

Practical Learning (Swimming) II

Syllabus Number

ESS-214

Elective

1 credit

OOKUMA, Seiji

1. Course Description

Understand the characteristics of water and learn the joy of swimming as a lifelong sport. The purpose of this course is to learn breaststroke and butterfly strokes, teaching methods, and diving, which are among the modern swimming methods.

In addition, based on the systematic nature of the spring sports method training (swimming) I, the content of the lesson will be structured with the goal of completing a 100m individual medley.