

Code	10013		
Class name	Theory of Health Oriented Sports and Exercise		
Semester	1st	Lecture target	3
Unit Classification	Elective	Unit count	2
Charge teacher	Okano Ryosuke		
Category	Professional education subject		
Class style	Lecture		
Class time	Tue/1		
NO.	Cb31152w		

Professional career-experienced <input checked="" type="checkbox"/> a course taught by a teacher with practical experience On practical contents related to class
Language <input checked="" type="checkbox"/> using languages other than Japanese
Active learning elements <input type="checkbox"/> problem-solving-learning in cooperation with external organizations based on agreements <input type="checkbox"/> discussion,debate <input checked="" type="checkbox"/> group work <input type="checkbox"/> presentation <input type="checkbox"/> practical training,fieldwork

Class outline,goal From a welfare point of view of improving and cultivating the social welfare and enhancement of the culture, the aim of this course is to help students understand the condition of sports and exercise for promotion of physical fitness and health, the exercise content for the elderly and handicapped, the preventive method of metabolic syndrome and locomotive syndrome, the motor control by brain, the effect of aerobic exercise on lifestyler-related diseases and the preventive method of sports injury seen from the mechanical phase.
Class plan 1. Introduction 2. Principle of training 3. Effect of warming-up and cooling-down on body 4. Exercise for the elderly 5. Exercise for the handicapped 6. Exercise therapy 7. Aerobic exercise1(Hypokinetic disease, Maximal oxygen intake and Prevention of lifestyle-related diseases and so on)

8. Aerobic exercise (Effect of aerobic exercise on body, Psychological and social effect of aerobic exercise, Runners high and Running addiction)
9. Exercise for the prevention of metabolic syndrome
10. Exercise for the prevention of locomotive syndrome
11. Lightning strike during sports
12. Sports and brain (How to use the brain to win the game and so on)
13. Fluid mechanics and sports (Style of ski jump, Surface of soccer ball, Swimming method)
14. Sports injury seen from the mechanical phase.
15. Review and reflection

No final exam

Grading method

Grading will be decided based on final report and quiz of each class.

Assigned books

Related document will be distributed at each class.

Classroom equipment

Video equipment (using video or DVD)

Advice on preparation and review

Check lecture contents at each class and read the references and documents of each class.

Class rules

You must refrain from speaking privately and using your smart phone during lecture.

Grading Criteria

Your final grade will be calculated according to the following process: Final report(95%) and quiz of each class(5%).

Feedback method

The submissions will be checked and returned them with some comments.

Note

Late will be severely prohibited. You must refrain from putting your smart phone on your desk.

Office hour

The 2nd period on Friday

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

More preparation and review will be required