

# Athletics Teaches

Syllabus Number      ESS-110  
Elective      1 credit  
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## 1. Course Description

The purpose of this class is a comprehension about the contents of 'Physical Education' in the teaching guidelines and the acquirement of the guidance ability.

We learn to fit into society and have a sense of cooperation to work with others, not only acquiring theory and skills in each sports for the person who deserves to be a teacher in the future.

Through a group activity, we develop the cooperative mentality to work with other classmates to achieve a certain goal.