

Sports2

Syllabus Number 0C222
General Basic Subjects
Elective 1 credit
TAKIZAWA, Takeshi

1. Course Description

The increasing tendency towards isolation and inactivity in modern life often results in emotional, mental, and physical illnesses. In Japan in the past two decades, it has been reported that the number of people who have inactive life styles has been increasing. The purposes of this course are to improve wellness and social interaction skills with other students leading to more success inside and outside of the classroom.

This course relates to learning objective 5 (liberal education)

2. Course Objectives

Course Description:

<1> To develop the skills and learn the rules and terminology necessary to play recreational basketball and to appreciate enjoyment of this lifetime sport.

<2> To learn the rules for recreational basketball in the 3 on 3 or 5 on 5 style.

<3> To learn components of physical fitness and how they relate to overall physical wellness.

3. Grading Policy

Midterm report(20%)basketball skill test(20%)active class participation(60%)

4. Textbook and Reference

Textbook

None

5. Requirements(Assignments)

6. Note

7. Schedule

- [1] Guidance
- [2] Half court game 3ON3
- [3] Half court game 2ON2
- [4] Half court game 1ON1
- [5] Half court game (league match)
- [6] All court game 4ON4
- [7] All court game 5ON5
- [8] All court game 4ON4 Early offense
- [9] All court game 4ON4 Zone defense
- [10] All court game 4ON4 Man to man defense
- [11] Shoot
- [12] Basketball tournament(management method)
- [13] Basketball tournament(referee)
- [14] Basketball tournament(summary)
- [15] Sports culture