

Introduction to Physical Education Course

Syllabus Number

ESS-208

Elective

2 credit

NAMIKOSHI, Itsuki

1. Course Description

We will examine physical education and the implementation of sports programs in Japan, paying particular attention to the situation in primary schools. The various problems of physical education today are not ones that can be solved by PE as a subject alone. Addressing the issue as one which relates to the whole of school life, we will think about how best we can guarantee exercise and sports activities for primary school students. In addition, we will learn about recent changes to and main points of the current curriculum guidelines, considering how these are reflected in lesson planning.