

Code	10153		
Class name	Athletics		
Semester	2nd	Lecture target	3
Unit Classification	Elective compulsory	Unit count	1
Charge teacher	Y.Okazaki		
Category	Professional education subjects		
Class style	Practice		
Class time	Fri/2		
NO.	Cd32171w		

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

• Acquire basic skills of various eyes through practical skills of athletics

Class plan

1. Introduction
- 2.Sprint
- 3.Hurdling③
- 4.Hurdling④
- 5.Hurdling⑤
- 6.relay①
- 7.relay②
- 8.Shot put
- 9.Discus/Javelin throw
- 10.Long jump①
- 11.Long jump②
- 12.High jump
- 13.Long-distance running

14.Long-distance running
15.General overview
Do not carry out regular tests
Grading method
1.Acquire basic knowledge about athletics rules and equipment
2.Acquire basic skills of various eyes in athletics
3.Understand knowledge and teaching methods when teaching athletics
Assigned books
<ul style="list-style-type: none"> <li>• Kids athletics, JAAF</li> <li>• Athletics to learn from the basics, JAAF</li> </ul>
Classroom equipment
<ul style="list-style-type: none"> <li>• Tablet</li> <li>• PC</li> </ul>
Advice on preparation and review
<ul style="list-style-type: none"> <li>• preparation : Prepare in advance for the rules and actions of each item (About 15 minutes)</li> <li>• review:Review focusing on the lesson content (About 15 minutes)</li> </ul>
Class rules
<ul style="list-style-type: none"> <li>• Non-cooperative students are not allowed to take the course in order to exchange opinions and gather opinions among the students.</li> <li>• Required subjects for those who have completed the teaching profession</li> <li>• Those who are late or cannot meet the deadline for submitting assignments will be subject to deductions.</li> </ul>
Grading Criteria
Your overall grade in the class will be decided based on the following: <ul style="list-style-type: none"> <li>• knowledge : 20%</li> <li>• Skill 60%</li> <li>• KEYNOTE evaluation 20%</li> </ul>
Feedback method
<ul style="list-style-type: none"> <li>• We will teach you individually about difficult movements and events that you are not good at.</li> </ul>
Note
<ul style="list-style-type: none"> <li>• Please value the perspective when you are in a position to teach</li> </ul>
Office hour
<ul style="list-style-type: none"> <li>• Tuesday 1st</li> <li>• Thursday 3rd</li> </ul>
Improvements from the results of the previous year's class evaluation questionnaire
<ul style="list-style-type: none"> <li>• Focus not only on acquiring skills but also on knowledge of rules and refereeing methods</li> </ul>