

Practice of Sports' Method(Volleyball)

Syllabus Number

ESS-214

Elective

1 credit

KADOSUGI, Mieko

1. Course Description

Health and Physical education for students' purpose is to develop qualities and abilities and to participate in enjoyable physical activities throughout their lives.

Volleyball is a sport which both children and adults can enjoy.

In this course, you understand the feature of volleyball, mastery of fundamental skills and to study teaching method and tactics.