

## Practice of Sports' Method(Volleyball)

Syllabus Number

ESS-214

Elective

1 credit

SHINOHARA, Masaichi

### 1. Course Description

Health and Physical education for students' purpose is to develop qualities and abilities and to participate in enjoyable physical activities throughout their lives.

Volleyball is a sport which both children and adults can enjoy.

In this course, you understand the feature of volleyball, mastery of fundamental skills and to study teaching method and tactics.