

Code	12007		
Class name	Physical Fitness Testing		
Semester	2nd	Lecture target	2
Unit Classification	Elective	Unit count	2
Charge teacher	Takahiro Igawa		
Category	Professional education subjects		
Class style	Seminar		
Class time	Intensive course		
NO.	Cb22149w		

Professional career-experienced

a course taught by a teacher with practical experience
On practical contents related to class

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 what physical fitness is, and actually measure various physical fitness items to evaluate the current state of physical fitness of each individual.
- Deepen understanding of various sports, physical fitness measurement methods and risks according to the target person.

Class plan

1.orientation 2.Data-based exercise prescription 3.Data aggregation 4.Alignment measurement 1 5.Alignment measurement 2 6.Physical fitness test in early childhood and school age 7.New physical fitness test 1 8.New physical fitness test 2 9.New physical fitness test 3 10.Field test 1 11.Field test 2 12.Field test 3 13.Laboratory test 14.Physical fitness profile test analysis 15.Feedback
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: 30% - Short reports: 70%
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