

Sports2

Syllabus Number

0C222

General Basic Subjects

Elective 1 credit

FUJII HIROAKI

1. Course Description

In this course, students will come to understand the history, characteristic and techniques of track and field athletics. They will also develop basic skills of running, jumping and throwing through their activities.

2. Course Objectives

Students will learn about the theory and practices of track and field athletics. They will develop basic skills of fundamental movements and experience the exercise that they haven't learned before, for example rotational throwing, etc.

3. Grading Policy

4. Textbook and Reference

5. Requirements (Assignments)

6. Note

7. Schedule

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