

Athletics Teaches

Syllabus Number

ESS-110

Elective

1 credit

NARIYA, Atsushi

1. Course Description

The purpose of this class is learning about each sport characteristic, while exercising with classmates. We improve the sociality in addition to the ability as the sportsman. We who are future teachers exercise while understanding a process to learn the performance. Furthermore, the cooperative posture, thinking ability, etc. which collaborate with classmates raise basic capability indispensable to learning.