## **Sports Training**

Syllabus Number

 $\begin{array}{c} \text{SPS-104} \\ \text{Compulsory} \quad 2 \end{array}$ 

credit

OKAWA, Yasuaki

## 1. Course Description

This course aims to study the principle of training including the body mechanics and exercise physiology. The students will be able to make a training program for all age groups after the completion of this course.