

Sports and Health Science

Syllabus Number

0C211

General Basic Subjects

Elective 2 credit

FUJII HIROAKI

1. Course Description

We aim to become able to actively engage in sports activities to maintain and promote health in order to live a healthier and more fulfilling life for the entire lifetime.

2. Course Objectives

In this lecture, we will take up health problems in modern society and think about the role that sports play in maintaining and improving health. In addition, we will deepen our understanding of the effects of sports on child development, women's health maintenance and promotion, and preventive nursing care for elderly people.

3. Grading Policy

4. Textbook and Reference

5. Requirements(Assignments)

6. Note

7. Schedule

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