

# Athletics Teaches

Syllabus Number

ESS-103

Elective

1 credit

JYOH0, Kaya

## 1. Course Description

The purpose of this class is to learn the characteristics of various exercises and sports and to acquire basic skills. In addition, in the process of learning sports characteristics and acquiring skills, by cooperating with colleagues and performing exercise and sports as a group, we will cultivate the thinking ability, sociality, and cooperation suitable for those who aim for a teaching profession.