

Akashi College		Year	2023	Course Title	Physical Education I-1
Course Information					
Course Code	5111		Course Category	General / Compulsory	
Class Format	講義・実技		Credits	School Credit: 1	
Department	Mechanical Engineering		Student Grade	1st	
Term	First Semester		Classes per Week	2	
Textbook and/or Teaching Materials					
Instructor	GOTOH Takayuki,KOBAYASHI Yuki				
Course Objectives					
- Participate in classes to improve students' own health and physical strength. Also, have some level of self-discipline. - Can take action to conduct sports safely. Also, recognizes the significance of collaborating and cooperating with the team and can take the necessary action to do so.					
Rubric					
	Ideal Level		Standard Level		Unacceptable Level
Achievement 1	Actively participate in classes to improve their health and physical strength. Have a high level of self-discipline.		Participate in classes to improve their health and physical strength. Have some level of self-discipline.		Reluctant to participate in classes, or improve their own health and physical strength. Do not have a high level of self-discipline.
Achievement 2	Actively participate in various sport practices and games, and are very competitive. Also have a great influence on games, etc.		Can actively participate in various sport practices and games. And also have the skills for them.		Do not participate in various sport practices and games.
Achievement 3	Understand the role of a leader well, and can help increase teamwork.		Understand and can play or take on the role of a leader.		Do not understand the role of a leader. Also, never play that role.
Assigned Department Objectives					
Teaching Method					
Outline	The goal of this course is for students to learn more about the fun and depth of sports so that they can build the habit of playing sports on a daily basis. This class requires an active and proactive attitude to participate. Students will split into groups and leaders will take the lead to plan, review, and implement the course content. Students can choose from: Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis				
Style	Students are encouraged to actively participate in games and practice and to discover the fun of sports. First, they should learn the rules and how to play games, etc., and try to learn basic skills. In addition, they are expected to develop more advanced technologies and improve teamwork through games and game-style practice. Students and instructors should work together to create a safe and welcoming class.				
Notice	- Wear school-designated training wear, athletic shoes, or other designated clothing. If students fail to wear them, points will be deducted from their grade. - Do not wear or bring accessories, watches, or any other unnecessary items. These are also eligible for grade deduction. - Tardiness will be excused for the first 20 minutes. Students can participate in the class after 20 minutes, but their attendance will be marked as absent. - If it is discovered that a student left class early without being excused (ditching class), their attendance for that class will be marked as absent, and their grade for previous classes will suffer a deduction equal to an absence. - Students who miss 1/4 or more of classes will not be eligible for evaluation.				
Characteristics of Class / Division in Learning					
☒ Active Learning		☐ Aided by ICT		☒ Applicable to Remote Class	
				☐ Instructor Professionally Experienced	
Course Plan					
			Theme	Goals	
1st Semester	1st Quarter	1st	Guidance	Understand the purposes and objectives of this course. Reacknowledge that warm-ups are necessary to safely exercise.	
		2nd	Guidance	Understand the purposes and objectives of this course. Reacknowledge that warm-ups are necessary to safely exercise.	
		3rd	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.	
		4th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.	
		5th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.	
		6th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.	
		7th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.	
		8th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.	
	2nd Quarter	9th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Split into teams in each sport and select a leader.	

		10th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.
		11th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.
		12th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.
		13th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.
		14th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.
		15th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis	Can do warm-up and practice, play games, and reflect on the class, led by a leader.
		16th	No final exam	

Evaluation Method and Weight (%)

	Approach to a class	Practical skill	Leadership	Total
Subtotal	75	15	10	100
Basic Proficiency	75	0	0	75
Specialized Proficiency	0	0	0	0
Cross Area Proficiency	0	15	10	25