

# Sports Method Training (Athletics)

Syllabus Number

0C131

General Basic Subjects

Elective 1 credit

FUJII HIROAKI

## 1. Course Description

In this course, students will understand the history, characteristics and techniques of track and field athletics. They will also develop basic skills of walking, running, jumping, and throwing, as well as learning the teaching methods of each event through their activities.

## 2. Course Objectives

Students will learn about the theory and practices of track and field athletics showed in the government guidelines for teaching in high school.

## 3. Grading Policy

## 4. Textbook and Reference

## 5. Requirements(Assignments)

## 6. Note

## 7. Schedule

[1]

[2]

[3]

[4]

[5]

[6]

[7]

[8]

[9]

[10]

[11]

[12]

[13]

[14]

[15]