

Anan College		Year	2024	Course Title	Physical Education
Course Information					
Course Code	1194101		Course Category	General / Elective	
Class Format	Lecture		Credits	School Credit: 1	
Department	Liberal Arts and Sciences		Student Grade	4th	
Term	Year-round		Classes per Week	前期:0 後期:2	
Textbook and/or Teaching Materials	None / none				
Instructor	Arai Osamu,Nakashima Hajime				
Course Objectives					
1. Able to cooperate with each other and independently practice exercise by devising practice and game methods. 2. Able to acquire motor skills and physical strength according to one's own abilities. 3. Able to exercise and perform activities while paying attention to safety.					
Rubric					
		Ideal achievement level (superior)	Standard achievement level (good)	Minimum achievement level (acceptable)	
Achievement Goal 1		Able to appropriately judge the actions to be taken by oneself and friends, independently devise exercises and games, and smoothly practice activities.	Able to judge the actions to be taken by oneself, devise exercises and games while cooperating with others, and participate in activities.	Able to participate in exercises and games.	
Achievement Goal 2		Able to understand one's own abilities, create appropriate programs, and acquire motor skills and physical strength.	Able to judge the actions to be taken by oneself, devise exercises and games while cooperating with others, and participate in activities.	Able to follow programs shown by instructors and work to acquire motor skills and physical strength.	
Achievement Goal 3		Able to consider the safety of not only oneself but also others during activities and take actions to avoid danger as needed.	Able to consider the safety of oneself during activities and take actions to avoid danger as needed.	Able to consider safety according to the directions given by the instructors.	
Assigned Department Objectives					
Teaching Method					
Outline	Through exercise, students will experience the fun and joy of exercise, acquire the skills necessary for exercise, and improve their physical strength. At the same time, students will develop an attitude of enthusiastically engaging in exercise and developing a lifelong familiarity with exercise. In terms of lifelong sports, this particular class let students choose events according to their abilities and interests and emphasize learning while devising exercises and cooperating so that exercises can be practiced safely and enjoyably.				
Style	Students will select and decide events in the first week and conduct the relevant event throughout the semester. Students will acquire the basics of lifelong sports by voluntarily preparing and managing their exercise. Class time: 30 hours				
Notice	Please always try to manage your health and avoid sitting out of or missing class due to sickness such as colds. Please exercise in the gym clothes specified by the school. Events may be changed due to unavoidable circumstances such as weather. Please do not miss the athletic competition during the first term as this is included in the class hours.				
Characteristics of Class / Division in Learning					
<input type="checkbox"/> Active Learning		<input type="checkbox"/> Aided by ICT		<input type="checkbox"/> Applicable to Remote Class	
				<input type="checkbox"/> Instructor Professionally Experienced	
Course Plan					
			Theme	Goals	
1st Semester	1st Quarter	1st			
		2nd			
		3rd			
		4th			
		5th	Athletic competition	Able to play the game while cooperating with colleagues in the participating event.	
		6th	Athletic competition	Able to play the game while cooperating with colleagues in the participating event.	
		7th	Athletic competition	Able to play the game while cooperating with colleagues in the participating event.	
		8th			
	2nd Quarter	9th			
		10th			
		11th			
		12th			
		13th			
		14th			
		15th			
		16th			

2nd Semester	3rd Quarter	1st	Event selection and practice	(1) Able to understand and explain the rules of each event.
		2nd	Event selection and practice	(2) Acquire basic individual skills for each event.
		3rd	Event selection and practice	(3) Able to cooperate with one another and play the game.
		4th	Event selection and practice	(3) Able to cooperate with one another and play the game.
		5th	Event selection and practice	(3) Able to cooperate with one another and play the game.
		6th	Event selection and practice	(3) Able to cooperate with one another and play the game.
		7th	Event selection and practice	(3) Able to cooperate with one another and play the game.
		8th	Event selection and practice	(3) Able to cooperate with one another and play the game.
	4th Quarter	9th	Event selection and practice	(3) Able to cooperate with one another and play the game.
		10th	Event selection and practice	(3) Able to cooperate with one another and play the game.
		11th	Event selection and practice	(3) Able to cooperate with one another and play the game.
		12th	Event selection and practice	(3) Able to cooperate with one another and play the game.
		13th		
		14th		
		15th		
		16th		

Evaluation Method and Weight (%)

	Examination	Presentation	Mutual Evaluations between students	Behavior	Portfolio	Other	Total
Subtotal	0	0	0	0	0	100	100
Basic Proficiency	0	0	0	0	0	0	0
Specialized Proficiency	0	0	0	0	0	0	0
Cross Area Proficiency	0	0	0	0	0	100	100