

Code	10400		
Class name	Health and Sports		
Semester	1st	Lecture target	1
Unit Classification	Elective	Unit count	2
Charge teacher	Okano Ryosuke		
Category	Basic education subject		
Class style	Lecture		
Class time	Tue/5		
NO.	Ba11031w、Bi11125w、Ca11135w		

Professional career-experienced

- a course taught by a teacher with practical experience
- On practical contents related to class

Language

- 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

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 importance of lifestyle and health, the method of safe exercise practice, sports vision, bone mineral density, the characteristic and history of various sports, physical fitness, physical training, sports injury and some others.

Class plan

- 1.Introduction, Personal Sports 1(Track and Field and so on)
- 2.Sports injury (Human motor organ and sports injury)
- 3.Nutrition (Relationship of nutrients and exercise Glycogen loading)
- 4.Personal Sports 2(Ski jump, Speed skate,Moguls and so on)
- 5.Osteoporosis (Relationships of nutrients and exercise with bone mineral density, Prevention method of osteoporosis)
- 6.Doping (History of doping, World trend of doping, Sorts of doping medicine, Famous doping athletes, Side effects of doping, Gene doping)

7. Drinking (Stages of getting drunk with alcohol, Relationships of getting drunk alcohol with acetaldehyde, Prevention method of handover and so on)
8. Collective sports (History of world and Japan Soccer and so on)
9. Smoking (Ingredients of cigarette smoke, Influence of smoking on body, Passive smoking, Method of nonsmoking)
10. Drowning (Causes of drowning, Prevention method of drowning and so on)
11. Sleep (Sorts of sleep, Sleeping phase and character, How to sleep well, Body clock and biorhythm, sleep disorder and prevention method to it)
12. Physical fitness and physical training (Physical fitness for behavior and for protection, Principles of training, muscle strength training, Muscle endurance training, Whole body endurance training)
13. Personal Sports³ (Marathon)
14. Sports vision and sports dentistry (Sorts of sports vision, Current status of the utilization in professional sports, Importance of tooth in sports, Fear of periodontal disease and prevention method to it)
15. Personal sports⁴ (Boxing, The title match among Muhammad Ali, Gerge Foreman, Joe Fraizer and ken Norton)

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
The quantity of board out will be sorted out.