

Sports Method (Outdoor Activities)

Syllabus Number

ESS-217

Elective

1 credit

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1. Course Description

The students will utilize the “satoyama”(里山) the kind of countryside sanctuary nature ,quite near Tama city, as a Outdoor Education field.

By ten minutes bus ride from the Tama center, and add 20 minutes walk,or we can get the camp site.

There students can challenge themselves mentally, physically, socially and emotionally.

And incorporate many skills how to live an active and healthy lifestyle.

The focus of these courses is on building outdoor skills such as leadership, excursion, trip planning, wilderness navigation, survival, outdoor cooking and utilizing those skills.

Also, activities are tailored to the early summer seasons (such as excursion hiking, tree climbing, planting rice paddies,and so on).

We will enjoy safe outdoor activities during the COVID-19 pandemic.

When you're outside, fresh air is constantly moving, dispersing these droplets.

Being outside offers other benefits, too. It offers an emotional boost and can help you feel less tense, stressed, angry or depressed. And sunlight can give your body vitamin D, too.

In fact, seeking out fun activities may be even more important now.