

Akashi College		Year	2023		Course Title	Sports Science I	
Course Information							
Course Code		5507		Course Category		General / Elective	
Class Format		Skill		Credits		School Credit: 1	
Department		Electrical and Computer Engineering Electrical Engineering Course		Student Grade		5th	
Term		First Semester		Classes per Week		2	
Textbook and/or Teaching Materials							
Instructor		GOTOH Takayuki,KOBAYASHI Yuki					
Course Objectives							
<ul style="list-style-type: none"><li>• Participate in classes to improve students' own health and physical strength. Also, have some level of self-discipline.</li><li>• 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.</li></ul>							
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.		Do not participate in classes. Do not strive to improve their health and physical strength. Have a poor 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 participate in various sport practices and games.		Do not participate in various sport practices and games.	
Achievement 3		Understand and can play or take on the role of a leader.		Understand the role of a leader, but cannot play that role.		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, training, flying disc					
Style		Students are encouraged to improve their skills through games based on the rules, how to play games, and the basic skills they learned in previous years. They are also encouraged to experience the fun of enhancing teamwork while collaborating and cooperating with your team with your leader in the center. Students should take the initiative in creating a safe and welcoming class, and the instructors support their effort.					
Notice		<ul style="list-style-type: none"><li>• Wear training wear and athletic shoes. If students fail to wear them, points will be deducted from their grade.</li><li>• Do not wear or bring accessories, watches, or any other unnecessary items. These are also eligible for grade deduction.</li><li>• 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.</li><li>• 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.</li><li>• Students who miss 1/4 or more of classes will not be eligible for evaluation.</li></ul>					
Characteristics of Class / Division in Learning							
<input checked="" type="checkbox"/> Active Learning		<input type="checkbox"/> Aided by ICT		<input checked="" type="checkbox"/> Applicable to Remote Class		<input type="checkbox"/> Instructor Professionally Experienced	
Course Plan							
			Theme		Goals		
1st Semester r	1st Quarter	1st	Guidance Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis, training, flying disc		Understand the purposes and objectives of this course. Split into teams in each sport and select a leader.		
		2nd	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis, training, flying disc		Can do warm-up and practice, play games, and reflect on the class, led by a leader.		
		3rd	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis, training, flying disc		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, training, flying disc		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, training, flying disc		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, training, flying disc		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, training, flying disc		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, training, flying disc	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, training, flying disc	Split into teams in each sport and select a leader.
		10th	Baseball, softball, soccer, futsal, tennis, basketball, volleyball, badminton, table tennis, training, flying disc	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, training, flying disc	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, training, flying disc	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, training, flying disc	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, training, flying disc	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, training, flying disc	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