

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. This course relates to learning objective 3 and 5 (liberal education).

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

Examination (80%), Participation attitude and small report(20%).

4. Textbook and Reference

Textbook

Materials will be distributed as needed.

Reference

Shinichi Demura Textbook of health and sports science kyorin-shoin Ltd. ISBN978-4-7644-1125-8

Takashi Abe and Tomoo Ryushi Health and Sports Science Kodansha Ltd. ISBN978-4-06-280662-6

5. Requirements(Assignments)

Examine and understand the technical terms instructed before going to class (about 1hour per a week).

Reviewing the lesson content (about 1hour per a week).

6. Note

7. Schedule

- [1] Orientation
- [2] Sports science
- [3] Science of top athletes
- [4] Simple motion analysis -motion analysis using videos and apps-
- [5] Health issues for modern people
- [6] Lifestyle-related diseases
- [7] Obesity and metabolic syndrome
- [8] Smoking and drinking
- [9] Sports and nutrition① -energy balance-
- [10] Sports and nutrition② -Five major nutrients-
- [11] Exercise prescription -Set up an exercise program-
- [12] Exercise prescription -Aerobic exercise-
- [13] Exercise prescription -Anaerobic exercise-
- [14] Aging and sports
- [15] Written examination