

Code	10208		
Class name	Movement Theory of Sports		
Semester	2nd	Lecture target	3
Unit Classification	Elective	Unit count	2
Charge teacher	NISHI Hirofumi · OKAZAKI Yusuke · IGAWA Takahiro		
Category	Professional education subjects		
Class style	Lecture and Seminar		
Class time	Mon/3		
NO.	Cd32175w		

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

To understand the points of instruction by analyzing the basic "movement" characteristics of various sports from the viewpoints of physiology, kinematics, and behavior.
To understand the technique objectively and subjectively, and think of an effective coaching that helps learners who are not good at exercising to acquire good movement.

Class plan

<p>Lesson 1. Guidance Class plan, Method of evaluating result, What is movement Theory of Sports?</p> <p>Lesson 2. Coaching point (Badminton 1) Techniques of badminton (group work)</p> <p>Lesson 3, Coaching point (Badminton 2) Technical coaching, Group practice (discussion,debate)</p> <p>Lesson 4, Coaching point (Table tennis 1) Techniques of table tennis (group work)</p> <p>Lesson 5, Coaching point (Table tennis 2) Technical coaching, Group practice (discussion,debate)</p> <p>Lesson 6, Coaching point (Baseball 1) Techniques of throwing (group work)</p> <p>Lesson 7, Coaching point (Baseball 2) Techniques of batting, Technical coaching (group work)</p> <p>Lesson 8, Coaching point (Baseball 3) Technical coaching, Group practice (discussion,debate)</p> <p>Lesson 9, Coaching point (Soccer 1) Techniques of soccer (group work)</p> <p>Lesson 10, Coaching point (Soccer 2) Technical coaching, Group practice (discussion,debate)</p> <p>Lesson 11, Coaching point (Rugby 1) Techniques of rugby (group work)</p> <p>Lesson 12, Coaching point (Rugby 2) Technical coaching, Group practice (discussion,debate)</p> <p>Lesson 13, Coaching point (Volleyball 1) Techniques of volleyball (group work)</p> <p>Lesson 14, Coaching point (Volleyball 2) Technical coaching, Group practice (discussion,debate)</p> <p>Lesson 15, Summary 1 Summary of techniques and coaching</p>
Grading method
<p>1) Ability to understand the characteristics of various sports and find points for technical coaching.</p> <p>2) Ability to analyze technical coaching problems.</p>
Assigned books
Relevant references and textbooks will be introduced in the class.
Classroom equipment
Video equipemant
Advice on preparation and review

Preparation: Check the rules and techniques of each sport. (about 25 min)
Review: Organize the cases explained in this class.(about 15 min)
Class rules
Never be late.
Grading Criteria
1) Class participation(40/100)
2) Paper(60/100)
Feedback method
I will explain by speaking every time.
Note
Students in teacher-training course should take this class.
Office hour
THU/1
Improvements from the results of the previous year's class evaluation questionnaire
none