

コーチング学Ⅱ

Syllabus Number

SPS-216

Compulsory 2
credit

ANAI, Sayaka

1. Course Description

Based on the Japan Sports Association official sports instructor training program, we aim to learn basic knowledge and skills as a sports instructor and to be able to provide player-centered coaching. In this lecture, students will learn and carry out activities while interacting with each other based on the concept of Co-creation and Reflection.