

# Athletics Teaches

Syllabus Number      ESS-110  
Elective      1 credit  
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## 1. Course Description

The purpose of this class is a comprehension about the contents 'Physical Education' in the teaching guidelines and an acquirement of the guidance ability.

We learn to fit into society and sense of cooperation to work with others, not only acquiring theory and skill each sports area as the person who deserve to be teachers in the future.

Through a group activity, we develop the cooperative posture to get the achievement of the goal with class mate.