

Code	10026		
Class name	Physical strength training theory		
Semester	1st	Lecture target	3
Unit Classification	Elective	Unit count	2
Charge teacher	Takahiro Igawa		
Category	Professional education subjects		
Class style	Lecture		
Class time	Wed/2		
NO.	Ca31140w、Cb31150w		

Professional career-experienced <ul style="list-style-type: none"> <input checked="" type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class <p>Based on his experience as an athletic training room staff, he will give lectures on physical changes caused by training and the scientific basis of various types of training.</p>
Languag <ul style="list-style-type: none"> <input type="checkbox"/> using languages other than Japanese
Active learning elements <ul style="list-style-type: none"> <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input checked="" type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input type="checkbox"/> practical training,fieldwork

Class outline,goal
<ul style="list-style-type: none"> ・ To understand the microstructure of the body and its mechanism that change with training ・ Deepen your understanding of various sports, targeted training and risks.
Class plan

- 1.orientation
- 2.Training Principles
- 3.
- 4.Weight training
- 5.Training program planning
- 6.conditioning
- 7.Plyometrics, SAQ
- 8.Warming up and cooling down
- 9.Coordination training
- 10.Endurance training 1
- 11.Endurance training 2
- 12.Training to prevent sports injuries and disabilities
- 13.Dual task training
- 14.Periodization
- 15.Training management

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%
- Term-end examination: 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