

検査・測定と評価Ⅰ

Syllabus Number

SPS-206

Elective 2 credit

SAHO, Yasuyuki・KATO, Hajime

1. Course Description

This course provides the student with the rationale behind the assessment, measurement, evaluation of the athlete's physical fitness. The student will learn how to conduct and interpret the flexibility, endurance, strength, agility and power.