

# Sports Instruction I

Syllabus Number

SPS-301

Compulsory 2  
credit

HONGO, Jingo

## 1. Course Description

When doing sports, motivation etc of the principal is necessary, but leaders get motivated well, guiding the right way, controlling the group well, and it is important for effective sports effectively It will be an element

Specifically, we will explain basic matters concerning the creation of exercise plans and safety management according to age, sex and physical characteristics, and then consider the sports system and leadership of our country I will continue.