

(2) Physical Education

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

| Course Number | Course Name | Instruc-tional Type | Credit s | stand-ard regist-ration year | Term | Meeting Days, Per-iod etc. | Classro-m | Instructor | Course Overview | Remarks |
|---------------|---|---------------------|----------|------------------------------|---------|----------------------------|--------------------------------|-----------------|---|--|
| 2107173 | Basic Physical Education Karate | 3 | 0.5 | 1 | Fall AB | Thu1 | 1st Multi-Purpose Dojo | Fumoto Masaki | 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. | Elements by gender (contact). G-course. Work Experience faculty. face-to-face mfumoto@tiu.ac.jp 単位認定の対象は、原則として当該授業科目の出席時間数が3分の2以上の者とする。 |
| 2110133 | Basic Physical Education Japanese Archery | 3 | 0.5 | 1 | Fall AB | Thu1 | Japanese Archery Training Hall | Matsuo Makinori | In this class you will be able to learn the basic of Kyudo. While shooting on short and middle distance you will have a chance to learn about safety rules, be able to shoot quite well, and experience other parts of Kyudo, like competition. | Elements by gender (equipment). G-course. Work Experience faculty. face-to-face |
| 2115173 | Basic Physical Education Judo | 3 | 0.5 | 1 | Fall AB | Thu1 | Judo Dojo | Okada Hiroataka | 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. | Elements by gender (contact). Elements by gender (other). G-course. Work Experience faculty. face-to-face 女子は 道着の下にTシャツを着用すること |
| 2117133 | Basic Physical Education Swimming | 3 | 0.5 | 1 | Fall AB | Thu1 | Indoor Pool | Homma Miwako | Understanding and improving various swimming skills. Students will be experienced basic swimming strokes, water polo, artistic swimming, Japanese traditional swimming strokes and importance and value of aquatic sports will be understood through the classes. | Elements by gender (wear). Elements by gender (contact). Elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2123173 | Basic Physical Education Dance | 3 | 0.5 | 1 | Fall AB | Thu1 | Dance Hall | Yonezawa Mayuko | In this class, learns how to use basic body of the dance and gets on various music and move a body. In addition, aims at the making of healthy body by yoga and stretch through a class. | Elements by gender (contact). G-course. Work Experience faculty. face-to-face |
| 2133173 | Basic Physical Education New Sports | 3 | 0.5 | 1 | Fall AB | Thu1 | 1st Soccer Field | Nagata Shinichi | 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.). | Those who were absent more than 1/3 of the class will not be considered for the credit of this class Elements by gender (contact). G-course. face-to-face |
| 2140153 | Basic Physical Education Fitness Training | 3 | 0.5 | 1 | Fall AB | Thu1 | 2nd Training Area | Matsuo Hirokazu | 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 (special rule/pair/team). G-course. Details will be announced. face-to-face |
| 2143173 | Basic Physical Education Bodywork | 3 | 0.5 | 1 | Fall AB | Thu1 | 2nd Multi-Purpose Dojo | Kato Toshihiro | 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. | Elements by gender (special rule/pair/team). G-course. face-to-face 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。 |

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| 2148173 | Basic Physical Education Refresh Movements | 3 | 0.5 | 1 | Fall AB | Thu1 | Gymnas- tics Area | Hasegawa Kiyonao | In this lesson, you learn mind and body through gymnastics and acquire knowledge and fundamental exercise ability to enjoy sports with friends. Through this lesson, we will cultivate a spirit of challenge by challenging the activities that have never experienced, such as "G-ball": giant-gymnastics ball and "Wheel gymnastics": gym wheels movement. The teacher who is Japanese national athlete in Wheel gymnastics will take classes by taking advantage of their experiences. | I elements by gender (contact). elements by gender (special rule/pair/team). G- course. Work Experience faculty. face-to-face |
| 2158173 | Basic Physical Education Athletic training | 3 | 0.5 | 1 | Fall AB | Thu1 | T-DOME | Fukuda Takashi | Athletic training means that athletes improve their condition by understanding sport-specific characteristics and their physical characteristics and implementing appropriate training programs for them. It is also important for general students to perform a suitable training program for their purposes, and it is necessary to understand their physical functions (conditioning) through training. In this class, students will be asked questions about their own conditioning by moving their bodies, and safe and effective training will be conducted. | I elements by gender (contact). elements by gender (special rule/pair/team). G- course. face-to-face |
| 2121173 | Basic Physical Education Softball | 3 | 0.5 | 1 | Fall AB | Thu1 | Baseba- ll Field | Kaneda Takeshi | 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. face-to-face |
| 2122153 | Basic Physical Education Table Tennis | 3 | 0.5 | 1 | Fall AB | Thu1 | 3rd Gymnas- ium | Nonaka Yuki | Learn the basic techniques of table tennis from its essence, while at the same time deepening the understanding of the movements applicable to different types of sports. Through various practice methods and minigames, learn also about relevant aspects of sports, such as communications and sportsmanship. | Indoor shoes should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. elements by gender (contact). G- course. Work Experience faculty. face-to-face |
| 2125173 | Basic Physical Education Tennis | 3 | 0.5 | 1 | Fall AB | Thu1 | Taigei Tennis Hardco- urts | Mitubishi Daisuke | 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). elements by gender (special rule/pair/team). G- course. face-to-face |
| 2135153 | Basic Physical Education Badminton | 3 | 0.5 | 1 | Fall AB | Thu1 | 1st Gymnas- ium | Suita Masashi | Understanding the principles of badminton in order to play and enjoy games. History, manner, rule, and values of sports shall also be learned through playing games. | II elements by gender (special rule/pair/team). G- course. Work Experience faculty. face-to-face |
| 2136193 | Basic Physical Education Volleyball | 3 | 0.5 | 1 | Fall AB | Thu1 | Volley- ball Gymnas- ium | Akiyama Nakaba | This course is designed to learn fundamental skills (pass, serve, game play), rules, and team work. | II G-course. face-to- face |
| 2137133 | Basic Physical Education Handball | 3 | 0.5 | 1 | Fall AB | Thu1 | Handba- ll Field | Yamada Eiko | Learn a way of the situation solution in individuals, and the group. In addition, develop ability for coordination, through various movements with ball. | II elements by gender (special rule/pair/team). G- course. face-to-face |

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| 2141133 | Basic Physical Education Flag Football | 3 | 0.5 | 1 | Fall AB | Thu1 | SEKISHO Field | Matsumoto Tsuyoshi | Through a modified game from flag football, we learn a basic skill and tactics. Furthermore, we deepen understanding about the communication and leadership for team activity. | II elements by gender (special rule/pair/team). G-course. face-to-face 各チームの男女数が均等になるように男女混合チームを作ります。ゲームにおいては、女子特別ルールを設定し、全員が積極的にゲームに関与できるよう工夫を行います。 |
| 2130173 | Basic Physical Education Trim Exercise | 3 | 0.5 | 1 | Fall AB | Thu1 | トリム室 | Sawae Yukinori | This course offers sports with consideration of the students' conditions for students who need special requirement. | Trim action room G-course. Work Experience faculty. face-to-face |

Wellness Sports

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|---------------|-----------------|----------------------------|-------------|--|--------|----------------------------------|----------------|-----------------|--|---|
| 2505373 | Wellness Sports | 3 | 0.5 | 1 | Fall C | Intensive | | Tanigawa Satoru | 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. elements by gender (special rule/pair/team). G-course. Details will be announced. face-to-face Be sure to attend an orientation. |

For students in Life and Environmental Sciences, BPGI

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|---------------|--|----------------------------|-------------|--|--------|----------------------------------|-----------------------|-------------------|---|---|
| 2211203 | Applied Physical Education Kendo | 3 | 0.5 | 2 | Spr AB | Fri2 | Kendo Dojo | Nabeyama Takahiro | To begin practicing with Kendo armor also known as bogu to basic fundamental level, as well as learning Kendo etiquette to improve ones mind and body. | elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2213243 | Applied Physical Education Soccer | 3 | 0.5 | 2 | Spr AB | Fri2 | 1st Soccer Field | Koido Masaaki | Understand the fundamentals of football skills / tactics. Also, learn what kind of scene of the game it is effective to use them, and realize the enjoyment of the game more. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2214203 | Applied Physical Education Shooting Sports | 3 | 0.5 | 2 | Spr AB | Fri2 | Archery Training Hall | Saga Hitoshi | 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. You need 500 yen for expendable supplies. G-course. face-to-face |
| 2215223 | Applied Physical Education Judo | 3 | 0.5 | 2 | Spr AB | Fri2 | Judo Dojo | Hiraoka Hiroaki | understanding the principle of the Judo techniques and lean the martial arts through experience. | elements by gender (contact). elements by gender (other). G-course. face-to-face You can wear a shirt under the judo suit when you play judo. |

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| 2216263 | Applied Physical Education Jog and walk | 3 | 0.5 | 2 | SprAB | Fri2 | Athletic Field | Enomoto Yasushi | 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. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face Need running shoes |
| 2217263 | Applied Physical Education Swimming | 3 | 0.5 | 2 | SprAB | Fri2 | Indoor Pool | Takagi Hideki | 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. | elements by gender (contact). G-course. face-to-face |
| 2221263 | Applied Physical Education Softball | 3 | 0.5 | 2 | SprAB | Fri2 | Baseball Field | Nara Takaaki | 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. | elements by gender (special rule/pair/team). G-course. face-to-face |
| 2230223 | Applied Physical Education Trim Exercise | 3 | 0.5 | 2 | SprAB | Fri2 | トリム室 | Nagata Shinichi | 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. | Trim exercise room Those who were absent more than 1/3 of the class will not be considered for the credit of this class G-course. Work Experience faculty. face-to-face |
| 2233203 | Applied Physical Education New Sports | 3 | 0.5 | 2 | SprAB | Fri2 | 体育センター周辺 | Saito Taketoshi | "New sports" subjects are not to implement major sports, but to experience various sports events. For example, Flying Disc, Wanking, Indiaca, G-ball, Ground Golf, Petanque, Long jump rope, and so on. | Classroom will be announced later. G-course. Details will be announced. face-to-face |
| 2234263 | Applied Physical Education Basketball | 3 | 0.5 | 2 | SprAB | Fri2 | Basketball Courts | Nakaso Yoshihito | Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball. | elements by gender (contact). G-course. face-to-face |
| 2235223 | Applied Physical Education Badminton | 3 | 0.5 | 2 | SprAB | Fri2 | 1st Gymnasium | Suita Masashi | Raise ability to play badminton. | elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2237223 | Applied Physical Education Handball | 3 | 0.5 | 2 | SprAB | Fri2 | Handball Field | Yamada Eiko | Through understanding of a handball game and acquiring group/team tactics, your relationship skills/ thinking skills in the team and your ability to enjoy team sports are cultivated. | elements by gender (special rule/pair/team). G-course. Available for students related to a cooperation system. face-to-face |
| 2240263 | Applied Physical Education Fitness Training | 3 | 0.5 | 2 | SprAB | Fri2 | 2nd Training Area | Kawai Toshinobu | Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise. | elements by gender (contact). G-course. Work Experience faculty. face-to-face |
| 2241263 | Applied Physical Education Flag Football | 3 | 0.5 | 2 | SprAB | Fri2 | SEKISHO Field | Matsuo Hirokazu | We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically. | G-course. Details will be announced. face-to-face |

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| 2245223 | Applied Physical Education Outing Sports | 3 | 0.5 | 2 | SprAB | Fri2 | Practice Field for Outdoor Activities | Sakamoto Akihiro | The goals of this class are 1)to acquire the basic skills for outdoor group activity: initiative games, 2)to understand the knowledge of that, 3)to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the outdoor activity. The class of Spring AB is held in the Yasei no Mori. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face |
| 2211213 | Applied Physical Education Kendo | 3 | 0.5 | 2 | FallAB | Fri2 | Kendo Dojo | Nabeyama Takahiro | To wear the Kendo armor or bogu, being able to perform techniques where you strike based on your opponents reaction and to become in sync with your opponent to improve the mind and body. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2213253 | Applied Physical Education Soccer | 3 | 0.5 | 2 | FallAB | Fri2 | 1st Soccer Field | Koido Masaaki | In addition to the technique of handling the ball itself, understand the movement when not holding a ball. Improve the ability to enjoy haggling with opponents in the game. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2214213 | Applied Physical Education Shooting Sports | 3 | 0.5 | 2 | FallAB | Fri2 | Archery Training Hall | Saga Hitoshi | 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. You need 500 yen for expendable supplies. G-course. face-to-face |
| 2215233 | Applied Physical Education Judo | 3 | 0.5 | 2 | FallAB | Fri2 | Judo Dojo | Hiraoka Hiroaki | understanding the principle of the Judo techniques and lean the martial arts through experience. | elements by gender (contact). elements by gender (other). G-course. face-to-face You can wear a shirt under the judo suit when you play judo. |
| 2216273 | Applied Physical Education Jog and walk | 3 | 0.5 | 2 | FallAB | Fri2 | Athletic Field | Enomoto Yasushi | 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. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face Need running shoes |
| 2217273 | Applied Physical Education Swimming | 3 | 0.5 | 2 | FallAB | Fri2 | Indoor Pool | Takagi Hideki | Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on. | elements by gender (wear). elements by gender (contact). G-course. face-to-face |
| 2221273 | Applied Physical Education Softball | 3 | 0.5 | 2 | FallAB | Fri2 | Baseball Field | Nara Takaaki | We will deepen our understanding of softball techniques and strategies, and hone our skills so that we may succeed on the playing field. Both in practice and regular season games, we will learn teamwork, cooperation and leadership. | elements by gender (special rule/pair/team). G-course. face-to-face |
| 2230233 | Applied Physical Education Trim Exercise | 3 | 0.5 | 2 | FallAB | Fri2 | トリム室 | Nagata Shinichi | 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. | Trim exercise room Those who were absent more than 1/3 of the class will not be considered for the credit of this class G-course. Work Experience faculty. face-to-face |
| 2233213 | Applied Physical Education New Sports | 3 | 0.5 | 2 | FallAB | Fri2 | 体育センター周辺 | Saito Taketoshi | "New sports" subjects are not to implement major sports, but to experience various sports events. Various sports events are Flying Disc, G-ball, Ground Golf, Petanque, Universal-hockey, Bound Tennis, Double Dutch, Kin-Ball, etc. and so on. | Classroom will be announced later. G-course. Details will be announced. face-to-face |

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| 2234273 | Applied Physical Education Basketball | 3 | 0.5 | 2 | Fall AB | Fri2 | Basketball Courts | Nakaso Yoshihito | Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball. | elements by gender (contact). G-course. face-to-face |
| 2235233 | Applied Physical Education Badminton | 3 | 0.5 | 2 | Fall AB | Fri2 | 1st Gymnasium | Suita Masashi | Form a custom of playing badminton and learn pleasure to be interested in badminton by oneself. | elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2237233 | Applied Physical Education Handball | 3 | 0.5 | 2 | Fall AB | Fri2 | Handball Field | Yamada Eiko | Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games. | elements by gender (special rule/pair/team). G-course. face-to-face |
| 2240273 | Applied Physical Education Fitness Training | 3 | 0.5 | 2 | Fall AB | Fri2 | 2nd Training Area | Kawai Toshinobu | Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise. | elements by gender (contact). G-course. Work Experience faculty. face-to-face |
| 2241273 | Applied Physical Education Flag Football | 3 | 0.5 | 2 | Fall AB | Fri2 | SEKISHO Field | Matsuo Hirokazu | Through flag football games, students will improve their tactical knowledge and skills related to flag football and improve their game performance. | G-course. Details will be announced.. face-to-face |
| 2245233 | Applied Physical Education Outing Sports | 3 | 0.5 | 2 | Fall AB | Fri2 | Practice Field for Outdoor Activities | Sakamoto Akihiro | The class of Fall AB use Canadian canoe as the teaching materials. The goals of this class are 1)to acquire the basic skills for outdoor group activity, 2)to understand the knowledge of that, 3)to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the Canadian canoe. The class is held in Lake Amakubo Ike. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face |

For students in International Social Studies

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|---------------|--|----------------------------|-------------|--|--------|----------------------------------|------------------------|-------------------|---|---|
| 2207243 | Applied Physical Education Karate | 3 | 0.5 | 2 | Spr AB | Thu2 | 1st Multi-Purpose Dojo | Fumoto Masaki | The purpose of this class is to understand the relation between one's own mind and body, between one's opponent's mind and body, and their interaction, using basic Karate techniques. Basic Karate techniques, including suitable breathing methods, coordination of Karate basic techniques with footwork, Kata, and Kumite will be taught in this class. | elements by gender (contact). G-course. Work Experience faculty. face-to-face mfumoto@tiu.ac.jp 単位認定の対象は、原則として当該授業科目の出席時間数が3分の2以上の者とする。 |
| 2211243 | Applied Physical Education Kendo | 3 | 0.5 | 2 | Spr AB | Thu2 | Kendo Dojo | Nabeyama Takahiro | The aim is to develop mind and body through basic practice with equipment up to sparring level, and through practice of etiquette. | elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2214243 | Applied Physical Education Shooting Sports | 3 | 0.5 | 2 | Spr AB | Thu2 | Archery Training Hall | Saga Hitoshi | 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. You need 500 yen for expendable supplies. G-course. face-to-face |

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|---------------|--|----------------------------|-------------|--|-------|-----------------------------------|--------------------------|--------------------|--|---|
| 2217223 | Applied Physical Education Swimming | 3 | 0.5 | 2 | SprAB | Thu2 | Indoor Pool | Homma Miwako | Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, artistic swimming, water polo, life saving and snorkeling etc. | elements by gender (wear). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2221243 | Applied Physical Education Softball | 3 | 0.5 | 2 | SprAB | Thu2 | Baseball Field | Kaneda Takeshi | 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. face-to-face |
| 2222203 | Applied Physical Education Table Tennis | 3 | 0.5 | 2 | SprAB | Thu2 | 3rd Gymnasium | Nonaka Yuki | Deepen your knowledge of sports activities through table tennis. By using a unique practice method to deepen the pursuit of one type of sports, the students will understand the techniques related to various types of sports. Practice mini games as well. | elements by gender (contact). G-course. Work Experience faculty. face-to-face |
| 2223243 | Applied Physical Education Dance | 3 | 0.5 | 2 | SprAB | Thu2 | Dance Hall | Yonezawa Mayuko | In this class, learns how to use basic body of the dance and gets on various music and move a body. In addition, aims at the making of healthy body by yoga and stretch through a class. | elements by gender (contact). G-course. Work Experience faculty. face-to-face |
| 2225263 | Applied Physical Education Tennis | 3 | 0.5 | 2 | SprAB | Thu2 | Taigei Tennis Hardcourts | jindo takashi | 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. | elements by gender (special rule/pair/team). G-course. face-to-face |
| 2230243 | Applied Physical Education Trim Exercise | 3 | 0.5 | 2 | SprAB | Thu2 | トリム室 | Sakamoto Akihiro | In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health. | Trim action room G-course. Work Experience faculty. face-to-face |
| 2235203 | Applied Physical Education Badminton | 3 | 0.5 | 2 | SprAB | Thu2 | 1st Gymnasium | Tanifuji Chika | 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. face-to-face |
| 2236243 | Applied Physical Education Volleyball | 3 | 0.5 | 2 | SprAB | Thu2 | Volleyball Gymnasium | Akiyama Nakaba | This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work. | G-course. face-to-face |
| 2241223 | Applied Physical Education Flag Football | 3 | 0.5 | 2 | SprAB | Thu2 | SEKISHO Field | Matsumoto Tsuyoshi | We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically. | elements by gender (special rule/pair/team). G-course. face-to-face 各チームの男女数が均等になるように男女混合チームを作ります。 ゲームにおいては、女子特別ルールを設定し、全員が積極的にゲームに関与できるよう工夫を行います。 |

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|---------------|--|----------------------------|-------------|--|--------|-----------------------------------|------------------------|-------------------|---|---|
| 2243243 | Applied Physical Education Bodywork | 3 | 0.5 | 2 | SprAB | Thu2 | 2nd Multi-Purpose Dojo | Kato Toshihiro | 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. face-to-face 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. |
| 2248243 | Applied Physical Education Refresh Movements | 3 | 0.5 | 2 | SprAB | Thu2 | Gymnastics Area | Hasegawa Kiyonao | 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). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2207253 | Applied Physical Education Karate | 3 | 0.5 | 2 | FallAB | Thu2 | 1st Multi-Purpose Dojo | Fumoto Masaki | The purpose of this class is to understand the relation between one's own mind and body, between one's opponent's mind and body, and their interaction, using basic Karate techniques. Basic Karate techniques, including suitable breathing methods, coordination of Karate basic techniques with footwork, Kata, and Kumite will be taught in this class. | elements by gender (contact). G-course. Work Experience faculty. face-to-face mfumoto@tiu.ac.jp 単位認定の対象は、原則として当該授業科目の出席時間数が3分の2以上の者とする。 |
| 2211253 | Applied Physical Education Kendo | 3 | 0.5 | 2 | FallAB | Thu2 | Kendo Dojo | Nabeyama Takahiro | The aim is to develop sparring skills with a partner with full kendo equipment, and furthermore to develop the mind and body. | elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2214253 | Applied Physical Education Shooting Sports | 3 | 0.5 | 2 | FallAB | Thu2 | Archery Training Hall | Saga Hitoshi | 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. You need 500 yen for expendable supplies. G-course. face-to-face |
| 2217233 | Applied Physical Education Swimming | 3 | 0.5 | 2 | FallAB | Thu2 | Indoor Pool | Homma Miwako | Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, synchronised swimming, water polo, life saving and snorkeling etc. | elements by gender (wear). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2221253 | Applied Physical Education Softball | 3 | 0.5 | 2 | FallAB | Thu2 | Baseball Field | Kaneda Takeshi | 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. face-to-face |
| 2222213 | Applied Physical Education Table Tennis | 3 | 0.5 | 2 | FallAB | Thu2 | 3rd Gymnasium | Nonaka Yuki | Upon deepening knowledge concerning sports activities and understanding techniques applicable to different types of sports, apply the acquired knowledge and skills to games and technical practices and develop free thinking on sports activities. | elements by gender (contact). G-course. Work Experience faculty. face-to-face |

| Course Number | Course Name | Instru- ctional Type | Credit s | stand- ard regist- ration year | Term | Meeting Days, Per- iod etc. | Classro- om | Instructor | Course Overview | Remarks |
|---------------|--|----------------------------|-------------|--|---------|-----------------------------------|--------------------------|--------------------|--|---|
| 2223253 | Applied Physical Education Dance | 3 | 0.5 | 2 | Fall AB | Thu2 | Dance Hall | Yonezawa Mayuko | In this class, learns how to use basic body of the dance and gets on various music and move a body. In addition, aims at the making of healthy body by yoga and stretch through a class. | elements by gender (contact). G-course. Work Experience faculty. face-to-face |
| 2225273 | Applied Physical Education Tennis | 3 | 0.5 | 2 | Fall AB | Thu2 | Taigei Tennis Hardcourts | jindo takashi | 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. | elements by gender (special rule/pair/team). G-course. face-to-face |
| 2230253 | Applied Physical Education Trim Exercise | 3 | 0.5 | 2 | Fall AB | Thu2 | トリム室 | Sakamoto Akihiro | In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health. | Trim action room G-course. Work Experience faculty. face-to-face |
| 2235213 | Applied Physical Education Badminton | 3 | 0.5 | 2 | Fall AB | Thu2 | 1st Gymnasium | Tanifuji Chika | 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. face-to-face |
| 2236253 | Applied Physical Education Volleyball | 3 | 0.5 | 2 | Fall AB | Thu2 | Volleyball Gymnasium | Akiyama Nakaba | This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work. | G-course. face-to-face |
| 2241233 | Applied Physical Education Flag Football | 3 | 0.5 | 2 | Fall AB | Thu2 | SEKISHO Field | Matsumoto Tsuyoshi | Emphasis is on further tactical/positional patterns and consideration for team shape/formations. Larger playing areas are gradually introduced, and as before, students take part in game formats on a regular basis. | elements by gender (special rule/pair/team). G-course. face-to-face 各チームの男女数が均等になるように男女混合チームを作ります。ゲームにおいては、女子特別ルールを設定し、全員が積極的にゲームに関与できるよう工夫を行います。 |
| 2243253 | Applied Physical Education Bodywork | 3 | 0.5 | 2 | Fall AB | Thu2 | 2nd Multi-Purpose Dojo | Kato Toshihiro | 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. face-to-face 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. |

| Course Number | Course Name | Instru- ctional Type | Credit s | stand- ard regist- ration year | Term | Meeting Days, Per iod etc. | Classro- om | Instructor | Course Overview | Remarks |
|---------------|--|----------------------------|-------------|--|---------|----------------------------------|-------------------------|------------------|--|--|
| 2248253 | Applied Physical Education Refresh Movements | 3 | 0.5 | 2 | Fall AB | Thu2 | Gymnas- tics Area | Hasegawa Kiyonao | 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). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |

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

| Course Number | Course Name | Instru- ctional Type | Credit s | stand- ard regist- ration year | Term | Meeting Days, Per iod etc. | Classro- om | Instructor | Course Overview | Remarks |
|---------------|--|----------------------------|-------------|--|--------|----------------------------------|---------------------------------------|----------------------|---|---|
| 2208223 | Applied Physical Education Gymnastics | 3 | 0.5 | 2 | Spr AB | Thu3 | Gymnas- tics Stadiu- m | Kanaya Mariko | Through the events of apparatus gymnastics and artistic gymnastics, students will acquire skills according to ability and understand about movements under the theme of "coordination with apparatus" | G-course. face-to-face |
| 2211263 | Applied Physical Education Kendo | 3 | 0.5 | 2 | Spr AB | Thu3 | Kendo Dojo | Nabeyama Takahiro | To begin practicing with Kendo armor also known as bogu to basic fundamental level, as well as learning Kendo etiquette to improve ones mind and body. | elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2212243 | Applied Physical Education Golf | 3 | 0.5 | 2 | Spr AB | Thu3 | Golf Cages | Shiraki Hitoshi | In this course, students will learn about Golf Swing, History, manner, etiquett, rule, history and sportsman ship. Recognize your physical fitness by performing physical fitness measurement. | G-course. face-to-face Clubs are asked to select clubs for their height. |
| 2213263 | Applied Physical Education Soccer | 3 | 0.5 | 2 | Spr AB | Thu3 | 1st Soccer Field | Naruse Kazuya | 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. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face |
| 2214263 | Applied Physical Education Shooting Sports | 3 | 0.5 | 2 | Spr AB | Thu3 | Archer- y Traini- ng Hall | Saga Hitoshi | 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. You need 500 yen for expendable supplies. G-course. face-to-face |
| 2215263 | Applied Physical Education Judo | 3 | 0.5 | 2 | Spr AB | Thu3 | Judo Dojo | Matsui Takashi | Understanding the principle of the Judo techniques and lean the martial arts through experience. | elements by gender (contact). elements by gender (other). G-course. face-to-face T-shirts may be worn under the Judo-wear. |
| 2217243 | Applied Physical Education Swimming | 3 | 0.5 | 2 | Spr AB | Thu3 | Indoor Pool | Takagi Hideki | Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, e.g., skin diving, synchronized swimming, and swim with clothes on. | elements by gender (wear). elements by gender (contact). G-course. face-to-face |
| 2221223 | Applied Physical Education Softball | 3 | 0.5 | 2 | Spr AB | Thu3 | Baseba- ll Field | Nara Takaaki | 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. | elements by gender (special rule/pair/team). G-course. face-to-face |

| Course Number | Course Name | Instru- ctional Type | Credit s | stand- ard regist- ration year | Term | Meeting Days, Per iod etc. | Classro- om | Instructor | Course Overview | Remarks |
|---------------|---|----------------------------|-------------|--|--------|----------------------------------|---------------------------------------|------------------|--|--|
| 2222243 | Applied Physical Education Table Tennis | 3 | 0.5 | 2 | SprAB | Thu3 | 3rd Gymnasium | Ando Shintaro | In this lesson, contents of table tennis skill level are for contents from beginner to intermediate level. Playing table tennis during the class is to raise the level of life skills acquisition through the four experiences (self-disclosure, cooperation, challenge, and enjoyment) inherent in sports activities. In daily life outside the class, we aim to acquire healthy lifestyle including not only physical activity but also nutrition and sleep. | 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. elements by gender (contact). G-course. Work Experience faculty. face-to-face |
| 2223263 | Applied Physical Education Dance | 3 | 0.5 | 2 | SprAB | Thu3 | Dance Hall | Hirayama Motoko | "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. face-to-face |
| 2230263 | Applied Physical Education Trim Exercise | 3 | 0.5 | 2 | SprAB | Thu3 | トリム室 | Saito Mayumi | In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health. | Trim action room G-course. Work Experience faculty. face-to-face |
| 2234243 | Applied Physical Education Basketball | 3 | 0.5 | 2 | SprAB | Thu3 | Basketball Courts | Sakamoto Takuya | Understanding the characteristics of basketball, acquisition of individual tactics (break opponent, take ball from opponent). Acquisition how to utilize technical and tactical fundamentals in games. | elements by gender (equipment). elements by gender (contact). G-course. face-to-face |
| 2235263 | Applied Physical Education Badminton | 3 | 0.5 | 2 | SprAB | Thu3 | 1st Gymnasium | Tanifuji Chika | Learning of Badminton skills | elements by gender (special rule/pair/team). G-course. face-to-face |
| 2237243 | Applied Physical Education Handball | 3 | 0.5 | 2 | SprAB | Thu3 | Handball Field | Fujimoto Miyuki | Acquire fundamental skills through games. | elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face |
| 2240203 | Applied Physical Education Fitness Training | 3 | 0.5 | 2 | SprAB | Thu3 | 2nd Training Area | Tanigawa Satoru | 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. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2245203 | Applied Physical Education Outing Sports | 3 | 0.5 | 2 | SprAB | Thu3 | Practice Field for Outdoor Activities | Sakamoto Akihiro | The goals of this class are 1) to acquire the basic skills for outdoor group activity: initiative games, 2) to understand the knowledge of that, 3) to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the outdoor activity. The class of Spring AB is held in the Yasei no Mori. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face |
| 2208233 | Applied Physical Education Gymnastics | 3 | 0.5 | 2 | FallAB | Thu3 | Gymnastics Stadium | Kanaya Mariko | This class aims to acquire skills according to ability and understand about movements mainly by practicing trampoline under the theme of "control of movements". | G-course. face-to-face |

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|---------------|--|----------------------------|-------------|--|---------|-----------------------------------|-----------------------|-------------------|--|--|
| 2211273 | Applied Physical Education Kendo | 3 | 0.5 | 2 | Fall AB | Thu3 | Kendo Dojo | Nabeyama Takahiro | To wear the Kendo armor or bogu, being able to perform techniques where you strike based on your opponents reaction and to become in sync with your opponent to improve the mind and body. | elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2212253 | Applied Physical Education Golf | 3 | 0.5 | 2 | Fall AB | Thu3 | Golf Cages | Shiraki Hitoshi | 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. face-to-face |
| 2213273 | Applied Physical Education Soccer | 3 | 0.5 | 2 | Fall AB | Thu3 | 1st Soccer Field | Naruse Kazuya | The purpose of this class is to understand the depth of football culture. It is also to learn basic tactics through various games. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face |
| 2214273 | Applied Physical Education Shooting Sports | 3 | 0.5 | 2 | Fall AB | Thu3 | Archery Training Hall | Saga Hitoshi | 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. You need 500 yen for expendable supplies. G-course. face-to-face |
| 2215273 | Applied Physical Education Judo | 3 | 0.5 | 2 | Fall AB | Thu3 | Judo Dojo | Matsui Takashi | understanding the principle of the Judo techniques and lean the martial arts through experience. | I elements by gender (contact). elements by gender (other). G-course. face-to-face T-shirts may be worn under the Judo-wear. |
| 2217253 | Applied Physical Education Swimming | 3 | 0.5 | 2 | Fall AB | Thu3 | Indoor Pool | Takagi Hideki | 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. face-to-face |
| 2221233 | Applied Physical Education Softball | 3 | 0.5 | 2 | Fall AB | Thu3 | Baseball Field | Nara Takaaki | We will deepen our understanding of softball techniques and strategies, and hone our skills so that we may succeed on the playing field. Both in practice and regular season games, we will learn teamwork, cooperation and leadership. | elements by gender (special rule/pair/team). G-course. face-to-face |
| 2222253 | Applied Physical Education Table Tennis | 3 | 0.5 | 2 | Fall AB | Thu3 | 3rd Gymnasium | Ando Shintaro | 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 shoos should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. elements by gender (contact). G-course. Work Experience faculty. face-to-face |
| 2223273 | Applied Physical Education Dance | 3 | 0.5 | 2 | Fall AB | Thu3 | Dance Hall | Hirayama Motoko | "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. face-to-face |

| Course Number | Course Name | Instru- ctional Type | Credit s | stand- ard regist- ration year | Term | Meeting Days, Per iod etc. | Classro- om | Instructor | Course Overview | Remarks |
|---------------|---|----------------------------|-------------|--|---------|----------------------------------|---------------------------------------|------------------|--|---|
| 2230273 | Applied Physical Education Trim Exercise | 3 | 0.5 | 2 | Fall AB | Thu3 | トリム室 | Saito Mayumi | In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health. | Trim action room G-course. Work Experience faculty. face-to-face |
| 2234253 | Applied Physical Education Basketball | 3 | 0.5 | 2 | Fall AB | Thu3 | Basketball Courts | Sakamoto Takuya | 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. | elements by gender (equipment). elements by gender (contact). G-course. face-to-face |
| 2235273 | Applied Physical Education Badminton | 3 | 0.5 | 2 | Fall AB | Thu3 | 1st Gymnasium | Tanifuji Chika | Learning of Badminton skills | elements by gender (special rule/pair/team). G-course. face-to-face |
| 2237253 | Applied Physical Education Handball | 3 | 0.5 | 2 | Fall AB | Thu3 | Handball Field | Fujimoto Miyuki | Think about individual roles in the team Ando acquire the ability to enjoy team sports. | elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face |
| 2240213 | Applied Physical Education Fitness Training | 3 | 0.5 | 2 | Fall AB | Thu3 | 2nd Training Area | Tanigawa Satoru | 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. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face |
| 2245213 | Applied Physical Education Outing Sports | 3 | 0.5 | 2 | Fall AB | Thu3 | Practice Field for Outdoor Activities | Sakamoto Akihiro | The class of Fall AB use Canadian canoe as the teaching materials. The goals of this class are 1) to acquire the basic skills for outdoor group activity, 2) to understand the knowledge of that, 3) to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the Canadian canoe. The class is held in Lake Amakubo Ike. | elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face |