

<b>Practical Learning (Track and Field) II</b>	Syllabus Number	ESS-210
	Elective	1 credit
NAGASHIMA, Shotaro		

#### 1. Course Description

The head of the athletics treated by curriculum guidelines (Jump and Throw) is taken up and understanding and acquisition are done focusing on basic theory, a basic technology, safety guidance and a way of training necessary to guidance of a school education and a sports campaign in the area.