## Introduction to Sports Instruction I

Syllabus Number

 $\begin{array}{c} \text{SPS-103} \\ \text{Compulsory} \quad 2 \end{array}$ 

credit

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## 1. Course Description

This lesson will acquire basic terms and knowledge of sports guidance and training and teaching methods. In addition, I will learn the ideals and minimum necessary knowledge necessary for Japan sports. Also, we aim to hold our own thoughts through discussion and group work within class.