

Introduction to Sports Instruction II

Syllabus Number SPS-106
Elective 2 credit
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1. Course Description

following Japan sport associations program, we study basic knowledge for coaching with Co-creation and Reflection.

main target is players centered.

- 1, personal goal
- 2, environment of coaching (junior)
- 3, environment of coaching (middle age)
- 4, environment of coaching (woman sport)
- 5, issue of the coaching
- 6, high performance
- 7, planning
- 8, training theory
- 9, best performance & conditioning
- 10, sport management (club management)
- 11, sport management (skill of coaches)
- 12, para-sport(state)
- 13, para-sport(developments of coaches)
- 14, coaches rewarding
- 15, plan of coaches developments