

Sports Science

Syllabus Number

4A112

General Basic Subjects

Elective 2 credit

KITAMURA YUKI

1. Course Description

In recent years, the importance of the role of sports in maintaining and promoting health and physical fitness is emphasized. Moderate exercise can be expected to be effective in prevention and improvement of lifestyle diseases. However, no matter what sport or exercise the effect surely appears, it does not mean that it will lead to health. In this class, we aim to be able to understand the skills to coexist well with the living environment such as correct knowledge, stress and the practice of sports and exercise, so that the participants can practice themselves.

2. Course Objectives

It aims to be able to learn about the relationship between sports and lifestyle habits and to be able to practice in real life.

3. Grading Policy

Students are required to submit two reports and pass. Final Exam(100%)

4. Textbook and Reference

5. Requirements(Assignments)

6. Note

7. Schedule

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