

Sports2

Syllabus Number

0C222

General Basic Subjects
Elective 1 credit

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.

2. Course Objectives

Course Description:

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

<2> To learn the rules of recreational soccer.

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

3. Grading Policy

Students will be evaluated comprehensively based on class attitude, skill test, and understanding of tactics and competition rules.

The distribution of evaluations is roughly as follows.

Class attitude 40%

skill test 30%

Understanding of tactics and competition rules 20%

other 10%

4. Textbook and Reference

Textbook

There is not particularly.

5. Requirements(Assignments)

Prepare clothes and equipment suitable for soccer and work on classes. Depending on the weather, classes may be conducted in the gymnasium or in the classroom. Make sure you look carefully at the bulletin board.

Students who have not taken Sports 1 are also welcome.

6. Note

7. Schedule

- [1] Orientation
- [2] Ball control
- [3] Personal skills (kicks), small side games
- [4] Personal skills (dribbling), small side games
- [5] Personal skills (shoots), small side games
- [6] Personal skills (offensive tactics), small side games
- [7] Personal skills (defensive tactics), small side games
- [8] Group skills (offensive tactics), small side games
- [9] Group skills (defensive tactics), small side games
- [10] League competition (match 1)
- [11] League competition (match 2)
- [12] League competition (match 3)
- [13] Tournament (semi final)
- [14] Tournament (final, third-place match)
- [15] Feedback