

## 検査・測定と評価 I

Syllabus Number                    SPS-206  
Elective                                2 credit  
SAHO, Yasuyuki・TAKESUE, Daizo

### 1. Course Description

This course provides the student with the rationale behind the assessment, measurement, evaluation of the athlete's physical fitness. The student will learn how to conduct and interpret the flexibility, endurance, strength, agility and power.