

(2) Physical Education

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

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	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
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.).	I 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. Acquisition of methods of resistance training, jogging and stretching shall also be addressed for lifelong good health.	elements by gender (contact) 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 (contact) 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。
2148173	Basic Physical Education Refresh Movements	3	0.5	1	Fall/AB	Thu1	Gymnastics Area	Horiguchi Aya	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.	elements by gender (contact) elements by gender (special rule/pair/team) G-course Work Experience faculty face-to-face

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2158173	Basic Physical Education Athletic training	3	0.5	1	Fall IAB	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.	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 IAB	Thu1	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.	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 IAB	Thu1	3rd Gymnasium	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 IAB	Thu1	Taigei Tennis Hardcourts	Ohmori Hajime	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	II elements by gender (special rule/pair/team) G-course face-to-face
2135153	Applied Physical Education Badminton	3	0.5	1	Fall IAB	Thu1	1st Gymnasium	Suita Masashi	Raise ability to play badminton.	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 IAB	Thu1	Volleyball Gymnasium	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 IAB	Thu1	Handball 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
2141133	Basic Physical Education Flag Football	3	0.5	1	Fall IAB	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に工夫を行います。

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2130173	Basic Physical Education Trim Exercise	3	0.5	1	FallAB	Thu1	Trim Exercise Room	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

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2505373	Wellness Sports	3	0.5	1	FallC	Intensive		Ohmori Hajime	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 (other) G-course Details will be announced. face-to-face Be sure to attend an orientation.

For students in Life and Environmental Sciences, BPGI

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2211203	Applied Physical Education Kendo	3	0.5	2	SprAB	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	SprAB	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	SprAB	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	SprAB	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 女子は、道着の下にTシャツを着用すること
2216263	Applied Physical Education Jog and walk	3	0.5	2	SprAB	Fri2	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.	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 (wear) elements by gender (contact) G-course face-to-face

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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. Additionally, we will measure our physical fitness through various tests and challenge ourselves to improve based on the results.	elements by gender (special rule/pair/team) G-course face-to-face
2222263	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Fri2	3rd Gymnasium	Ando Shintaro	Deepen your knowledge of sports activities. Through a unique practice method, understanding the technical skills related to various sports scenes by pursuing one sport more deeply. Also work on applied mini-games.	Indoor shoes should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. elements by gender (contact) G-course Work Experience faculty face-to-face
2230223	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Fri2	Trim Exercise Room	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 G-course Work Experience faculty face-to-face
2233203	Applied Physical Education New Sports	3	0.5	2	SprAB	Fri2		Saito Taketoshi	"New sports" subjects are not to implement major sports, but to experience various sports events. For example, Flying Disc, Waking, Indica, 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 (equipment) elements by gender (contact) elements by gender (special rule/pair/team) 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.	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
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
2248243	Applied Physical Education Refresh Movements	3	0.5	2	SprAB	Fri2	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) G-course face-to-face

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
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 (equipment) 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 女子は 道着の下にTシャツを着用すること
2216273	Applied Physical Education Jog and walk	3	0.5	2	FallAB	Fri2	Athletic Field	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.	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
2222273	Applied Physical Education Table Tennis	3	0.5	2	FallAB	Fri2	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
2230233	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	Fri2	Trim Exercise Room	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 G-course Work Experience faculty face-to-face
2233213	Applied Physical Education New Sports	3	0.5	2	FallAB	Fri2		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

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2234273	Applied Physical Education Basketball	3	0.5	2	FallAB	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 (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course face-to-face
2235233	Applied Physical Education Badminton	3	0.5	2	FallAB	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
2237233	Applied Physical Education Handball	3	0.5	2	FallAB	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	FallAB	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.	G-course Work Experience faculty face-to-face
2241273	Applied Physical Education Flag Football	3	0.5	2	FallAB	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	FallAB	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
2248253	Applied Physical Education Refresh Movements	3	0.5	2	FallAB	Fri2	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) G-course face-to-face

For students in International Social Studies

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2207243	Applied Physical Education Karate	3	0.5	2	SprAB	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
2211243	Applied Physical Education Kendo	3	0.5	2	SprAB	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	SprAB	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

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2215243	Applied Physical Education Judo	3	0.5	2	SprAB	Thu2	Judo Dojo	Komata Koji	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 女子は 道着の下にTシャツを着用すること
2217223	Applied Physical Education Swimming	3	0.5	2	SprAB	Thu2	Indoor Pool	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	Ohmori Hajime	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	G-course face-to-face
2230243	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Thu2	Trim Exercise Room	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
2234203	Applied Physical Education Basketball	3	0.5	2	SprAB	Thu2	Basketball Courts	Otaka Toshihiro	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.	elements by gender (equipment) elements by gender (contact) G-course 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に工夫を行います。

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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 男女の区別なくペアワーク(トレーニングの補助やスポーツマッサージ等)が行われることがあります。ペアワークが苦手な方は単独で行うことができます。ペアの組み方は自由です。奇数の場合は3人組になることもあります。
2207253	Applied Physical Education Karate	3	0.5	2	FallAB	Thu2	1st Multi-Purpose Dojo	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
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
2215253	Applied Physical Education Judo	3	0.5	2	FallAB	Thu2	Judo Dojo	Komata Koji	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 女子は 道着の下にTシャツを着用すること
2217233	Applied Physical Education Swimming	3	0.5	2	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
2223253	Applied Physical Education Dance	3	0.5	2	FallAB	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	FallAB	Thu2	Taigei Tennis Hardcourts	Ohmori Hajime	In addition to fundamental skills and tactics learned in spring semester, tennis skills of intermediate level will be learned, including smash, lob, spin service and more.	G-course face-to-face
2230253	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	Thu2	Trim Exercise Room	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

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2234213	Applied Physical Education Basketball	3	0.5	2	FallAB	Thu2	Basketball Courts	Otaka Toshihiro	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.	elements by gender (equipment) elements by gender (contact) G-course face-to-face
2235213	Applied Physical Education Badminton	3	0.5	2	FallAB	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	FallAB	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	FallAB	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に工夫を行います。
2243253	Applied Physical Education Bodywork	3	0.5	2	FallAB	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 男女の区別なくペアワーク(トレーニングの補助やスポーツマッサージ等)が行われることがあります。ペアワークが苦手な方は単独で行うことができます。ペアの組み方は自由です。奇数の場合は3人組になることもあります。

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

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2208223	Applied Physical Education Gymnastics	3	0.5	2	SprAB	Thu3	Gymnastics Stadium	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"	elements by gender (contact) G-course face-to-face
2211263	Applied Physical Education Kendo	3	0.5	2	SprAB	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	SprAB	Thu3	Golf Cage	Shiraki Hitoshi	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsmanship. Recognize your physical fitness by performing physical fitness measurement.	G-course face-to-face
2213263	Applied Physical Education Soccer	3	0.5	2	SprAB	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	SprAB	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

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2215263	Applied Physical Education Judo	3	0.5	2	SprAB	Thu3	Judo Dojo	Komata Koji	understanding the principle of the Judo techniques and lean the martial arts through experience.	lements by gender (contact) lements by gender (other) G-course face-to-face 女子は 道着の下にTシャツを着用すること
2217243	Applied Physical Education Swimming	3	0.5	2	SprAB	Thu3	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.	lements by gender (wear) lements by gender (contact) G-course face-to-face
2221223	Applied Physical Education Softball	3	0.5	2	SprAB	Thu3	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. Additionally, we will measure our physical fitness through various tests and challenge ourselves to improve based on the results.	lements by gender (special rule/pair/team) G-course face-to-face
2222243	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Thu3	3rd Gymnasium	Ando Shintaro	Deepen your knowledge of sports activities. Through a unique practice method, understanding the technical skills related to various sports scenes by pursuing one sport more deeply. Also work on applied mini-games.	Indoor shoos should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. lements 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.	lements by gender (contact) G-course Work Experience faculty face-to-face
2230263	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Thu3	Trim Exercise Room	Saitoh 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	Otaka Toshihiro	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.	lements by gender (equipment) lements by gender (contact) G-course face-to-face
2235263	Applied Physical Education Badminton	3	0.5	2	SprAB	Thu3	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.	lements by gender (special rule/pair/team) G-course face-to-face
2237243	Applied Physical Education Handball	3	0.5	2	SprAB	Thu3	Handball Field	Fujioto Miyuki	Acquire fundamental skills through games.	lements by gender (special rule/pair/team) G-course Available for students related to a cooperation system face-to-face
2240203	Applied Physical Education Fitness Training	3	0.5	2	SprAB	Thu3	2nd Training Area	Tanigaw Sstoru	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.	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.	lements by gender (contact) lements by gender (special rule/pair/team) G-course face-to-face

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2208233	Applied Physical Education Gymnastics	3	0.5	2	Fall/AB	Thu3	Gymnastics Stadium	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"	elements by gender (contact) G-course face-to-face
2211273	Applied Physical Education Kendo	3	0.5	2	Fall/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
2212253	Applied Physical Education Golf	3	0.5	2	Fall/AB	Thu3	Golf Cage	Shiraki Hitoshi	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsmanship. Recognize your physical fitness by performing physical fitness measurement.	G-course 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 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
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	Komata Koji	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 女子は 道着の下にTシャツを着用すること
2217253	Applied Physical Education Swimming	3	0.5	2	Fall/AB	Thu3	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 (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	Through softball practice and our regular season games, we will develop our ability to work in a team and overcome challenges together. We will primarily focus on preparation and defensive practice for the first half of the semester, and will enter the regular season in the second half of the semester. Additionally, we will measure our physical fitness through various tests and challenge ourselves to improve based on the results.	elements by gender (special rule/pair/team) G-course face-to-face
2222253	Applied Physical Education Table Tennis	3	0.5	2	Fall/AB	Thu3	3rd Gymnasium	Ando Shintaro	Deepen your knowledge of sports activities. Through a unique practice method, understanding the technical skills related to various sports scenes by pursuing one sport more deeply. Also work on applied mini-games.	Indoor 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 Work Experience faculty face-to-face

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2230273	Applied Physical Education Trim Exercise	3	0.5	2	Fall AB	Thu3	Trim Exercise Room	Saitoh 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	Otaka Toshihiro	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.	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	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
2237253	Applied Physical Education Handball	3	0.5	2	Fall AB	Thu3	Handball Field	Fujioto Miyuki	Acquire fundamental skills through games.	elements by gender (special rule/pair/team) G-course Available for students related to a cooperation system 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.	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 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

For students in IDE

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2311283	Advanced Physical Education Kendo	3	0.5	3	Spr AB	Mon4	Kendo Dojo	Arita Yuji	The goal is to understand and deepen the enjoyment of KENDO through Kata training using wooden swords. By doing so, we aim to improve the quality of life in the future.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course face-to-face
2313283	Advanced Physical Education Soccer	3	0.5	3	Spr AB	Mon4	1st Soccer Field	Koido Masaaki	Understand the characteristics of the sport of soccer and aim to acquire the skills and tactics necessary to enjoy the game.	elements by gender (contact) elements by gender (special rule/pair/team) G-course Work Experience faculty face-to-face
2314283	Advanced Physical Education Shooting Sports	3	1.0	3	Spr AB Spr C	Mon4 Intensive	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 1000 yen for expendable supplies. G-course face-to-face
2317283	Advanced Physical Education Swimming	3	0.5	3	Spr AB	Mon4	Indoor Pool	Sakaue Hiroyuki	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, water polo, artistic swimming, Diving, life saving and skin diving etc.	elements by gender (wear) elements by gender (contact) elements by gender (special rule/pair/team) G-course Work Experience faculty face-to-face

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2321283	Advanced Physical Education Soft Ball	3	0.5	3	SprAB	Mon4	Multiple Purpose Sports Ground	Kiuchi Atsushi	In the practice of softball during the class, you work with a variety of others to embody JUNDO-SIESHO. In outside of the class of daily living, physical activity based on the results of physical fitness test to be carried out in May will be appropriately planned and put into practice.	elements by gender (special rule/pair/team) G-course face-to-face
2322283	Advanced Physical Education Table Tennis	3	0.5	3	SprAB	Mon4	3rd Gymnasium	Nonaka Yuki	In addition to learning the essence of table tennis techniques, students will deepen their knowledge of sports activities as they progress.	elements by gender (contact) G-course Work Experience faculty face-to-face
2323283	Advanced Physical Education Dance	3	0.5	3	SprAB	Mon4	Dance Hall	Zushi Miwa	Students will also learn about their own sports life and sports culture through practical skills.	elements by gender (contact) G-course face-to-face
2330283	Advanced Physical Education trim Exercise	3	0.5	3	SprAB	Mon4	Trim Exercise Room	Fukuda Takashi		G-course Work Experience faculty face-to-face
2340283	Advanced Physical Education Fitness Training	3	0.5	3	SprAB	Mon4	2nd Multiple Purpose Dojo	Masegi Seiya	Through aerobic exercise and strength exercises targeting the core, students will experience feeling, thinking, and challenging to improve their physical ability.	elements by gender (special rule/pair/team) G-course face-to-face
2311293	Advanced Physical Education Kendo	3	0.5	3	FallAB	Mon4	Kendo Dojo	Arita Yuji	The goal is to understand and deepen the enjoyment of KENDO through Kata training using wooden swords. By doing so, we aim to improve the quality of life in the future.	elements by gender (equipment) elements by gender (contact) elements by gender (special rule/pair/team) G-course face-to-face
2313293	Advanced Physical Education soccer	3	0.5	3	FallAB	Mon4	1st Soccer Field	Koide Masaaki	Understand the characteristics of the sport of soccer and aim to acquire the skills and tactics necessary to enjoy the game.	elements by gender (contact) elements by gender (special rule/pair/team) G-course Work Experience faculty face-to-face
2316293	Advanced Physical Education Jog and walk	3	1.0	3	FallAB FallC	Mon4 Intensive	Athletic Field	Yoshiharu Nabekura	In this course, students will learn their health promotion, and how to enjoy jogging. And you should join the 2 events instead of spring term. 2 events are running the Tsukuba Marathon and/or hiking to Mt. Tsukuba etc.	.5credit (intensive course): you should join 2 events, 1) the Tsukuba Marathon (10km/Full) end of Nov. 2) hike Mt. Tsukuba around end of Nov. elements by gender (contact) elements by gender (special rule/pair/team) G-course face-to-face
2317293	Advanced Physical Education Swimming	3	0.5	3	FallAB	Mon4	Indoor Pool	Sakaue Hiroyuki	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, water polo, artistic swimming, Diving, life saving and skin diving etc.	elements by gender (wear) elements by gender (contact) elements by gender (special rule/pair/team) G-course face-to-face
2321293	Advanced Physical Education Soft Ball	3	0.5	3	FallAB	Mon4	Multiple Purpose Sports Ground	Kiuchi Atsushi	In the practice of softball during the class, you work with a variety of others to embody JUNDO-SIESHO. In outside of the class of daily living, physical activity based on the results of physical fitness test to be carried out in May will be appropriately planned and put into practice.	elements by gender (special rule/pair/team) G-course face-to-face

Course Number	Course Name	Instructional Type	Credits	standard registration year	Term	Meeting Days, Period etc.	Classroom	Instructor	Course Overview	Remarks
2322293	Advanced Physical Education Table Tennis	3	0.5	3	Fall IAB	Mon4	3rd Gymnasium	Nonaka Yuki	In addition to learning the essence of table tennis techniques, students will deepen their knowledge of sports activities as they progress.	elements by gender (contact) G-course Work Experience faculty face-to-face
2323293	Advanced Physical Education Dance	3	0.5	3	Fall IAB	Mon4	Dance Hall	Zushi Miwa	Students will also learn about their own sports life and sports culture through practical skills.	elements by gender (contact) G-course face-to-face
2329293	Advanced Physical Education Track & Field	3	1.0	3	Fall IAB Fall IC	Mon4 Intensive	Athletic Field	Tanigaw Sstoru	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. elements by gender (contact) elements by gender (special rule/pair/team) G-course face-to-face
2330293	Advanced Physical Education trim Exercise	3	0.5	3	Fall IAB	Mon4	Trim Exercise Room	Fukuda Takashi		Intensive lectures will be held during the fall semester with morning practice and climbing Mt. Tsukuba.
2340293	Advanced Physical Education Fitness Training	3	0.5	3	Fall IAB	Mon4	2nd Multi-purpose Dojo	Masegi Seiya	Through aerobic exercise and strength exercises targeting the core, students will experience feeling, thinking, and challenging to improve their physical ability.	elements by gender (special rule/pair/team) G-course face-to-face