gender (contact) G-course
2225243	Applied Physical Education Tennis	3	0.5	2	SprAB	Thu2	Taigei Tennis Hardcourts	Daisuke Mitsuhashi	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	Wear tennis shoes. elements by gender (special rule/pair/team) G-course
2230243	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Thu2	Sport and Physical Education Center	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 G-course

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2234243	Applied Physical Education Basketball	3	0.5	2	SprAB	Thu2	Basketball Courts	Toshihiro Otaka	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
2236243	Applied Physical Education Volleyball	3	0.5	2	SprAB	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
2237243	Applied Physical Education Handball	3	0.5	2	SprAB	Thu2	Handball Field	Miyuki Fujimoto	Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2240243	Applied Physical Education Fitness Training	3	0.5	2	SprAB	Thu2	2nd Training Area	Hajime Ohmori	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
2243243	Applied Physical Education Bodywork	3	0.5	2	SprAB	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
2248243	Applied Physical Education Refresh Movements	3	0.5	2	SprAB	Thu2	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
2252243	Applied Physical Education Track and Field	3	0.5	2	SprAB	Thu2	Athletic Field	Satoru Tanigawa	Understanding running, jumping and throwing techniques and improving various skills. Learning various skills through exercise efficiency and the training theories for running, jumping and throwing.	elements by gender (contact) elements by gender (special rule/pair/team) G-course
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.	elements by gender (contact) G-course
2212253	Applied Physical Education Golf	3	0.5	2	FallAB	Thu2	Golf Cages, Athletic Field	Hitoshi Shiraki	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship.	Expenses: Golf Driving Range / ¥1000. Golf Course / ¥2500 G-course
2213253	Applied Physical Education Soccer	3	0.5	2	FallAB	Thu2	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.	elements by gender (contact) elements by gender (special rule/pair/team) 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.	G-course
2215253	Applied Physical Education Judo	3	0.5	2	FallAB	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)
2217253	Applied Physical Education Swimming	3	0.5	2	FallAB	Thu2	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

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
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
2222253	Applied Physical Education Table Tennis	3	0.5	2	Fall/AB	Thu2	3rd Gymnasium	Atsushi Kiuchi	In this lesson, contents of table tennis skill level are for contents from beginner to intermediate level. Playing table tennis during the class is to improve the level of life skills acquisition through "right way to fight" as individuals and groups. In daily life outside the class, we aim to increase the physical activity every day for ten minutes than the current situation (plus 10).	Third gymnasium elements by gender (special rule/pair/team) G-course Let's attend all of this course. Wear indoor shoes and sportswear.
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.	elements by gender (contact) G-course
2225253	Applied Physical Education Tennis	3	0.5	2	Fall/AB	Thu2	Taigei Tennis Hardcourts	Daisuke Mituhashi	More advanced skills will be introduced, including, topspin service, strategies and more.	Wear tennis shoes. elements by gender (special rule/pair/team) G-course
2230253	Applied Physical Education Trim Exercise	3	0.5	2	Fall/AB	Thu2	Sport and Physical Education Center	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 G-course
2234253	Applied Physical Education Basketball	3	0.5	2	Fall/AB	Thu2	Basketball Courts	Toshihiro Otaka	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
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
2237253	Applied Physical Education Handball	3	0.5	2	Fall/AB	Thu2	Handball Field	Miyuki Fujimoto	Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2240253	Applied Physical Education Fitness Training	3	0.5	2	Fall/AB	Thu2	2nd Training Area	Hajime Ohmori	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
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
2248253	Applied Physical Education Refresh Movements	3	0.5	2	Fall/AB	Thu2	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
2252253	Applied Physical Education Track and Field	3	0.5	2	Fall/AB	Thu2	Athletic Field	Satoru Tanigawa	Understanding running, jumping and throwing techniques and improving various skills. Learning various skills through exercise efficiency and the training theories for running, jumping and throwing.	elements by gender (contact) elements by gender (special rule/pair/team) G-course