

# 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.