

# スポーツコンディショニング実習

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|-------------------|----------|
| Syllabus Number   | SPS-405  |
| Elective          | 1 credit |
| YAMAMOTO, Akihide |          |

## 1. Course Description

In this course we will learn skills on conditioning for athletes at the sports scene.

Also, we will learn to be able to plan the conditioning implementation system at the sports scene.