

Code	10230		
Class name	Physical Fitness		
Semester	1st	Lecture target	3
Unit Classification	Elective	Unit count	1
Charge teacher	Takahiro Igawa		
Category	Professional education subjects		
Class style	Seminar		
Class time	Wed/3		
NO.			

Professional career-experienced

- a course taught by a teacher with practical experience

On practical contents related to class

Based on my work experience as an athletic training room staff, I will teach you how to condition and train in health sports training (physical training).

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

- Learn safe and effective training practices
- Learn training theory and methods to learn teaching methods

Class plan

1.orientation 2.Flexibility 3.Endurance 4.Stabilization 5.Self-weight training: lower limbs 6.Self-weight training: upper limbs 7.Self-weight training: power 8.SAQ: speed 9.SAQ: agility & quickness 10.Training plan 11.Athletic rehabilitation 12.Plyometrics 13.Free weight training 14.Group work 15.Group announcement
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% - Reports: 40% - Term-end examination: 40%
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