

**Practical Learning (Track and Field) II**      Syllabus Number      ESS-210  
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.