

# Sports Instruction I

Syllabus Number

SPS-214

Elective

2 credit

NAKAZAWA, Yuhi

## 1. Course Description

Sports bring about mental sufficiency as feeling of exhilaration, sense of accomplishment, solidarity with other people, etc. and then possess significance for formation of character in modern society. In this course, the roles of sports instructor and coaching method comply with target persons are explained. Moreover, we consider meaning in modern society. Therefore, it is aimed to acquire basic knowledge that can answer as sports instructor in various cases.