

Code	12022		
Class name	Outdoor Education & Activities II : Aqua Sports		
Semester	1st	Lecture target	2
Unit Classification	Elective	Unit count	2
Charge teacher	Takaharu KUNIKI Ph.D.		
Category	Professional education subjects		
Class style	Seminar and Practice		
Class time			
NO.	Ck21210w		

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 cultivate how to enjoy aqua sports and outdoor activities according to your age and physical strength throughout your life.
- (2) You can acquire social skills such as manners and cooperation.
- (3) You can learn the teaching method according to your age and physical strength.

Class plan

- (1) guidance
- (2) Purpose and significance / Rules and manners / About environmental education
- (3) About the relationship between humans and nature
- (4) Risk management
- (5) How to manage and handle inflatable craft
- (6) How to manage and handle hard craft
- (7) Information retrieval of weather and sea conditions
- (8) Information retrieval around the training site (geography)
- (9) Making "Practice Guidelines" (1)
- (10) Making "Practice Guidelines" (2)
- (11) Making "Practice Guidelines" (3)
- (12) Preparation of equipment and materials before departure of training
- (13) Reflection in the first half of class
- (14) Admission information / Confirmation of evacuation routes in the event of a disaster
- (15) Buddy system
  
- (16) Water risk management & Water safety
- (17) Rowing training (1)
- (18) Rowing training (2)
- (19) Sea kayaking (1)
- (20) Sea kayaking (2)
- (21) Body Surfing (1)
- (22) SUP (Stand up paddle board )
- (23) Surfing activities
- (24) Snorkeling activities
- (25) Water rescue training (Rescue tube)
- (26) Water rescue training (Rescue board)
- (27) Outdoor cooking (1)
- (28) Outdoor cooking (2)
- (29) How to repair of training equipments
- (30) Summary of this subject

#### Grading method

Your final grade will be calculated according to the following process:

- (1) Attendance, Reports
- (2) Quality of the students 'skill

#### Assigned books

<ul style="list-style-type: none"> <li>• Japan Lifesaving Association (2016) "Cardiopulmonary Resuscitation Textbook"</li> <li>• Japan Swimming Federation ed. (2019) "Swimming Guidance Textbook"</li> <li>• Japan Lifesaving Association (2019) "Water Safety Textbook"</li> <li>• Japan Lifesaving Association (2018) "Surf Life Saving Textbook"</li> <li>• Japan Recreational Canoe Association (2013) "Canoeing Sports Basics"</li> <li>• Isamu Tatsuno (2013)"Introduction to Canoeing &amp; Kayaking"</li> <li>• NALU editorial department (2017) "Book to become a surfer"</li> <li>• Akira Mori (2012) "A Book That Understands the Meteorology of the Sea"</li> </ul>
Classroom equipment
Rescue Board, Rescue Tube, PFD, SUP, Paddle, Surfboard, Backboard, Kickboard, Snorkel and Mask, Fins, Little-Anne, AED trainer, Rope, etc.
Advice on preparation and review
It is a good idea to check the history of marine leisure and sports.
Class rules
<ul style="list-style-type: none"> <li>• Class contents may change depending on bad weather and sea conditions.</li> <li>• It is desirable to take a "swimming" class.</li> </ul>
Grading Criteria
Comprehensive evaluation based on class attendance, class activities, and reports on post-learning.
Feedback method
Correspond individually.
Note
It is possible to become a licensed: "Water Safety" or "Surf Lifesaver" 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.