

# Practical Learning (Track and Field) I

Syllabus Number

ESS-201

Elective

1 credit

OOKUMA, Seiji

## 1. Course Description

We will take up the content of athletics (running 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 (running exercises), understanding the basic theory of athletics (running exercises), and safety guidance in instructional situations.