

# Athletics Teaches

Syllabus Number

ESS-103

Elective

1 credit

JYOHU, Kaya

## 1. Course Description

The purpose of this class is to learn the characteristics of various exercise and sports and master basic skills.

In addition, by cooperating with colleagues and exercising and sports in groups, in the process of learning sports characteristics and acquiring skills, cultivate thinking ability, social nature and cooperativeness suitable for aiming for teaching.