

Practical Learning (Track and Field) II	Syllabus Number	ESS-210
	Elective	1 credit
NAGASHIMA, Shotaro		

1. Course Description

The head of the athletics treated by curriculum guidelines (Jump and Throw) 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.