

Code	10332		
Class name	Practicum in Health and Sports (Swimming)		
Semester	1st semester	Lecture target	2
Unit Classification	Elective	Unit count	2
Charge teacher	Takaharu KUNIKI Ph.D.		
Category	Professional education subjects		
Class style	Practice		
Class time	Wed/1,2		
NO.			

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

By the end of the course, students should be able to do the following:

- (1) You can swim a long distance with multiple swimming methods.
- (2) You can understand age, gender, and characteristics at the developmental stage and provide guidance.

Class plan

<ol style="list-style-type: none"> (1) Nature of water, safety measures before underwater exercise, biological reaction (2) Water entry / exit, float, treading water (3) PFD (life jacket) wearing, clothing swimming, rescue procedure (4) Aquabics (underwater walking) (5) Aquabics (underwater resistance movement) (6) Streamline, breathing, swimming movements (basic) (7) Back stroke: Basic swimming method, turn (8) Back stroke: Teaching method (9) Crawl stroke: basic swimming method, turn (10) Crawl stroke: Teaching method (11) Breast stroke: Basic swimming method, turn (12) Breast stroke: Teaching method (13) Butterfly stroke: Basic swimming method, turn (14) Butterfly stroke: Teaching method (15) Summary of this subject
Grading method
<ol style="list-style-type: none"> 1) Attitude to work on class ((1) attendance, (2) willingness to learn) 2) Department test (theory of swimming underwater exercise, knowledge about water safety) 3) Skill test (skill proficiency)
Assigned books
<ul style="list-style-type: none"> • Japan Swimming Federation (2012) Swimming instruction textbook. • Japan Lifesaving Association (2012) Water Safety Textbook. • Health and Physical Fitness Foundation (2009) Textbook for training health exercise instructors.
Classroom equipment
Kickboard, rescue tube, slow rope, PFD (life jacket), backboard
Advice on preparation and review
It is desirable to actively use the pool during non-class hours to review the acquisition of swimming techniques.
Class rules
This class lasts 2 credit hours (180 minutes) at a time.
Grading Criteria
<ol style="list-style-type: none"> 1) Attendance, attitude: (35/100) 2) Department test: (30/100) 3) Skill test: (35/100)

Feedback method
Correspond individually.
Note
It is possible to become a licensed: Water Safety of JLA.
Office hour
at 726: Kuniki's Lab.
Improvements from the results of the previous year's class evaluation questionnaire
Flexibly handled in accordance with the situation.