

Course Manager

Requisite
Physical Education

For students in International Social Studies, Life and Environmental Sciences, Medicine and Health Sciences, BPGI

Course Number	Course Name	Instructional Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2107173	Basic Physical Education Karate	3	0.5	1	Fall A/B	Thu1	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.	Work Experience faculty face-to-face elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class. mfumoto@tiu.ac.jp As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
2110133	Basic Physical Education Japanese Archery	3	0.5	1	Fall A/B	Thu1	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 Work Experience faculty face-to-face elements by gender (equipment) G-course
2115173	Basic Physical Education Judo	3	0.5	1	Fall A/B	Thu1	Hirotaka 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.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (other) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2117133	Basic Physical Education Swimming	3	0.5	1	Fall A/B	Thu1	Yasuo Sengoku	The module aims to enjoy exercises in water together with various people. You learn 4 different swimming strokes, skin-diving and water polo through this module.	face-to-face elements by gender (wear) elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2123173	Basic Physical Education Dance	3	0.5	1	Fall AB	Thu1	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.	Work Experience faculty face-to-face elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2134153	Basic Physical Education Basketball	3	0.5	1	Fall AB	Thu1	shota Nakazawa	バスケットボールの特性を理解し、シュートやドリブルなどの基礎技術を習得し、仲間と協力しながら習得した技術をゲームで実践しながら学習を進めていく。	Work Experience faculty face-to-face elements by gender (equipment) elements by gender (contact) G-course
2140153	Basic Physical Education Fitness Training	3	0.5	1	Fall AB	Thu1	Hiroyazu 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.	Work Experience faculty face-to-face elements by gender (special rule/pair/team) G-course Details will be announced. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2148173	Basic Physical Education Refresh Movements	3	0.5	1	Fall AB	Thu1	Kiyonao Hasegawa	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.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2152153	Basic Physical Education Track and Field	3	0.5	1	Fall AB	Thu1	Yasushi Enomoto	Learn knowledge and the method to improve fitness and skill as fundamental exercise of running, jumping and throwing in track and field, and also focusing an attitude to enjoy exercise depending on your own level. Promote understanding significance of wellness and fitness through practice.	Work Experience faculty face-to-face elements by gender (equipment) elements by gender (special rule/pair/team) G-course There is a difference in grading skills for women and men. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2121173	Basic Physical Education Softball	3	0.5	1	Fall A/B	Thu1	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.	face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2122153	Basic Physical Education Table Tennis	3	0.5	1	Fall A/B	Thu1	Yuki Nonaka	Students will learn the fundamental techniques of table tennis by exploring their essential principles, while deepening their understanding of movements common to other sports. Through a variety of practice methods and mini-games, the course also focuses on developing communication skills and fostering the spirit of sportsmanship.	Indoor shoe should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. Work Experience faculty face-to-face elements by gender (contact) G-course
2125173	Basic Physical Education Tennis	3	0.5	1	Fall A/B	Thu1	Daisuke Mituhashi	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	It is preferable to wear tennis shoes. If you don't have them, wear athletic shoes (no leather shoes or sandals as they are dangerous). Work Experience faculty face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2133173	Basic Physical Education New Sports	3	0.5	1	Fall A/B	Thu1	Miyuki Fujimoto	Students will engage in New Sports, which refer to organized activities that are different from existing sports and have different philosophies from traditional sports. Through some samples of New Sports, including Bocce Ball, Indiaca, and Unihoc floorball, students will gain basic skills and knowledge to make their life-long active living. The planned activities might be changed in case of inclement weathers (rain, temperature, etc.).	face-to-face elements by gender (contact) G-course

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2135153	Basic Physical Education Badminton	3	0.5	1	Fall AB	Thu1	Masashi Saita	Learning of Badminton skills.	Work Experience faculty face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class. Teaching assistants may not be available and require you to actively communicate in English and Japanese.
2136193	Basic Physical Education Volleyball	3	0.5	1	Fall AB	Thu1	Nakaba Akiyama	This course is designed to learn fundamental skills (pass, serve, game play), rules, and team work.	II face-to-face elements by gender (special rule/pair/team) G-course
2137133	Basic Physical Education Handball	3	0.5	1	Fall AB	Thu1	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.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2143173	Basic Physical Education Bodywork	3	0.5	1	Fall AB	Thu1	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.	face-to-face G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2130173	Basic Physical Education Trim Exercise	3	0.5	1	Fall AB	Thu1		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.	face-to-face G-course

For students in Life and Environmental Sciences

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2137133	Basic Physical Education Handball	3	0.5	1	FallAB	Thu1	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.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2143173	Basic Physical Education Bodywork	3	0.5	1	FallAB	Thu1	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.	face-to-face G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2130173	Basic Physical Education Trim Exercise	3	0.5	1	FallAB	Thu1		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.	face-to-face G-course

Wellness Sports

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2505373	Wellness Sports	3	0.5	1	FallC	Intensi ve	Satoru Tanigawa	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 for fall semester. face-to-face elements by gender (special rule/pair/team) G-course Details will be announced. Be sure to attend an orientation.

For students in Life and Environmental Sciences, BPGI

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
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.	Work Experience faculty face-to-face 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.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2215223	Applied Physical Education Judo	3	0.5	2	SprAB	Fri2	Hiroaki Hiraoka	understanding the principle of the Judo techniques and learn the martial arts through experience.	face-to-face elements by gender (contact) elements by gender (other) G-course Students may wear a T-shirt under the judo uniform. Accessories and other decorative items must be removed.
2216263	Applied Physical Education Jog and walk	3	0.5	2	SprAB	Fri2	Yasushi Enomoto	You can get knowledge and experience for life span physical literacy through evidence based jogging and walking. First task would be appropriate activity for your physical fitness and condition, second task would be consideration of making your own design and plan for health and physical promotion, and third task would be understanding your mind and attitude for enjoying jogging and walking.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course Need running shoes In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2217263	Applied Physical Education Swimming	3	0.5	2	SprAB	Fri2	Takaaki Tsunokawa	The students will take advantage of the characteristics of the University's swimming pool facilities to engage in a variety of water-based activities. In particular, during the spring term, students will learn basic water polo skills and acquire knowledge of self-preservation in the water.	face-to-face elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2221263	Applied Physical Education Softball	3	0.5	2	SprAB	Fri2	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.	face-to-face elements by gender (special rule/pair/team) G-course
2222223	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Fri2	Shintaro Ando	To deepen students' knowledge of sports activities. Through unique exercises, students will gain an understanding of the techniques involved in various sporting situations by pursuing a single discipline in greater depth. Students will also engage in applied mini-games.	Work Experience faculty face-to-face elements by gender (contact) G-course
2225223	Applied Physical Education Tennis	3	0.5	2	SprAB	Fri2	Hajime Ohmori	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	テニスシューズまたはスパイクなしの運動 シューズを着用 Work Experience faculty face-to-face G-course 雨天時にはオンラインではなく、座学または雨天時施設での実技を行う。

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2230223	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Fri2	Shinichi Nagata	This course accepts students who need special assistance in physical education class. This course aims to introduce sports that can be played in a variety of ways. Depending on the collective status of the enrolled students, the course contents may be modified.	Those who were absent more than 1/3 of the class will not be considered for the credit of this class Work Experience faculty face-to-face G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
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, Warking, Indiaca, G-ball, Ground Golf, Petanque, Long jump rope, and so on.	Classroom will be announced later. face-to-face G-course Details will be announced. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2234263	Applied Physical Education Basketball	3	0.5	2	SprAB	Fri2		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.	face-to-face elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2237223	Applied Physical Education Handball	3	0.5	2	SprAB	Fri2	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.	face-to-face elements by gender (special rule/pair/team) G-course Available for students related to a cooperation system In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
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.	Work Experience faculty face-to-face G-course

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2241263	Applied Physical Education Flag Football	3	0.5	2	SprAB	Fri2	Hiroyazu 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.	Work Experience faculty face-to-face G-course Details will be announced. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
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.	face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course
2248263	Applied Physical Education Refresh Movements	3	0.5	2	SprAB	Fri2	Rina Kano	Through pleasant exercise and interaction with peers, the program fosters a rich mind and knowledge of the enjoyment of sports. They also refresh their minds and bodies through exposure to unusual physical activities such as "G-ball," which they can ride, and "Wheel Gymnastics", in which they spin inside a large iron ring.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course Short-term international students who wish to take a class must, in principle, contact the instructor in charge of the class at least three days prior to the first class and obtain permission to take the class.
2211213	Applied Physical Education Kendo	3	0.5	2	FallAB	Fri2	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.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course
2214213	Applied Physical Education Shooting Sports	3	0.5	2	FallAB	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.	face-to-face G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2215233	Applied Physical Education Judo	3	0.5	2	FallAB	Fri2	Hiroaki Hiraoka	understanding the principle of the Judo techniques and learn the martial arts through experience.	face-to-face elements by gender (contact) elements by gender (other) G-course Students may wear a T-shirt under the judo uniform. Accessories and other decorative items must be removed.

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2216273	Applied Physical Education Jog and walk	3	0.5	2	FallAB	Fri2	Yasushi Enomoto	You learn advanced physical literacy for jogging and walking based on scientific understanding through the activities in variety of time, distance, and terrain. The goal is set for getting the ability and understanding to jog and walk for yourself subjectively.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course Need running shoes In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2217273	Applied Physical Education Swimming	3	0.5	2	FallAB	Fri2	Takaaki Tsunokawa	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.	face-to-face elements by gender (wear) elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2221273	Applied Physical Education Softball	3	0.5	2	FallAB	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.	face-to-face elements by gender (special rule/pair/team) G-course
2222233	Applied Physical Education Table Tennis	3	0.5	2	FallAB	Fri2	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.	Work Experience faculty face-to-face elements by gender (contact) G-course
2225233	Applied Physical Education Tennis	3	0.5	2	FallAB	Fri2	Hajime Ohmori	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	Work Experience faculty face-to-face elements by gender (special rule/pair/team) G-course
2230233	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	Fri2	Shinichi Nagata	This course accepts students who need special assistance in physical education class. This course aims to introduce sports that can be played in a variety of ways. Depending on the collective status of the enrolled students, the course contents may be modified.	Those who were absent more than 1/3 of the class will not be considered for the credit of this class Work Experience faculty face-to-face G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
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. face-to-face G-course Details will be announced. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2234273	Applied Physical Education Basketball	3	0.5	2	FallAB	Fri2		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.	face-to-face elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2237233	Applied Physical Education Handball	3	0.5	2	FallAB	Fri2	Eiko Yamada	Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2240273	Applied Physical Education Fitness Training	3	0.5	2	FallAB	Fri2	Toshinobu Kawai	Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise.	Work Experience faculty face-to-face G-course
2241273	Applied Physical Education Flag Football	3	0.5	2	FallAB	Fri2	Hirokazu Matsuo	Through flag football games, students will improve their tactical knowledge and skills related to flag football and improve their game performance.	Work Experience faculty face-to-face G-course Details will be announced. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2245233	Applied Physical Education Outing Sports	3	0.5	2	FallAB	Fri2	Akihiro Sakamoto	In the fall semester, students will learn practical camping skills (fire making, outdoor cooking (lunch making), rope work, tarp tent setup, etc.) and actually experience day camping. The schedule is the morning of Saturday, November 15th AM. Therefore, the number of class hours will be adjusted.	face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course

Course Number	Course Name	Instructional Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2248273	Applied Physical Education Refresh Movements	3	0.5	2	FallAB	Fri2	Rina Kano	Through pleasant exercise and interaction with peers, the program fosters a rich mind and knowledge of the enjoyment of sports. They also refresh their minds and bodies through exposure to unusual physical activities such as "G-ball," which they can ride, and "Wheel Gymnastics", in which they spin inside a large iron ring.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course Short-term international students who wish to take a class must, in principle, contact the instructor in charge of the class at least three days prior to the first class and obtain permission to take the class.

For students in International Social Studies

Course Number	Course Name	Instructional Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2207243	Applied Physical Education Karate	3	0.5	2	SprAB	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.	Work Experience faculty face-to-face elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class. mfumoto@tiu.ac.jp As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
2211243	Applied Physical Education Kendo	3	0.5	2	SprAB	Thu2	Takahiro Nabeyama	The aim is to develop mind and body through basic practice with equipment up to sparring level, and through practice of etiquette.	Work Experience faculty face-to-face elements by gender (equipment) 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	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.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2221243	Applied Physical Education Softball	3	0.5	2	SprAB	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.	face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course
2222203	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Thu2	Yuki Nonaka	Students will deepen their knowledge of sports activities through table tennis. By pursuing a single discipline more deeply using unique training methods, students will gain an understanding of techniques relevant to various other sports. The course also includes participation in mini-games.	Work Experience faculty face-to-face elements by gender (contact) G-course
2223243	Applied Physical Education Dance	3	0.5	2	SprAB	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.	Work Experience faculty face-to-face elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2225263	Applied Physical Education Tennis	3	0.5	2	SprAB	Thu2	Kaoru Maezawa	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
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.	Work Experience faculty face-to-face G-course
2234203	Applied Physical Education Basketball	3	0.5	2	SprAB	Thu2	shota Nakazawa	Understanding the characteristics of basketball, acquirement of Individual tactics (break opponents, take ball from opponents). Acquirement how to utilize technical and tactical fundamentals in games.	Work Experience faculty face-to-face elements by gender (equipment) elements by gender (contact) G-course
2235203	Applied Physical Education Badminton	3	0.5	2	SprAB	Thu2	Chika Tanifugi	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.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
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.	face-to-face elements by gender (special rule/pair/team) G-course
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.	Work Experience faculty face-to-face elements by gender (special rule/pair/team) G-course Mixed gender teams will be created so that each team has an equal number of men and women. Special rules will be set for games to ensure that everyone is actively involved in the game. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
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.	face-to-face elements by gender (contact) G-course Pair work (assisting with training, sports massage, etc.) may be done regardless of gender. If you are not comfortable with pair work, you can do it alone. Pairs can be formed in any way. If there is an odd number of participants, there may be a group of three. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2248243	Applied Physical Education Refresh Movements	3	0.5	2	SprAB	Thu2	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.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2207253	Applied Physical Education Karate	3	0.5	2	FallAB	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.	Work Experience faculty face-to-face elements by gender(contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class. mfumoto@tiu.ac.jp As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
2211253	Applied Physical Education Kendo	3	0.5	2	FallAB	Thu2	Takahiro Nabeyama	The aim is to develop sparring skills with a partner with full kendo equipment, and furthermore to develop the mind and body.	Work Experience faculty face-to-face elements by gender(equipment) 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	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.	face-to-face elements by gender(special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2221253	Applied Physical Education Softball	3	0.5	2	FallAB	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.	face-to-face elements by gender(contact) elements by gender(special rule/pair/team) G-course
2222213	Applied Physical Education Table Tennis	3	0.5	2	FallAB	Thu2	Yuki Nonaka	After deepening their knowledge of sports activities and understanding the techniques common to various disciplines, students will engage in advanced games and technical drills. This process aims to foster creative thinking and free-form ideas regarding sports.	Work Experience faculty face-to-face elements by gender(contact) G-course
2223253	Applied Physical Education Dance	3	0.5	2	FallAB	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.	Work Experience faculty face-to-face elements by gender(contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2225273	Applied Physical Education Tennis	3	0.5	2	FallAB	Thu2	Kaoru Maezawa	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2230253	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	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.	Work Experience faculty face-to-face G-course
2234213	Applied Physical Education Basketball	3	0.5	2	FallAB	Thu2	shotaro Nakazawa	Understanding the characteristics of basketball, acquirement of group tactics (cut play, screen play). Acquirement how to utilize technical and tactical fundamentals, and group tactics in games.	Work Experience faculty face-to-face elements by gender (equipment) elements by gender (contact) G-course
2235213	Applied Physical Education Badminton	3	0.5	2	FallAB	Thu2	Chika Tanifuji	Learning of Badminton skills	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2236253	Applied Physical Education Volleyball	3	0.5	2	FallAB	Thu2	Nakaba Akiyama	This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work.	face-to-face elements by gender (special rule/pair/team) G-course
2241233	Applied Physical Education Flag Football	3	0.5	2	FallAB	Thu2	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.	Work Experience faculty face-to-face elements by gender (special rule/pair/team) G-course Mixed gender teams will be created so that each team has an equal number of men and women. Special rules will be set for games to ensure that everyone is actively involved in the game. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2243253	Applied Physical Education Bodywork	3	0.5	2	FallAB	Thu2	Toshihiro Kato	We will do the following exercises. (1) Core training (2) Stretching (3) Breathing technique (4) Bosy axis training. Sharpen your senses. Increases resistance to stress while communicating with others. And enjoy the exercise itself.	face-to-face elements by gender (contact) G-course Pair work (assisting with training, sports massage, etc.) may be done regardless of gender. If you are not comfortable with pair work, you can do it alone. Pairs can be formed in any way. If there is an odd number of participants, there may be a group of three. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2248253	Applied Physical Education Refresh Movements	3	0.5	2	FallAB	Thu2	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.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

For students in International Social Studies, Medicine and Health Sciences, IDE

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2211263	Applied Physical Education Kendo	3	0.5	2	SprAB	Thu3	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.	Work Experience faculty face-to-face elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2212243	Applied Physical Education Golf	3	0.5	2	SprAB	Thu3	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.	face-to-face G-course Clubs are asked to select clubs for their height.

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2213263	Applied Physical Education Soccer	3	0.5	2	SprAB	Thu3	Kazuya Naruse	The purpose of this class is to cultivate football cultural elements. Acquire principles of offense and defense and basic skills through various game formats football.	face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2214263	Applied Physical Education Shooting Sports	3	0.5	2	SprAB	Thu3	Hitoshi Saga	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanease traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2215263	Applied Physical Education Judo	3	0.5	2	SprAB	Thu3	Takashi Matsui	Understanding the principle of the Judo techniques and lean the martial arts through experience.	I face-to-face elements by gender (contact) elements by gender (other) G-course T-shirts may be worn under the Judo-wear. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2221223	Applied Physical Education Softball	3	0.5	2	SprAB	Thu3	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.	face-to-face elements by gender (special rule/pair/team) G-course
2222243	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Thu3	Yuki Nonaka	Students will deepen their knowledge of sports activities through table tennis. By pursuing a single discipline more deeply using unique training methods, students will gain an understanding of techniques relevant to various other sports. The course also includes participation in mini-games.	Work Experience faculty face-to-face elements by gender (contact) G-course
2223263	Applied Physical Education Dance	3	0.5	2	SprAB	Thu3	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.	face-to-face elements by gender (contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2225203	Applied Physical Education Tennis	3	0.5	2	SprAB	Thu3	Kaoru Maezawa	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	face-to-face elements by gender (special rule/pair/team) G-course
2230263	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Thu3	Mayumi Saito	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.	Work Experience faculty face-to-face G-course
2233223	Applied Physical Education New Sports	3	0.5	2	SprAB	Thu3	Miyuki Fujimoto	"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.	face-to-face elements by gender (contact) G-course
2234243	Applied Physical Education Basketball	3	0.5	2	SprAB	Thu3	Takuya Sakamoto	Understanding the characteristics of basketball, acquirement of individual tactics (break opponent, take ball from opponent). Acquirement how to utilize technical and tactical fundamentals in games.	face-to-face elements by gender (equipment) elements by gender (contact) G-course
2235263	Applied Physical Education Badminton	3	0.5	2	SprAB	Thu3	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.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2237243	Applied Physical Education Handball	3	0.5	2	SprAB	Thu3	Eiko Yamada	Acquire fundamental skills through games.	face-to-face elements by gender (special rule/pair/team) G-course 短期留学生が受講を希望する際は、原則、初回授業の3日前までに授業担当教員に連絡し受講許可を得る事
2240203	Applied Physical Education Fitness Training	3	0.5	2	SprAB	Thu3	Satoru Tanigawa	Understanding the relationship among maintaining and promoting physical, mental health and exercise and physical fitness, this class focus on applying exercises, resistance training, jogging, stretching to daily life as sports culture.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2245203	Applied Physical Education Outing Sports	3	0.5	2	SprAB	Thu3		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.	face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2211273	Applied Physical Education Kendo	3	0.5	2	FallAB	Thu3	Takahiro Nabeiyama	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.	Work Experience faculty face-to-face elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course
2212253	Applied Physical Education Golf	3	0.5	2	FallAB	Thu3	Hitoshi Shiraki	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsmanship. Practical practice at a nearby golf course in the fall semester	Expenses: Golf Driving Range / ¥1300, Golf Course / ¥4,000 face-to-face G-course Clubs are asked to select clubs for their height.
2213273	Applied Physical Education Soccer	3	0.5	2	FallAB	Thu3	Kazuya Naruse	The purpose of this class is to understand the depth of football culture. It is also to learn basic tactics through various games.	face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2214273	Applied Physical Education Shooting Sports	3	0.5	2	FallAB	Thu3	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.	face-to-face elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2215273	Applied Physical Education Judo	3	0.5	2	FallAB	Thu3	Takashi Matsui	understanding the principle of the Judo techniques and learn the martial arts through experience.	I face-to-face elements by gender (contact) elements by gender (other) G-course T-shirts may be worn under the Judo-wear. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2221233	Applied Physical Education Softball	3	0.5	2	FallAB	Thu3	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.	face-to-face elements by gender (special rule/pair/team) G-course

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2222253	Applied Physical Education Table Tennis	3	0.5	2	FallAB	Thu3	Yuki Nonaka	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.	Work Experience faculty face-to-face elements by gender(contact) G-course
2223273	Applied Physical Education Dance	3	0.5	2	FallAB	Thu3	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.	face-to-face elements by gender(contact) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2225213	Applied Physical Education Tennis	3	0.5	2	FallAB	Thu3	Kaoru Maezawa	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	face-to-face elements by gender(special rule/pair/team) G-course
2230273	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	Thu3	Mayumi Saito	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.	Work Experience faculty face-to-face G-course
2233233	Applied Physical Education New Sports	3	0.5	2	FallAB	Thu3	Miyuki Fujimoto	"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.	face-to-face elements by gender(contact) G-course
2234253	Applied Physical Education Basketball	3	0.5	2	FallAB	Thu3	Takuya Sakamoto	Understanding the characteristics of basketball, acquirement of Individual tactics and group tactics(cut play, screen play). Acquirement how to utilize technical and tactical fundamentals, and group tactics.	face-to-face elements by gender(equipment) elements by gender(contact) G-course
2235273	Applied Physical Education Badminton	3	0.5	2	FallAB	Thu3	Chika Tanifuji	Learning of Badminton skills	face-to-face elements by gender(special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2237253	Applied Physical Education Handball	3	0.5	2	FallAB	Thu3	Eiko Yamada	Think about individual roles in the team and acquire the ability to enjoy team sports.	face-to-face elements by gender(equipment) elements by gender(contact) elements by gender(special rule/pair/team) G-course

Course Number	Course Name	Instructional Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2240213	Applied Physical Education Fitness Training	3	0.5	2	FallAB	Thu3	Satoru Tanigawa	Understanding the relationship among maintaining and promoting physical, mental health and exercise and physical fitness, this class focus on applying exercises, resistance training, jogging, stretching to daily life as sports culture.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2245213	Applied Physical Education Outing Sports	3	0.5	2	FallAB	Thu3		In the fall semester, students will learn practical camping skills (fire making, outdoor cooking (lunch making), rope work, tarp tent setup, etc.) and actually experience day camping. The schedule is the morning of Saturday, November 22nd AM. Therefore, the number of class hours will be adjusted.	face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course

For students in IDE

Course Number	Course Name	Instructional Type	Credits	Standard Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2313283	Advanced Physical Education Soccer	3	0.5	3	SprAB	Mon4	Masaaki Koido	Understand the characteristics of the sport of soccer and aim to acquire the skills and tactics necessary to enjoy the game.	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course 短期留学生が受講を希望する際は、初回授業の3日前までに授業担当教員に連絡し受講許可を得ること また原則先着順で2~3名までとします。
2314283	Advanced Physical Education Shooting Sports	3	1.0	3	SprAB SprC	Mon4 Intensive	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.	face-to-face G-course Details will be announced. Short-term international students who wish to take a class must, in principle, contact the instructor in charge of the class at least seven days prior to the first class and obtain permission to take the class.
2321283	Advanced Physical Education Softball	3	0.5	3	SprAB	Mon4	Atsushi Kiuchi	ソフトボールにおける安心安全と技能上達を、共生協働の実践を通して目指す。さらに、これらの活動を自己成長の機会として捉える視点を養う。授業は、受講者の技能や体力の多様性に応じて、使用球やルールを柔軟に調整して編成する。評価は技能や体力の優劣によって行わない。	face-to-face elements by gender (special rule/pair/team) G-course

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2322283	Advanced Physical Education Table Tennis	3	0.5	3	SprAB	Mon4	Shintaro Ando	In addition to learning the essence of table tennis techniques, students will deepen their knowledge of sports activities as they progress. Students will also learn about their own sports life and sports culture through practical skills.	Work Experience faculty face-to-face elements by gender (contact) G-course
2323283	Advanced Physical Education Dance	3	0.5	3	SprAB	Mon4	Miwa Zushi	Challenge various dances, understand their movements, and aim to improve their skills. In addition, improve self-expression and sensitivity, and develop practical skills to lead a rich life through dance in life.	face-to-face elements by gender (contact) G-course
2330283	Advanced Physical Education Trim Exercise	3	0.5	3	SprAB	Mon4	Takashi Fukuda	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.	Work Experience faculty face-to-face G-course
2334303	Advanced Physical Education Basketball	3	0.5	3	SprAB	Mon4	shota Nakazawa	バスケットボールの個人戦術、グループ戦術を習得し、グループ戦術を中心バスケットボールの特性を活かしたゲームをとおして、問題解決能力、協調性を養いながら、バスケットボールの構造を理解できるようになる。	Work Experience faculty face-to-face elements by gender (equipment) elements by gender (contact) G-course
2341343	Advanced Physical Education Flag Football	3	1.0	3	SprAB Sum Vac	Mon4 Intensive	Tsuyoshi Matsumoto	日本フラッグフットボール協会公式規則に準じた大会への参加を目指し、チーム・マネジメントについて実践的に学修する。	集中講義と併せて1単位とする Work Experience faculty face-to-face 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。短期留学生が受講を希望する際は、原則初回授業の3日前までに授業担当教員に連絡し受講許可を得る事
2313293	Advanced Physical Education Soccer	3	0.5	3	FallAB	Mon4	Masaaki Koido	サッカーにおける個人の技能の向上とともに、戦術やポジションなどのチームとしての戦い方をチームメイトと共有し、戦略的にゲームに臨む楽しさを知る。	Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course 短期留学生が受講を希望する際は、初回授業の3日前までに授業担当教員に連絡し受講許可を得ること、また原則先着順で2~3名までとします。
2321293	Advanced Physical Education Softball	3	0.5	3	FallAB	Mon4	Atsushi Kiuchi	ソフトボールにおける安心安全と技能上達を、共生協働の実践を通して目指す。さらに、これらの活動を自己成長の機会として捉える視点を養う。授業は、受講者の技能や体力の多様性に応じて、使用球やルールを柔軟に調整して編成する。評価は技能や体力の優劣によって行わない。	face-to-face elements by gender (special rule/pair/team) G-course
2322293	Advanced Physical Education Table Tennis	3	0.5	3	FallAB	Mon4	Shintaro Ando	In addition to learning the essence of table tennis techniques, students will deepen their knowledge of sports activities as they progress. Students will also learn about their own sports life and sports culture through practical skills, and develop free ideas about sports.	Work Experience faculty face-to-face elements by gender (contact) G-course

Course Number	Course Name	Instructional Type	Credits	Standar d Academic Year	Course Offering Term	Weekday and Period	Instructor	Course Overview	Remarks
2323293	Advanced Physical Education Dance	3	0.5	3	Fall AB	Mon4	Miwa Zushi	Challenge various dances, understand their movements, and aim to improve their skills. In addition, improve self-expression and sensitivity, and develop practical skills to lead a rich life through dance in life.	face-to-face elements by gender (contact) G-course
2329293	Advanced Physical Education Track and Field	3	1.0	3	Fall AB Fall IC	Mon4 Intensive	Satoru Tanigawa	Understand the basic skills of running, jumping, and throwing so that you can understand them with your own body, learn how to manipulate your individual body, and learn training methods to improve your performance.	1 credit together with the intensive course. Intensive classes will be held during the fall semester with 5days morning practice and climbing Mt. Tsukuba. Work Experience faculty face-to-face elements by gender (contact) elements by gender (special rule/pair/team) G-course Details will be announced.
2330293	Advanced Physical Education Trim Exercise	3	0.5	3	Fall AB	Mon4	Takashi Fukuda	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.	Work Experience faculty face-to-face G-course
2334313	Advanced Physical Education Basketball	3	0.5	3	Fall AB	Mon4	shota Nakazawa	バスケットボールの個人戦術、グループ戦術を習得し、グループ戦術を中心にバスケットボールの特性を活かしたゲームをとおして、問題解決能力、協調性を養いながら、バスケットボールの構造を理解できるようになる。	Work Experience faculty face-to-face elements by gender (equipment) elements by gender (contact) G-course