

Code	10036		
Class name	Physical Education I		
Semester	1st	Lecture target	1
Unit Classification	Elective compulsory	Unit count	1
Charge teacher	R.Okano, Y.Okazaki, H.Nishi, M.Toriyama		
Category	Basic educational subjects		
Class style	Practice		
Class time	Fri/1		
NO.	Bi11126w、Cj11201w		

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

This course introduces the importance of sports and physical activities to students taking this course.

Class plan

1. Introduction
- 2.Table tennis / Valley ball / Badminton etc.
- 3.Table tennis / Valley ball / Badminton etc.
- 4.Table tennis / Valley ball / Badminton etc.
- 5.Table tennis / Valley ball / Badminton etc.
- 6.Table tennis / Valley ball / Badminton etc.
- 7.Table tennis / Valley ball / Badminton etc.
- 8.Table tennis / Valley ball / Badminton etc.
- 9.Table tennis / Valley ball / Badminton etc.
- 10.Table tennis / Valley ball / Badminton etc.
- 11.Table tennis / Valley ball / Badminton etc.

13. Table tennis / Valley ball / Badminton etc.

14. Table tennis / Valley ball / Badminton etc.

15. General overview

Grading method

By the end of the course, students should be able to do the following:

- A, Understand the importance of collective action and be able to exercise and play sports in collaboration with others
- B, Understand the importance of collective action and be able to exercise and play sports in collaboration with others
- C, Understand the importance of exercise and sports in your life

Assigned books

Introduce as appropriate

Classroom equipment

nothing special

Advice on preparation and review

Preparation: For exercises and competitions handled in class, check the rules and the names of tools.  
(About 15 minutes)

review: For techniques that you couldn't learn or actions that you couldn't understand, try again and check the video. (About 15 minutes)

Class rules

- It is desirable for those who have completed the teaching profession to take this course
- We may ask for your cooperation as a student in a mock class for 4th grade students.
- Do not wear jewelry such as earrings or necklaces during class as it may result in injury.

Grading Criteria

Your overall grade in the class will be decided based on the following:

- A, Subjectivity/Positivity : 60%
- B, Coordination : 40%

Feedback method

If there are difficult exercises or movements, give technical guidance as appropriate

Note

Those who have taken the teaching profession or who aim to become a childcare worker should take this course

Office hour

Check the bulletin board as the time varies depending on the faculty member.

Improvements from the results of the previous year's class evaluation questionnaire
When deciding on a group, consider the physical ability of the individual as much as possible.