

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

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

Practical skills(50%), class participation attitude (50%).

4. Textbook and Reference

Textbook

Materials will be distributed as needed.

5. Requirements(Assignments)

To prevent injuries, please exercise daily(1 to 2 days a week for about 30 minutes).

Please review what you learned in class(1 to 2 days a week for about 1 hour).

6. Note

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).

7. Schedule

- [1] Orientation
- [2] Walking and Jogging
- [3] Physical fitness test(sprint etc)
- [4] Physical fitness test(jump and throwing etc)
- [5] Observation of sprinting movement
- [6] Sprinting ability and physical training
- [7] Weight training (measurement)
- [8] Weight training for sprinting
- [9] Weight training for jumping
- [10] Hurdling
- [11] Long jump
- [12] High jump
- [13] Javeline throw
- [14] Hammer throw and Discus throw
- [15] summary