

応用演習Ⅰ

Syllabus Number

SEM-301

Compulsory 2
credit

YAMAMOTO, Akihide

1. Course Description

In this course, we learn how to prevent injury when engaging with a sports team, how to screen and how to show easy feedback.

We also learn about the theme of how to design a training menu to improve performance.

Gain presentation skills by giving presentations and discussions on these matters.