

<b>Practical Learning (Track and Field) II</b>	Syllabus Number	ESS-202
	Elective	1 credit
OOKUMA, Seiji		

#### 1. Course Description

We will take up the content of athletics (Jumping exercise / throwing exercise) handled in the course of study, and aim to be able to be involved in the teaching scene as a health and physical education teacher in the school education scene and a sports instructor in the area. For that purpose, students will acquire basic individual skills in athletics(Jumping exercise / throwing exercise), understanding the basic theory of athletics(Jumping exercise / throwing exercise), and safety guidance in instructional situations.