

Code	10139		
Class name	Sports for the elderly		
Semester	2nd	Lecture target	1
Unit Classification	Elective	Unit count	2
Charge teacher	Takahiro Igawa		
Category	Professional education subjects		
Class style	Seminar		
Class time	Thu/2		
NO.			

Professional career-experienced

- a course taught by a teacher with practical experience

On practical contents related to class

Based on my work experience as a lecturer in the middle-aged and elderly exercise class, I will give lectures on how to teach exercise to extend healthy life expectancy and the significance of exercising for the elderly in sports.

Languag

- using languages other than Japanese

Active learning elements

- problem-solving-learning in cooperation with external organizations based on agreements
- discussion,debate
- group work
- presentation
- practical training,fieldwork

Class outline,goal

- Understand the factors that shorten healthy life expectancy
- Understand various information for creating an exercise program for the elderly

Class plan

1.orientation 2.Exercise to extend healthy life expectancy 1 3.Exercise to extend healthy life expectancy 2 4.Physical fitness test for the elderly 5.Strength training 1 6.Strength training 2 7.Balance training 8.Dual task training 1 9.Dual task training 2 10.Dual task training 3 11.Dual task training 4 12.Group announcement 1 13.Group announcement 2 14.Group announcement 3 15.Group announcement 4
Grading method
final exam
Assigned books
Prepare handouts.
Classroom equipment
Prepare handouts.
Advice on preparation and review
Check the syllabus and review the preparation.
Class rules
The sixth and subsequent absence is not permitted.
Grading Criteria
Your overall grade in the class will be decided based on the following: - Class attendance and attitude in class: 20% - Short reports: 30% - Presentation: 50%
Feedback method
The faculty member will correct the report.
Note

Students who are interested in teaching sports, such as training instructors and physical education teachers, should take this class.

Office hour

Tuesday 1 st period

Improvements from the results of the previous year's class evaluation questionnaire

Nothing