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. This course relates to learning objective 2 and 5 (liberal education).

2. Course Objectives

(1) Understand the characteristics and techniques of athletics, acquire basic skills of running, jumping and throwing.
(2) Be able to provide practical guidance in athletics, which is necessary to become a teacher.

3. Grading Policy

Practical skills (70%), teaching skills (20%),class participation attitude (10%). Regarding practical skills, we will do a practical test (running, hurdle, long jump, high jump, shot put).

4. Textbook and Reference

Textbook
Materials will be distributed as needed.

5. Requirements(Assignments)

To prevent injuries, please exercise daily (1 to 2days a week for about 30 minutes).
Please review what you learned in class (1 to 2days a week for about 1hour).

6. Note

Please prepare clothes and shoes suitable for exercise.

7. Schedule

[1] Orientation
[2] Walking and Jogging
[3] The theory and practice of sprinting (time measurement)
[4] The theory and practice of sprinting (Skill and training)
[5] The theory and practice of Hurdling (Skill and training)
[6] The theory and practice of Hurdling (time measurement)
[7] The theory and practice of Long jump (Skill and training)
[8] The theory and practice of Long jump (measurement)
[9] The theory and practice of High jump (Skill and training)
[10] The theory and practice of High jump (measurement)
[11] The theory and practice of Shot put (Skill and training)
[12] The theory and practice of Shot put (measurement)
[13] Preparation of learning guidance plan in athletics
[14] Conduct lessons with the created learning guidance plan (sprint,or hurdling)
[15] Conduct lessons with the created learning guidance plan (jumping)