# Sports1

Syllabus Number 0C121
General Basic Subjects
Elective 1 credit
FUJII HIROAKI

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 learn components of physical fitness and how they relate to overall physical wellness.
<2> To develop the skills, rules, and terminology necessary to play basketball and soccer.
<3> To build positive attitude towards Sports and physical activity.

3. Grading Policy

Active class participation(70%) Assignments and reflection papers(30%)

4. Textbook and Reference

Textbook
None

5. Requirements(Assignments)

1. Prepare clothes that are suitable for exercise (comfortable, warm, appropriate, etc.).
2. Sports shoes
1) Outdoor sports shoes
2) Sports shoes for the gym (non-marking)
3) Class participation in leather shoes, pumps, and high heels are not allowed
3. Cut nails short and remove jewelries such as piercings necklaces and rings .
4. You may bring drink for hydration to the school (preferably water).

6. Note

7. Schedule

[1] Orientation (grouping)
[2] Physical fitness measurement (outdoor)
[3] Physical fitness measurement(indoor)
[4] Walk & Jogging · Soccer ① Basic skill · Basketball ① Basic skill
[5] Weight training · Soccer ② small game · Basketball ② small game
[6] Circuit training · soccer ③ full game · basketball ③ full game
[7] Soccer ① Basic skill· Basketball ① Basic skill · Walk & Jogging
[8] Soccer ②small game · Basketball ②small game · Weight training
[9] Soccer ③ full game · Basketball ③ full game · Circuit training
[10] Basketball ① Basic skill · Walk & Jogging · Soccer ① Basic skill
[11] Basketball ② small game · Weight training · Soccer ② small game
[12] Basketball ③ full game · Circuit training · Soccer ③ full game
[13] Lecture(fitness)
[14] Lecture( Interview Game)
[15] summary