

For students in International Social Studies, Life and Environmental Sciences, Medicine and Health Sciences, BPGI

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per iod etc.	Instructor	Course Overview	Remarks
2107173	Basic Physical Education Karate	3	0.5	1	Fall AB	Thu1	Fumoto Masaki	The purpose of this class is to understand the relation between one's own mind and body, between one's opponent's mind and body, and their interaction, using basic Karate techniques. Basic Karate techniques, including suitable breathing methods, coordination of Karate basic techniques with footwork, and Kata (Karate form), will be taught in this class.	elements by gender (contact). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class. mfumoto@tiu.ac.jp
2110133	Basic Physical Education Japanese Archery	3	0.5	1	Fall AB	Thu1	Matsuo Makinori	In this class you will be able to learn the basic of Kyudo. While shooting on short and middle distance you will have a chance to learn about safety rules, be able to shoot quite well, and experience other parts of Kyudo, like competition.	I elements by gender (equipment). G-course. Work Experience faculty. face-to-face
2115173	Basic Physical Education Judo	3	0.5	1	Fall AB	Thu1	Okada Hiroataka	The purpose of this instruction is to learn fundamental skills of judo and to understand the fascination of judo through doing safety Randori with using some basic technique.	elements by gender (contact). elements by gender (other). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2117133	Basic Physical Education Swimming	3	0.5	1	Fall AB	Thu1	Yamakawa Keisuke	The module aims to enjoy exercises in water together with various people. You learn 4 different swimming strokes, skin-diving and water polo through this module.	elements by gender (wear). elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2123173	Basic Physical Education Dance	3	0.5	1	Fall AB	Thu1	Yonezawa Mayuko	In this class, learns how to use basic body of the dance and gets on various music and move a body. In addition, aims at the making of healthy body by yoga and stretch through a class.	elements by gender (contact). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2140153	Basic Physical Education Fitness Training	3	0.5	1	Fall AB	Thu1	Matsuo Hirokazu	Emphasis will be on maintenance of good health and understanding of relationship between physical fitness and health promotion. Acquisition of methods of resistance training, jogging and stretching shall also be addressed for lifelong good health.	elements by gender (special rule/pair/team). G-course. Details will be announced. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

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2148173	Basic Physical Education Refresh Movements	3	0.5	1	Fall AB	Thu1	Hasegawa Kiyonao	In this lesson, you learn mind and body through gymnastics and acquire knowledge and fundamental exercise ability to enjoy sports with friends. Through this lesson, we will cultivate a spirit of challenge by challenging the activities that have never experienced, such as "G-ball": giant-gymnastics ball and "Wheel gymnastics": gym wheels movement. The teacher who is Japanese national athlete in Wheel gymnastics will take classes by taking advantage of their experiences.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2152153	Basic Physical Education Track and Field	3	0.5	1	Fall AB	Thu1	Enomoto Yasushi	Learn knowledge and the method to improve fitness and skill as fundamental exercise of running, jumping and throwing in track and field, and also focusing an attitude to enjoy exercise depending on your own level. Promote understanding significance of wellness and fitness through practice.	elements by gender (equipment). elements by gender (special rule/pair/team). G-course. face-to-face There is a difference in grading skills for women and men. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2121173	Basic Physical Education Softball	3	0.5	1	Fall AB	Thu1	Kaneda Takeshi	Emphasis will be on fundamentals, and the way to enjoy playing game. Understanding and improvement of health and fitness shall also be addressed by playing softball.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2122153	Basic Physical Education Table Tennis	3	0.5	1	Fall AB	Thu1	Ando Shintaro	Learn the basic techniques of table tennis from its essence, while at the same time deepening the understanding of the movements applicable to different types of sports. Through various practice methods and minigames, learn also about relevant aspects of sports, such as communications and sportsmanship.	Indoor shoes should be brought without fail. Be sure to wear sportswear. Accept experienced students. However, the level of this class is targeted at beginners. elements by gender (contact). G-course. Work Experience faculty. face-to-face
2125173	Basic Physical Education Tennis	3	0.5	1	Fall AB	Thu1	Mituhashi Daisuke	Acquiring fundamental skills of tennis. Manner, rule, and values of sports shall also be learned through playing tennis.	It is preferable to wear tennis shoes. If you don't have them, wear athletic shoes (no leather shoes or sandals as they are dangerous). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per- iod etc.	Instructor	Course Overview	Remarks
2133173	Basic Physical Education New Sports	3	0.5	1	Fall AB	Thu1	Nagata Shinichi	Students will engage in New Sports, which refer to organized activities that are different from existing sports and have different philosophies from traditional sports. Through some samples of New Sports, including Bocce Ball, Indiaca, and Unihoc floorball, students will gain basic skills and knowledge to make their life-long active living. The planned activities might be changed in case of inclement weathers (rain, temperature, etc.).	Those who were absent more than 1/3 of the class will not be considered for the credit of this class elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2135153	Basic Physical Education Badminton	3	0.5	1	Fall AB	Thu1	Suita Masashi	Learning of Badminton skills.	elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class. Teaching assistants may not be available and require you to actively communicate in English and Japanese.
2136193	Basic Physical Education Volleyball	3	0.5	1	Fall AB	Thu1	Akiyama Nakaba	This course is designed to learn fundamental skills (pass, serve, game play), rules, and team work.	II elements by gender (special rule/pair/team). G-course. face-to-face
2137133	Basic Physical Education Handball	3	0.5	1	Fall AB	Thu1	Yamada Eiko	Learn a way of the situation solution in individuals, and the group. In addition, develop ability for coordination, through various movements with ball.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2141133	Basic Physical Education Flag Football	3	0.5	1	Fall AB	Thu1	Matsumoto Tsuyoshi	Through simplified games based on flag football, students will learn fundamental technical and tactical skills while deepening their understanding of communication and leadership necessary for team activities.	elements by gender (special rule/pair/team). G-course. face-to-face Mixed gender teams will be created so that each team has an equal number of men and women. In games, we will set special rules and devise ways to ensure that everyone is actively involved in the game. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

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2143173	Basic Physical Education Bodywork	3	0.5	1	FallAB	Thu1	Kato Toshihiro	We will do the following exercises. (1) Core Training (2) Stretching (3) Self-massage (4) Breathing technique Sharpen your senses. Increases resistance to stress. And enjoy the exercise itself.	G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2130173	Basic Physical Education Trim Exercise	3	0.5	1	FallAB	Thu1	Sakamoto Akihiro	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.	Trim Exercise room in Physical Education Center 1F G-course. Work Experience Faculty. face-to-face

Wellness Sports

Course Number	Course Name	Instruc-tional Type	Credits	stand-ard regist-ration year	Term	Meeting Days, Per-iod etc.	Instructor	Course Overview	Remarks
2505373	Wellness Sports	3	0.5	1	FallC	Intensive	Tanigawa Satoru	The aim of this course is to provide students with basic knowledge and skills about exercise and sports from many viewpoints. This will enable students to independently improve their health and physical fitness and enjoy sports throughout life.	For G30 students, and new students who entered for fall semester, elements by gender (special rule/pair/team). G-course. Details will be announced. face-to-face Be sure to attend an orientation.

For students in Life and Environmental Sciences, BPG1

Course Number	Course Name	Instruc-tional Type	Credits	stand-ard regist-ration year	Term	Meeting Days, Per-iod etc.	Instructor	Course Overview	Remarks
2211203	Applied Physical Education Kendo	3	0.5	2	SprAB	Fri2	Nabeyama Takahiro	To begin practicing with Kendo armor also known as bogu to basic fundamental level, as well as learning Kendo etiquette to improve ones mind and body.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience Faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2214203	Applied Physical Education Shooting Sports	3	0.5	2	SprAB	Fri2	Saga Hitoshi	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class

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2215223	Applied Physical Education Judo	3	0.5	2	SprAB	Fri2	Komata Koji	understanding the principle of the Judo techniques and learn the martial arts through experience.	elements by gender (contact). elements by gender (other). G-course. face-to-face You can wear a shirt under the judo suit when you play judo. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2216263	Applied Physical Education Jog and walk	3	0.5	2	SprAB	Fri2	Enomoto Yasushi	You can get knowledge and experience for life span physical literacy through evidence based jogging and walking. First task would be appropriate activity for your physical fitness and condition, second task would be consideration of making your own design and plan for health and physical promotion, and third task would be understanding your mind and attitude for enjoying jogging and walking.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face Need running shoes In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2217263	Applied Physical Education Swimming	3	0.5	2	SprAB	Fri2	Tsunokawa Takaaki	The students will take advantage of the characteristics of the University's swimming pool facilities to engage in a variety of water-based activities. In particular, during the spring term, students will learn basic water polo skills and acquire knowledge of self-preservation in the water.	elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2221263	Applied Physical Education Softball	3	0.5	2	SprAB	Fri2	Nara Takaaki	Through softball practice and our regular season games, we will develop our ability to work in a team and overcome challenges together. We will primarily focus on preparation and defensive practice for the first half of the semester, and will enter the regular season in the second half of the semester.	elements by gender (special rule/pair/team). G-course. face-to-face
2222223	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Fri2	Shinkai Ryosuke	To deepen students' knowledge of sports activities. Through unique exercises, students will gain an understanding of the techniques involved in various sporting situations by pursuing a single discipline in greater depth. Students will also engage in applied mini-games.	elements by gender (contact). G-course. Work Experience faculty. face-to-face
2225223	Applied Physical Education Tennis	3	0.5	2	SprAB	Fri2	Ohmori Hajime	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	elements by gender (special rule/pair/team). G-course. face-to-face
2230223	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Fri2	Nagata Shinichi	This course accepts students who need special assistance in physical education class. This course aims to introduce sports that can be played in a variety of ways. Depending on the collective status of the enrolled students, the course contents may be modified.	Trim exercise room Those who were absent more than 1/3 of the class will not be considered for the credit of this class G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

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2233203	Applied Physical Education New Sports	3	0.5	2	SprAB	Fri2	Saito Taketoshi	"New sports" subjects are not to implement major sports, but to experience various sports events. For example, Flying Disc, Warking, Indiaca, G-ball, Ground Golf, Petanque, Long jump rope, and so on.	Classroom will be announced later. G-course. Details will be announced. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2234263	Applied Physical Education Basketball	3	0.5	2	SprAB	Fri2	Moriya Shiho	Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball.	elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2237223	Applied Physical Education Handball	3	0.5	2	SprAB	Fri2	Yamada Eiko	Through understanding of a handball game and acquiring group/team tactics, your relationship skills/ thinking skills in the team and your ability to enjoy team sports are cultivated.	elements by gender (special rule/pair/team). G-course. Available for students related to a cooperation system. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2240263	Applied Physical Education Fitness Training	3	0.5	2	SprAB	Fri2	Kawai Toshinobu	Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise.	G-course. Work Experience faculty. face-to-face
2241263	Applied Physical Education Flag Football	3	0.5	2	SprAB	Fri2	Matsuo Hirokazu	We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically.	G-course. Details will be announced. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2245223	Applied Physical Education Outing Sports	3	0.5	2	SprAB	Fri2	Sakamoto Akihiro	The goals of this class are 1) to acquire the basic skills for outdoor group activity: initiative games, 2) to understand the knowledge of that, 3) to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the outdoor activity. The class of Spring AB is held in the Yasei no Mori.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face

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2248263	Applied Physical Education Refresh Movements	3	0.5	2	SprAB	Fri2	Kano Rina	Through pleasant exercise and interaction with peers, the program fosters a rich mind and knowledge of the enjoyment of sports. They also refresh their minds and bodies through exposure to unusual physical activities such as "G-ball," which they can ride, and "Wheel Gymnastics" , in which they spin inside a large iron ring.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face Short-term international students who wish to take a class must, in principle, contact the instructor in charge of the class at least three days prior to the first class and obtain permission to take the class.
2211213	Applied Physical Education Kendo	3	0.5	2	FallAB	Fri2	Nabeyama Takahiro	To wear the Kendo armor or bogu, being able to perform techniques where you strike based on your opponents reaction and to become in sync with your opponent to improve the mind and body.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2214213	Applied Physical Education Shooting Sports	3	0.5	2	FallAB	Fri2	Saga Hitoshi	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.	G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2215233	Applied Physical Education Judo	3	0.5	2	FallAB	Fri2	Hiraoka Hiroaki	understanding the principle of the Judo techniques and lean the martial arts through experience.	elements by gender (contact). elements by gender (other). G-course. face-to-face You can wear a shirt under the judo suit when you play judo.
2216273	Applied Physical Education Jog and walk	3	0.5	2	FallAB	Fri2	Enomoto Yasushi	You learn advanced physical literacy for jogging and walking based on scientific understanding through the activities in variety of time, distance, and terrain. The goal is set for getting the ability and understanding to jog and walk for yourself subjectively.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face Need running shoes In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2217273	Applied Physical Education Swimming	3	0.5	2	FallAB	Fri2	Tsunokawa Takaaki	Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on.	elements by gender (wear). elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

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2221273	Applied Physical Education Softball	3	0.5	2	FallAB	Fri2	Nara Takaaki	We will deepen our understanding of softball techniques and strategies, and hone our skills so that we may succeed on the playing field. Both in practice and regular season games, we will learn teamwork, cooperation and leadership.	elements by gender (special rule/pair/team). G-course. face-to-face
2222233	Applied Physical Education Table Tennis	3	0.5	2	FallAB	Fri2	Nonaka Yuki	Along with the deepening of knowledge on sports or time, it enhances the ability to enjoy the results of activities. After understanding techniques related to various sports scenes, practice in a variety of forms together with games and technical exercises, and develop a free idea about game sports.	elements by gender (contact). Work Experience faculty. face-to-face
2225233	Applied Physical Education Tennis	3	0.5	2	FallAB	Fri2	Ohmori Hajime	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	elements by gender (special rule/pair/team). G-course. face-to-face
2230233	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	Fri2	Nagata Shinichi	This course accepts students who need special assistance in physical education class. This course aims to introduce sports that can be played in a variety of ways. Depending on the collective status of the enrolled students, the course contents may be modified.	Trim exercise room Those who were absent more than 1/3 of the class will not be considered for the credit of this class G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2233213	Applied Physical Education New Sports	3	0.5	2	FallAB	Fri2	Saito Taketoshi	"New sports" subjects are not to implement major sports, but to experience various sports events. Various sports events are Flying Disc, G-ball, Ground Golf, Petanque, Universal-hockey, Bound Tennis, Double Dutch, Kin-Ball, etc. and so on.	Classroom will be announced later. G-course. Details will be announced. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2234273	Applied Physical Education Basketball	3	0.5	2	FallAB	Fri2	Moriya Shiho	Acquiring fundamentals, understanding offense and defense principles and team play from both playing and coaching perspective. Health, fitness, and skills of jumping, running, and throwing shall also be enhanced for enjoyable lifetime by playing basketball.	elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2237233	Applied Physical Education Handball	3	0.5	2	FallAB	Fri2	Yamada Eiko	Acquiring fundamental skills and tactics of handball. Learning team work through mini games and handball games.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per iod etc.	Instructor	Course Overview	Remarks
2240273	Applied Physical Education Fitness Training	3	0.5	2	FallAB	Fri2	Kawai Toshinobu	Understand the significance of health and physical fitness, and do training with a combination of resistance training and aerobic exercise.	G-course. Work Experience faculty. face-to-face
2241273	Applied Physical Education Flag Football	3	0.5	2	FallAB	Fri2	Matsuo Hirokazu	Through flag football games, students will improve their tactical knowledge and skills related to flag football and improve their game performance.	G-course. Details will be announced. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2245233	Applied Physical Education Outing Sports	3	0.5	2	FallAB	Fri2	Sakamoto Akihiro	In the fall semester, students will learn practical camping skills (fire making, outdoor cooking (lunch making), rope work, tarp tent setup, etc.) and actually experience day camping. The schedule is the morning of Saturday, November 15th AM. Therefore, the number of class hours will be adjusted.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face
2248273	Applied Physical Education Refresh Movements	3	0.5	2	FallAB	Fri2	Kano Rina	Through pleasant exercise and interaction with peers, the program fosters a rich mind and knowledge of the enjoyment of sports. They also refresh their minds and bodies through exposure to unusual physical activities such as "G-ball," in which they can ride, and "Wheel Gymnastics", in which they spin inside a large iron ring.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face Short-term international students who wish to take a class must, in principle, contact the instructor in charge of the class at least three days prior to the first class and obtain permission to take the class.

For students in International Social Studies

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per iod etc.	Instructor	Course Overview	Remarks
2207243	Applied Physical Education Karate	3	0.5	2	SprAB	Thu2	Fumoto Masaki	The purpose of this class is to understand the relation between one's own mind and body, between one's opponent's mind and body, and their interaction, using basic Karate techniques. Basic Karate techniques, including suitable breathing methods, coordination of Karate basic techniques with footwork, Kata, and Kumite will be taught in this class.	elements by gender (contact). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2211243	Applied Physical Education Kendo	3	0.5	2	SprAB	Thu2	Nabeyama Takahiro	The aim is to develop mind and body through basic practice with equipment up to sparring level, and through practice of etiquette.	elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

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2214243	Applied Physical Education Shooting Sports	3	0.5	2	SprAB	Thu2	Saga Hitoshi	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2217223	Applied Physical Education Swimming	3	0.5	2	SprAB	Thu2	Yamakawa Keisuke	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, artistic swimming, water polo, life saving and snorkeling etc.	elements by gender (wear). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience Faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2221243	Applied Physical Education Softball	3	0.5	2	SprAB	Thu2	Kaneda Takeshi	Emphasis will be on fundamentals, and the way to enjoy playing game. Understanding and improvement of health and fitness shall also be addressed by playing softball.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2222203	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Thu2	Ando Shintaro	Deepen your knowledge of sports activities through table tennis. By using a unique practice method to deepen the pursuit of one type of sports, the students will understand the techniques related to various types of sports. Practice mini games as well.	elements by gender (contact). G-course. Work Experience Faculty. face-to-face
2223243	Applied Physical Education Dance	3	0.5	2	SprAB	Thu2	Yonezawa Mayuko	In this class, learns how to use basic body of the dance and gets on various music and move a body. In addition, aims at the making of healthy body by yoga and stretch through a class.	elements by gender (contact). G-course. Work Experience Faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2225263	Applied Physical Education Tennis	3	0.5	2	SprAB	Thu2	Maezawa Kaoru	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per- iod etc.	Instructor	Course Overview	Remarks
2230243	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Thu2	Sakamoto Akihiro	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.	Trim exercise room on the 1st floor of the physical education center In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class G-course. Work Experience faculty, face-to-face
2235203	Applied Physical Education Badminton	3	0.5	2	SprAB	Thu2	Tanifuji Chika	Understanding the principles of badminton in order to play and enjoy games. History, manner, rule, and values of sports shall also be learned through playing games.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2236243	Applied Physical Education Volleyball	3	0.5	2	SprAB	Thu2	Akiyama Nakaba	This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work.	elements by gender (special rule/pair/team). G-course. face-to-face
2241223	Applied Physical Education Flag Football	3	0.5	2	SprAB	Thu2	Matsumoto Tsuyoshi	We understand the tactical knowledge and skill of flag football through a passing game and learn the strategy depending on the situation of the team practically.	elements by gender (special rule/pair/team). G-course. face-to-face Mixed gender teams will be created so that each team has an equal number of men and women. Special rules will be set for games to ensure that everyone is actively involved in the game. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2243243	Applied Physical Education Bodywork	3	0.5	2	SprAB	Thu2	Kato Toshihiro	We will do the following exercises. (1) Core Training (2) Stretching (3) Self-massage (4) Breathing technique. Sharpen your senses. Increases resistance to stress. And enjoy the exercise itself.	elements by gender (contact). G-course. face-to-face Pair work (assisting with training, sports massage, etc.) may be done regardless of gender. If you are not comfortable with pair work, you can do it alone. Pairs can be formed in any way. If there is an odd number of participants, there may be a group of three. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per- iod etc.	Instructor	Course Overview	Remarks
2248243	Applied Physical Education Refresh Movements	3	0.5	2	SprAB	Thu2	Hasegawa Kiyonao	Exercise bouncing in the Swiss ball. Exercise to rotation by the wheel gymnastics. Through a new experience, to refresh the mind and body.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2207253	Applied Physical Education Karate	3	0.5	2	FallAB	Thu2	Fumoto Masaki	The purpose of this class is to understand the relation between one's own mind and body, between one's opponent's mind and body, and their interaction, using basic Karate techniques. Basic Karate techniques, including suitable breathing methods, coordination of Karate basic techniques with footwork, Kata, and Kumite will be taught in this class.	elements by gender (contact). G-course. Work Experience faculty. face-to-face As a rule, students who attend the course for at least two-thirds of the classes will be eligible for credits.
2211253	Applied Physical Education Kendo	3	0.5	2	FallAB	Thu2	Nabeyama Takahiro	The aim is to develop sparring skills with a partner with full kendo equipment, and furthermore to develop the mind and body.	elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2214253	Applied Physical Education Shooting Sports	3	0.5	2	FallAB	Thu2	Saga Hitoshi	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2217233	Applied Physical Education Swimming	3	0.5	2	FallAB	Thu2	Yamakawa Keisuke	Understanding swimming techniques and improving swimming skills. Learning various aquatic skills like basic swimming, Japanese traditional swimming, synchronised swimming, water polo, life saving and snorkeling etc.	elements by gender (wear). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face
2221253	Applied Physical Education Softball	3	0.5	2	FallAB	Thu2	Kaneda Takeshi	Emphasis will be on fundamentals, and the way to enjoy playing game. Understanding and improvement of health and fitness shall also be addressed by playing softball.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per- iod etc.	Instructor	Course Overview	Remarks
2222213	Applied Physical Education Table Tennis	3	0.5	2	FallAB	Thu2	Ando Shintaro	Upon deepening knowledge concerning sports activities and understanding techniques applicable to different types of sports, apply the acquired knowledge and skills to games and technical practices and develop free thinking on sports activities.	elements by gender (contact). G-course. Work Experience faculty. face-to-face
2223253	Applied Physical Education Dance	3	0.5	2	FallAB	Thu2	Yonezawa Mayuko	In this class, learns how to use basic body of the dance and gets on various music and move a body. In addition, aims at the making of healthy body by yoga and stretch through a class.	elements by gender (contact). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2225273	Applied Physical Education Tennis	3	0.5	2	FallAB	Thu2	Maetzawa Kaoru	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2230253	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	Thu2	Sakamoto Akihiro	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.	Trim exercise room on the 1st floor of the physical education center G-course. Work Experience faculty. face-to-face
2235213	Applied Physical Education Badminton	3	0.5	2	FallAB	Thu2	Tanifuji Chika	Learning of Badminton skills	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2236253	Applied Physical Education Volleyball	3	0.5	2	FallAB	Thu2	Akiyama Nakaba	This course is designed to learn fundamental skills (pass, serve, spike, block, game play), rules, basic strategies, and team work.	elements by gender (special rule/pair/team). G-course. face-to-face
2241233	Applied Physical Education Flag Football	3	0.5	2	FallAB	Thu2	Matsumoto Tsuyoshi	Emphasis is on further tactical/positional patterns and consideration for team shape/formations. Larger playing areas are gradually introduced, and as before, students take part in game formats on a regular basis.	elements by gender (special rule/pair/team). G-course. face-to-face Mixed gender teams will be created so that each team has an equal number of men and women. Special rules will be set for games to ensure that everyone is actively involved in the game. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per- iod etc.	Instructor	Course Overview	Remarks
2243253	Applied Physical Education Bodywork	3	0.5	2	Fall AB	Thu2	Kato Toshihiro	We will do the following exercises. (1) Core training (2) Stretching (3) Breathing technique (4) Bony axis training. Sharpen your senses. Increases resistance to stress while communicating with others. And enjoy the exercise itself.	elements by gender (contact). G-course. face-to-face Pair work (assisting with training, sports massage, etc.) may be done regardless of gender. If you are not comfortable with pair work, you can do it alone. Pairs can be formed in any way. If there is an odd number of participants, there may be a group of three. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2248253	Applied Physical Education Refresh Movements	3	0.5	2	Fall AB	Thu2	Hasegawa Kiyonao	Exercise bouncing in the Swiss ball. Exercise to rotation by the wheel gymnastics. Through a new experience, to refresh the mind and body.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

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Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per- iod etc.	Instructor	Course Overview	Remarks
2211263	Applied Physical Education Kendo	3	0.5	2	Spr AB	Thu3	Nabeyama Takahiro	To begin practicing with Kendo armor also known as bogu to basic fundamental level, as well as learning Kendo etiquette to improve ones mind and body.	elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2212243	Applied Physical Education Golf	3	0.5	2	Spr AB	Thu3	Shiraki Hitoshi	In this course, students will learn about Golf Swing, History, manner, etiquett, rule, history and sportsman ship. Recognize your physical fitness by performing physical fitness measurement.	G-course. face-to-face Clubs are asked to select clubs for their height.

Course Number	Course Name	Instruc-tional Type	Credits	stand-ard registration year	Term	Meeting Days, Per-iod etc.	Instructor	Course Overview	Remarks
2213263	Applied Physical Education Soccer	3	0.5	2	SprAB	Thu3	Naruse Kazuya	The purpose of this class is to cultivate football cultural elements. Acquire principles of offense and defense and basic skills through various game formats football.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2214263	Applied Physical Education Shooting Sports	3	0.5	2	SprAB	Thu3	Saga Hitoshi	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2215263	Applied Physical Education Judo	3	0.5	2	SprAB	Thu3	Matsui Takashi	Understanding the principle of the Judo techniques and lean the martial arts through experience.	I elements by gender (contact). elements by gender (other). G-course. face-to-face T-shirts may be worn under the Judo-wear. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2221223	Applied Physical Education Softball	3	0.5	2	SprAB	Thu3	Nara Takaaki	Through softball practice and our regular season games, we will develop our ability to work in a team and overcome challenges together. We will primarily focus on preparation and defensive practice for the first half of the semester, and will enter the regular season in the second half of the semester.	elements by gender (special rule/pair/team). G-course. face-to-face
2222243	Applied Physical Education Table Tennis	3	0.5	2	SprAB	Thu3	Ando Shintaro	To deepen students' knowledge of sports activities. Through unique exercises, students will gain an understanding of the techniques involved in various sporting situations by pursuing a single discipline in greater depth. Students will also engage in applied mini-games.	elements by gender (contact). G-course. Work Experience faculty. face-to-face
2223263	Applied Physical Education Dance	3	0.5	2	SprAB	Thu3	Hirayama Motoko	"Discovery of your body" as the theme. An individual invention ability and the sensibility are polished by touching various dance cultures. Beautiful posture and the necessity of a healthy body making are understood while introducing the base of the yoga.	elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2225203	Applied Physical Education Tennis	3	0.5	2	SprAB	Thu3	Maezawa Kaoru	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	elements by gender (special rule/pair/team). G-course. face-to-face
2230263	Applied Physical Education Trim Exercise	3	0.5	2	SprAB	Thu3	Saito Mayumi	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.	Trim action room G-course. Work Experience faculty. face-to-face

Course Number	Course Name	Instruc-tional Type	Credits	stand-ard registration year	Term	Meeting Days, Per-iod etc.	Instructor	Course Overview	Remarks
2233223	Applied Physical Education New Sports	3	0.5	2	SprAB	Thu3	Nagata Shinichi	"New sports" subjects are not to implement major sports, but to experience various sports events. Various sports events are Flying Disc, G-ball, Ground Golf, Petanque, Universal-hockey, Bound Tennis, Double Dutch, Kin-Ball, etc. and so on.	Classroom will be announced later. elements by gender (contact). G-course. Details will be announced. . face-to-face
2234243	Applied Physical Education Basketball	3	0.5	2	SprAB	Thu3	Sakamoto Takuya	Understanding the characteristics of basketball, acquirement of individual tactics (break opponent, take ball from opponent). Acquirement how to utilize technical and tactical fundamentals in games.	elements by gender (equipment). elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2235263	Applied Physical Education Badminton	3	0.5	2	SprAB	Thu3	Tanifuji Chika	Understanding the principles of badminton in order to play and enjoy games. History, manner, rule, and values of sports shall also be learned through playing games.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2237243	Applied Physical Education Handball	3	0.5	2	SprAB	Thu3	Kaya Kosuke	Acquire fundamental skills through games.	elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face
2240203	Applied Physical Education Fitness Training	3	0.5	2	SprAB	Thu3	Tanigawa Satoru	Understanding the relationship among maintaining and promoting physical, mental health and exercise and physical fitness, this class focus on applying exercises, resistance training, jogging, stretching to daily life as sports culture.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience Faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2245203	Applied Physical Education Outing Sports	3	0.5	2	SprAB	Thu3	takahashi tatsuki	The goals of this class are 1)to acquire the basic skills for outdoor group activity: initiative games, 2)to understand the knowledge of that, 3)to acquire the ability of problem solving, and to gain the insight for self, other and natural environment through the outdoor activity. The class of Spring AB is held in the Yasei no Mori.	II elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face
2211273	Applied Physical Education Kendo	3	0.5	2	Fall AB	Thu3	Nabeyama Takahiro	To wear the Kendo armor or bogu, being able to perform techniques where you strike based on your opponents reaction and to become in sync with your opponent to improve the mind and body.	elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience Faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per- iod etc.	Instructor	Course Overview	Remarks
2212253	Applied Physical Education Golf	3	0.5	2	Fall AB	Thu3	Shiraki Hitoshi	In this course, students will learn about Golf Swing, History, manner, etiquette, rule, history and sportsman ship. Practical practice at a nearby golf course in the fall semester	Expenses: Golf Driving Range / ¥ 1300, Golf Course / ¥4,000 G-course. face-to-face Clubs are asked to select clubs for their height.
2213273	Applied Physical Education Soccer	3	0.5	2	Fall AB	Thu3	Naruse Kazuya	The purpose of this class is to understand the depth of football culture. It is also to learn basic tactics through various games.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2214273	Applied Physical Education Shooting Sports	3	0.5	2	Fall AB	Thu3	Saga Hitoshi	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least seven days prior to the first class and obtain permission to take the class
2215273	Applied Physical Education Judo	3	0.5	2	Fall AB	Thu3	Matsui Takashi	understanding the principle of the Judo techniques and lean the martial arts through experience.	I elements by gender (contact). elements by gender (other). G-course. face-to-face T-shirts may be worn under the Judo-wear. In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2221233	Applied Physical Education Softball	3	0.5	2	Fall AB	Thu3	Nara Takaaki	We will deepen our understanding of softball techniques and strategies, and hone our skills so that we may succeed on the playing field. Both in practice and regular season games, we will learn teamwork, cooperation and leadership.	elements by gender (special rule/pair/team). G-course. face-to-face
2222253	Applied Physical Education Table Tennis	3	0.5	2	Fall AB	Thu3	Ando Shintaro	Along with the deepening of knowledge on sports or time, it enhances the ability to enjoy the results of activities. After understanding techniques related to various sports scenes, practice in a variety of forms together with games and technical exercises, and develop a free idea about game sports.	elements by gender (contact). G-course. Work Experience faculty. face-to-face
2223273	Applied Physical Education Dance	3	0.5	2	Fall AB	Thu3	Hirayama Motoko	"Discovery of your body" as the theme. An individual invention ability and the sensibility are polished by touching various dance cultures. Beautiful posture and the necessity of a healthy body making are understood while introducing the base of the yoga.	elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instruc-tional Type	Credits	stand-ard registration year	Term	Meeting Days, Per-iod etc.	Instructor	Course Overview	Remarks
2225213	Applied Physical Education Tennis	3	0.5	2	FallAB	Thu3	Maezawa Kaoru	Comprehensively learn knowledge and skills regarding tennis such as rules, manners, basic skills to enjoy playing tennis as a lifelong sport. Learning contents mainly consisted of doubles play.	elements by gender (special rule/pair/team). G-course. face-to-face
2230273	Applied Physical Education Trim Exercise	3	0.5	2	FallAB	Thu3	Saito Mayumi	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.	Trim action room G-course. Work Experience faculty. face-to-face
2233233	Applied Physical Education New Sports	3	0.5	2	FallAB	Thu3	Nagata Shinichi	"New sports" subjects are not to implement major sports, but to experience various sports events. Various sports events are Flying Disc, G-ball, Ground Golf, Petanque, Universal-hockey, Bound Tennis, Double Dutch, Kin-Ball, etc. and so on.	As a general rule, credits are awarded to students who have attended at least two-thirds of the hours in the relevant class. elements by gender (contact). G-course. face-to-face
2234253	Applied Physical Education Basketball	3	0.5	2	FallAB	Thu3	Sakamoto Takuya	Understanding the characteristics of basketball, acquirement of Individual tactics and group tactics (cut play, screen play). Acquirement how to utilize technical and tactical fundamentals, and group tactics.	elements by gender (equipment). elements by gender (contact). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2235273	Applied Physical Education Badminton	3	0.5	2	FallAB	Thu3	Tanifuji Chika	Learning of Badminton skills	elements by gender (special rule/pair/team). G-course. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class
2237253	Applied Physical Education Handball	3	0.5	2	FallAB	Thu3	Kaya Kosuke	Think about individual roles in the team and acquire the ability to enjoy team sports.	elements by gender (equipment). elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face
2240213	Applied Physical Education Fitness Training	3	0.5	2	FallAB	Thu3	Tanigawa Satoru	Understanding the relationship among maintaining and promoting physical, mental health and exercise and physical fitness, this class focus on applying exercises, resistance training, jogging, stretching to daily life as sports culture.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face In principle, exchange students who wish to take a class must contact the teacher in charge of the class at least three days prior to the first class and obtain permission to take the class

Course Number	Course Name	Instruc-tional Type	Credits	stand-ard registration year	Term	Meeting Days, Per-iod etc.	Instructor	Course Overview	Remarks
2245213	Applied Physical Education Outing Sports	3	0.5	2	Fall AB	Thu3	takahashi tatsuki	In the fall semester, students will learn practical camping skills (fire making, outdoor cooking (lunch making), rope work, tarp tent setup, etc.) and actually experience day camping. The schedule is the morning of Saturday, November 22nd AM. Therefore, the number of class hours will be adjusted.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. face-to-face

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Course Number	Course Name	Instruc-tional Type	Credits	stand-ard registration year	Term	Meeting Days, Per-iod etc.	Instructor	Course Overview	Remarks
2313283	Advanced Physical Education Soccer	3	0.5	3	Spr AB	Mon4	Koido Masaaki	Understand the characteristics of the sport of soccer and aim to acquire the skills and tactics necessary to enjoy the game.	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience faculty. face-to-face
2314283	Advanced Physical Education Shooting Sports	3	1.0	3	Spr AB Spr C	Mon4 Intensive	Saga Hitoshi	To know self-condition of physical fitness and mental health with the individual or group activities on Archery and Kyudo (Japanese traditional style of bow shooting), and also to accept the various values of sport or its cultural aspects.	G-course. Details will be announced. face-to-face Short-term international students who wish to take a class must, in principle, contact the instructor in charge of the class at least seven days prior to the first class and obtain permission to take the class.
2321283	Advanced Physical Education Softball	3	0.5	3	Spr AB	Mon4	Kiuchi Atsushi	授業時間内におけるソフトボールの実践では、誰もが全力で接戦を楽しめるゲームづくりをめざす。また、授業時間外の日常生活課題を通して、セルフケア能力の向上をめざす。	elements by gender (special rule/pair/team). G-course. face-to-face
2322283	Advanced Physical Education Table Tennis	3	0.5	3	Spr AB	Mon4	Shinkai Ryosuke	In addition to learning the essence of table tennis techniques, students will deepen their knowledge of sports activities as they progress. Students will also learn about their own sports life and sports culture through practical skills.	elements by gender (contact). G-course. Work Experience faculty. face-to-face
2323283	Advanced Physical Education Dance	3	0.5	3	Spr AB	Mon4	Zushi Miwa	Challenge various dances, understand their movements, and aim to improve their skills. In addition, improve self-expression and sensitivity, and develop practical skills to lead a rich life through dance in life.	elements by gender (contact). G-course. face-to-face
2330283	Advanced Physical Education Trim Exercise	3	0.5	3	Spr AB	Mon4	Fukuda Takashi	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.	Trim exercise room at 1st floor of the PE center G-course. face-to-face
2340283	Advanced Physical Education Fitness Training	3	0.5	3	Spr AB	Mon4	Masegi Seiya	Through aerobic exercise and strength exercises targeting the core, students will experience feeling, thinking, and challenging to improve their physical ability.	elements by gender (special rule/pair/team). G-course. face-to-face
2313293	Advanced Physical Education Soccer	3	0.5	3	Fall AB	Mon4	Koido Masaaki	サッカーにおける個人の技能の向上とともに、戦術やポジションなどのチームとしての戦い方をチームメイトと共有し、戦略的にゲームに臨む楽しさを知る。	elements by gender (contact). elements by gender (special rule/pair/team). G-course. Work Experience Faculty. face-to-face

Course Number	Course Name	Instru- ctional Type	Credit s	stand- ard regist- ration year	Term	Meeting Days, Per- iod etc.	Instructor	Course Overview	Remarks
2321293	Advanced Physical Education Softball	3	0.5	3	Fall AB	Mon4	Kiuchi Atsushi	授業時間内におけるソフトボールの実践では、タスクワークとチームワークの両側面から、授業内の体験に基づく学びを深める習慣を獲得する。また、歩数モニタリング課題を通じて、日々の生活における歩数の2千歩増加をめざす。	elements by gender (special rule/pair/team). G-course. face-to-face
2322293	Advanced Physical Education Table Tennis	3	0.5	3	Fall AB	Mon4	Nonaka Yuki	In addition to learning the essence of table tennis techniques, students will deepen their knowledge of sports activities as they progress. Students will also learn about their own sports life and sports culture through practical skills, and develop free ideas about sports.	elements by gender (contact). G-course. Work Experience faculty. face-to-face
2323293	Advanced Physical Education Dance	3	0.5	3	Fall AB	Mon4	Zushi Miwa	Challenge various dances, understand their movements, and aim to improve their skills. In addition, improve self-expression and sensitivity, and develop practical skills to lead a rich life through dance in life.	elements by gender (contact). G-course. face-to-face
2329293	Advanced Physical Education Track and Field	3	1.0	3	Fall AB Fall C	Mon4 Intensive	Tanigawa Satoru	Understand the basic skills of running, jumping, and throwing so that you can understand them with your own body, learn how to manipulate your individual body, and learn training methods to improve your performance.	1 credit together with the intensive course. Intensive classes will be held during the fall semester with 5days morning practice and climbing Mt. Tsukuba. elements by gender (contact). elements by gender (special rule/pair/team). G-course. Details will be announced. Work Experience faculty. face-to-face
2330293	Advanced Physical Education Trim Exercise	3	0.5	3	Fall AB	Mon4	Fukuda Takashi	In this course, course instructor provides some physical activities which every students can enjoy and develop on your health. Students will be expected to have management skills between physical and mental health.	Trim exercise room at 1st floor of the PE center G-course. face-to-face
2340293	Advanced Physical Education Fitness Training	3	0.5	3	Fall AB	Mon4	Masegi Seiya	Through aerobic exercise and strength exercises targeting the core, students will experience feeling, thinking, and challenging to improve their physical ability.	elements by gender (special rule/pair/team). G-course. face-to-face