

(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 IAB	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 IAB	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 IAB	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
2115173	Basic Physical Education Judo	3	0.5	1	Fall IAB	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
2121173	Basic Physical Education Softball	3	0.5	1	Fall IAB	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 IAB	Tue3	3rd Gymnasium	Yuki Nonaka	卓球競技の基本技術を本質から学ぶとともに、多様な練習方法やミニゲームを通じて、コミュニケーションやスポーツマンシップ等についても学習する。	Third Gymnasium 実務経験教員 G-course Let's attend all of this course. Wear indoor shoes and sportswear.
2123173	Basic Physical Education Dance	3	0.5	1	Fall IAB	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
2125173	Basic Physical Education Tennis	3	0.5	1	Fall IAB	Thu1	Taigei Tennis Hardcourts	Daisuke Mituhashi	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 IAB	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 実務経験教員 G-course
2134173	Basic Physical Education Basketball	3	0.5	1	Fall IAB	Thu1	Basketball Courts	Hidenori Kashiwakura	While understanding the characteristics of basketball and mastering the basic skills of shooting and dribbling, we continue learning playing basketball in playing in actual games by using every skill which all team mates can master in collaboration.	II 実務経験教員 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 IAB	Tue3	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	Fall IAB	Fri1	2nd Training Area	Hajime Ohmori	Fitness training with weight training, aerobic training understanding sports physiology.	I elements by gender (other) G-course 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 IAB	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 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。

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	Fall IAB	Tue3	Practice Hall for Physical Education	Toshinobu Kawai	Learn the basics for enjoying inline skating and aim to maintain and improve physical fitness.	I 実務経験教員 elements by gender (contact) G-course
2110133	Basic Physical Education Japanese Archery	3	0.5	1	Fall IAB	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
2111133	Basic Physical Education Kendo	3	0.5	1	Fall IAB	Tue3	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	Fall IAB	Tue3	Golf Cages	Hitoshi Shiraki	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship.	II G-course クラブは、身長に合わせたクラブを選択してもらう
2115133	Basic Physical Education Judo	3	0.5	1	Fall IAB	Tue3	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!	I 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
2116133	Basic Physical Education Jog and walk	3	0.5	1	Fall IAB	Tue3	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 ランニングシューズが必要
2117133	Basic Physical Education Swimming	3	0.5	1	Fall IAB	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
2125133	Basic Physical Education Tennis	3	0.5	1	Fall IAB	Tue3	Taigei Tennis Hardcourts	Tatsumasa Kubota	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

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2130133	Basic Physical Education Trim Exercise	3	0.5	1	Fall/AB	Tue3	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 実務経験教員 G-course
2134133	Basic Physical Education Basketball	3	0.5	1	Fall/AB	Fri1	Basketball Courts	Toshihiro Otaka	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	Tue3	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	Thu1	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	Tue3	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 体力測定の評価に際して、男女で基準値が異なる
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 G-course
2145133	Basic Physical Education Outing Sports	3	0.5	1	Fall/AB	Tue3	Practice Field for Outdoor Activities	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 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
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.	実務経験教員 elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2212203	Applied Physical Education Golf	3	0.5	2	Spr/AB	Wed3	Golf Cages	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 クラブは、身長に合わせたクラブを選択してもらう
2215203	Applied Physical Education Judo	3	0.5	2	Spr/AB	Wed3	Judo Dojo	Kaori Yamaguchi	柔道の基本を習得する。基本的な技を使用した安全な乱取を通じて徒手格闘技の魅力を理解する。	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

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2217203	Applied Physical Education Swimming	3	0.5	2	SprAB	Wed3	Indoor Pool	Miwako Homma	泳ぎを科学的に理解し、水球、スノーケリング、飛板飛込の基本スキルを学ぶ。生涯スポーツとしてアクアティックススポーツを楽しむ能力を高める。	実務経験教員 elements by gender (wear) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2221203	Applied Physical Education Softball	3	0.5	2	SprAB	Wed3	Baseball Field	Takaaki Nara	ソフトボールの練習や試合を通じて、仲間と協力しながら様々な課題に挑戦する。学期の前半は守備練習を重点的に行い、後半はチームを固定してリーグ戦を実施する。また、中盤に実施する体力測定の結果を基に、自身の健康づくりについて考える。	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
2225243	Applied Physical Education Tennis	3	0.5	2	SprAB	Wed3	Taigei Tennis Hardcourts	Daisuke Mituhashi	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
2230203	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Wed3	Sport and Physical Education Center	Takashi Fukuda	本授業は体育を履修する上で心身のコンディショニングの理由から積極的に身体を動かすことができない学生を対象に開講している。受講希望者は事前に教員との面談を要する。授業内容は、受講生の心身のコンディションを考慮して体カトレーニング、フライングディスク、フィールドゴルフ、球技などから受講生全員が楽しむことができる種目を決定する。	1階トリム運動室 実務経験教員 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
2237203	Applied Physical Education Handball	3	0.5	2	SprAB	Wed3	Handball Field	Eiko Yamada	ゲームを中心に、基礎的な技術・戦術を習得する。	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.	実務経験教員 elements by gender (contact) G-course
2241203	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
2211233	Applied Physical Education Kendo	3	0.5	2	Fall IAB	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.	実務経験教員 elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2212213	Applied Physical Education Golf	3	0.5	2	Fall IAB	Wed3	Golf Cages	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
2215213	Applied Physical Education Judo	3	0.5	2	Fall IAB	Wed3	Judo Dojo	Kaori Yamaguchi	柔道の基本を習得する。基本的な技を使用した安全な乱取を通じて徒手格闘技の魅力を理解する。	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
2217213	Applied Physical Education Swimming	3	0.5	2	Fall IAB	Wed3	Indoor Pool	Miwako Homma	泳ぎを科学的に理解し、個々の泳能力に応じて4泳法のスキル向上を図る。日本泳法、シンクロ、着衣泳、救助法の基本スキルを学び、自己保全能力を身につけ、生涯スポーツとしてアクアティックススポーツを楽しむ能力を高める。	実務経験教員 elements by gender (wear) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2221213	Applied Physical Education Softball	3	0.5	2	Fall IAB	Wed3	Baseball Field	Takaaki Nara	ソフトボールの技術構造や戦術について理解を深め、作戦や状況に応じた実戦的な技能を高める。また、チーム練習やリーグ戦を通じて仲間との協調性やリーダーシップを身につける。	elements by gender (special rule/pair/team) G-course

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2223233	Applied Physical Education Dance	3	0.5	2	Fall IAB	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
2225253	Applied Physical Education Tennis	3	0.5	2	Fall IAB	Wed3	Taigei Tennis Hardcourts	Daisuke Mituhashi	More advanced skills will be introduced, including, topspine service, strategies and more.	Wear tennis shoes. elements by gender (special rule/pair/team) G-course
2230213	Applied Physical Education Trim Exercise	3	0.5	2	Fall IAB	Wed3	Sport and Physical Education Center	Takashi Fukuda	本授業は体育を履修する上で心身のコンディショニングの理由から積極的に身体を動かすことができない学生を対象に開講している。受講希望者は事前に教員との面談を要する。授業内容は、受講生の心身のコンディションを考慮して体力トレーニング、フライングディスク、フィールドゴルフ、球技などから受講生全員が楽しむことができる種目を決定する。	1階トリム運動室 実務経験教員 G-course
2236233	Applied Physical Education Volleyball	3	0.5	2	Fall IAB	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
2237213	Applied Physical Education Handball	3	0.5	2	Fall IAB	Wed3	Handball Field	Eiko Yamada	ゲームの理解、グループ・チーム戦術の習得によって、チームの中での個々の役割について考え、チームスポーツを楽しむ能力を養う。	elements by gender (special rule/pair/team) G-course
2240233	Applied Physical Education Fitness Training	3	0.5	2	Fall IAB	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.	実務経験教員 elements by gender (contact) G-course
2241213	Applied Physical Education Flag Football	3	0.5	2	Fall IAB	Wed3	SEKISHO Field	Tsuyoshi Matsumoto	日本フラッグフットボール協会公式規則に準じたゲームを通して、フラッ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

For students in Life and Environmental Sciences

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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.	実務経験教員 elements by gender (contact) G-course
2212223	Applied Physical Education Golf	3	0.5	2	SprAB	Thu2	Golf Cages	Hitoshi Shiraki	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship. Recognize your physical fitness by performing physical fitness measurement.	G-course クラブは、身長に合わせたクラブを選択してもらう
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	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
2217223	Applied Physical Education Swimming	3	0.5	2	SprAB	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
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

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2222203	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Thu2	3rd Gymnasium	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
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.	実務経験教員 elements by gender (contact) 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 実務経験教員 G-course
2234203	Applied Physical Education Basketball	3	0.5	2	SprAB	Thu2	Basketball Courts	Yoshihito Nakaso	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	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
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
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 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	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
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 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	Fall IAB	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
2212233	Applied Physical Education Golf	3	0.5	2	Fall IAB	Thu2	Golf Cages	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
2212253	Applied Physical Education Golf	3	0.5	2	Fall IAB	Thu3	Golf Cages	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

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2213253	Applied Physical Education Soccer	3	0.5	2	Fall IAB	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
2214253	Applied Physical Education Shooting Sports	3	0.5	2	Fall IAB	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
2215253	Applied Physical Education Judo	3	0.5	2	Fall IAB	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 IAB	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
2217253	Applied Physical Education Swimming	3	0.5	2	Fall IAB	Thu3	Indoor Pool	Hideki Takagi	Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, e.g. water polo and four kinds of swimming strokes.	elements by gender (wear) elements by gender (contact) G-course
2221253	Applied Physical Education Softball	3	0.5	2	Fall IAB	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 IAB	Thu2	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
2222253	Applied Physical Education Table Tennis	3	0.5	2	Fall IAB	Thu3	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 IAB	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
2225253	Applied Physical Education Tennis	3	0.5	2	Fall IAB	Wed3	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 IAB	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 実務経験教員 G-course

Course Number	Course Name	Course Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks
2234213	Applied Physical Education Basketball	3	0.5	2	Fall IAB	Thu2	Basketball Courts	Yoshihito Nakaso	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
2234253	Applied Physical Education Basketball	3	0.5	2	Fall IAB	Thu3	Basketball Courts	Yoshihito Nakaso	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) elements by gender (special rule/pair/team) G-course
2235213	Applied Physical Education Badminton	3	0.5	2	Fall IAB	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 IAB	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 IAB	Thu3	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 IAB	Thu2	2nd Training Area	Hajime Ohmori	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 体力測定の評価に際して、男女で基準値が異なる
2241233	Applied Physical Education Flag Football	3	0.5	2	Fall IAB	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.	G-course
2243253	Applied Physical Education Bodywork	3	0.5	2	Fall IAB	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。
2248253	Applied Physical Education Refresh Movements	3	0.5	2	Fall IAB	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