

Code	10127		
Class name	Instrumental movement		
Semester	1st	Lecture target	1
Unit Classification	Elective	Unit count	1
Charge teacher	S.Arai		
Category	Professional education subjects		
Class style	Lecture and Seminar		
Class time	Wed/2		
NO.	Cd11157w		

Professional career-experienced <input checked="" type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class
Languag <input type="checkbox"/> using languages other than Japanese
Active learning elements <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input type="checkbox"/> practical training,fieldwork

Class outline,goal
Understand the structure of the technique and the order and systematicity of the technique by learning the basic techniques mainly on the horizontal bar exercise, the vaulting box exercise, and the mat exercise.
Class plan
1. Introduction, 2.Preparation / organization exercise, flexibility / stretching 3.Horizontal bar movement ① 4.Horizontal bar movement ② 5.Vaulting box exercise ① 6.Vaulting box exercise ② 7.Mat exercise ① 8.Mat exercise ② 9.Mat exercise ③ 10.Mat exercise ④ 11.Mat exercise ⑤ 12.Mat exercise ⑥

13. Mat exercise ⑦
14. Mat exercise ⑧
15. Acting presentation
No regular test
Grading method
Understand the characteristics of instrumental movement. Understand the instrumental exercises handled in school physical education. Improve the ability to observe oneself and others and acquire the ability to evaluate exercise.
Acquire the skills handled in the course of study.
Assigned books
nothing special
Classroom equipment
PC, projector
Advice on preparation and review
Preparation) Search for related videos and create an image of the instrumental exercise skills performed in class. Review) Review the materials to be distributed again to deepen your understanding.
Class rules
<ul style="list-style-type: none"> • Those who are late at the time of attendance confirmation will be treated as late • If 20 minutes have passed since the class started, it will be treated as absent.
Grading Criteria
Understanding of the characteristics of instrumental movement (30%) Practical test (50%) Attitude during class (20%)
Feedback method
I will comment on the assignments and the results of the work in the class each time.
Note
Questions and assistance from instructors are accepted during and after class.
Office hour
None (If you have any questions, we will accept them before and after class.)
Improvements from the results of the previous year's class evaluation questionnaire
nothing special