Physical Exercise and Nutrition

Syllabus Number

 $\begin{array}{c} \text{SPS-105} \\ \text{Compulsory} \quad 2 \end{array}$

credit

YOKOTA, Yukari

1. Course Description

These classes include classroom lectures and on-site practice lectures. The area surrounding sport science and nutrition. To obtain general knowledge about sports coaching, physiology, training, biomechanics and nutrition.