

Practical Learning (Track and Field) I

Syllabus Number

ESS-209

Elective

1 credit

NAGASHIMA, Shotaro

1. Course Description

The head of the athletics treated by curriculum guidelines (Sprint, Relay, Hurdle and Long distance) is taken up and understanding and acquisition are done focusing on basic theory, a basic technology, safety guidance and a way of training necessary to guidance of a school education and a sports campaign in the area.