

Tsuyama College		Year	2020		Course Title	Physical Training
Course Information						
Course Code	0102		Course Category	General / Compulsory		
Class Format	Skill		Credits	School Credit: 1		
Department	Department of Integrated Science and Technology Communication and Informations System Program		Student Grade	4th		
Term	Year-round		Classes per Week	1		
Textbook and/or Teaching Materials	Textbooks :not use , Reference books : "Step up koukou Sports" (Taishukan Shoten)					
Instructor	ARAKI Shoichi,UCHIKURA Koji,TAMURA Hirohumi					
Course Objectives						
Learning purposes : Students will acquire the individual and group skills through various sports. In terms of "lifelong sports", they will acquire the knowledge of independent and rational activity, such as preparation, putting things back, warm-up and cooling down. In addition, they will acquire the skills necessary for group activities, such as "listening to others' opinions" and "cooperating with others" through practicing group activities.						
Course Objectives : ◎1. To be able to prepare and organize the games for various sports.						
◎2. To be able to understand others' opinions, respond to them and express your own opinions clearly.						
◎3. To be able to compare your situation with that of those around you and act properly in a group.						
◎4. To be able to realize your role, take the initiative and cooperate with others to solve problems and acquire your goals.						
Rubric						
	Excellent	Good	Acceptable	Not acceptable		
Achievement 1	To be able to understand what implements are needed and how you can organize the games and willingly to get involve in those activities.	To be able to understand what implements are needed and how you can organize the games.	To be able to understand about 50 % of what implements are needed and how you can organize the games.	To not be able to understand what implements are needed and how you can organize the games.		
Achievement 2	To be able to understand others' opinions and express your own opinions, taking theirs into consideration.	To be able to always listen to others' opinions and express your own opinions.	To try to listen to others' opinions and express your own opinions.	To not be able to listen to others' opinions or express your own opinions.		
Achievement 3	To be able to act properly in a group, making use of you strength in the situation you are in.	To be able to act properly in a group, without disturbing the harmony of the group.	To try to act properly in a group.	To act only to satisfy your own desires and disturb the harmony of the group.		
Achievement 4	To be able to understand what is necessary to solve the problems you are faced with, or to achieve your goals, and to do what you have to do in cooperation with others.	To be able to understand what problems you are facing, and make efforts to solve them.	To try to understand what problems you are facing, and solve them.	To not be able to understand what problems you are facing with, or try to achieve your goals.		
Assigned Department Objectives						
Teaching Method						
Outline	General or Specialized : General Field of learning : Art,Health and physical education Required, Elective, etc. : Required subjects Foundational academic disciplines : Complex area/Health and sports science Relationship with Educational Objectives : This class is equivalent to "(1) Cultivate human creative talent, rich in practical abilities". Relationship with JABEE programs : The main goals of learning / education in this class is "B-3", also "D-3" is involved. Course outline : In P.E., students will deepen their understanding of the characteristics of exercise, preserving and improving their physical strength through various sports.					
Style	Course method : In P.E., students will learn the basic skills first, and then try to use those skills through actually participatingin games. Also, depending on the weather, what they do in class can change. In health studies, classes will be carried out mainly through the explanation of by the teachers, using the blackboard and worksheets, taking up concrete examples. Grade evaluation method : Small quizzes in class. (50%: Whether students can understand and acquire the individual and group skills.) Problem-solving ability. (30%: Whether students have attended every class, can identify their own problems with the skills, and are trying to improve themselves, listening to others' opinions.) Independence and Cooperativeness. (20%: Whether students can take the initiative in class and cooperate with others. Lateness for and absence from class will be reflected in the evaluation.)					

Notice	Precautions on the enrollment : Students must take this class (no more than one-fifth of the required number of class hours missed) and earn the credit in order to complete the 4th year course. Students have to wear appropriate clothes for exercise in class. (No accessories or watches.)		
	Course advice : We recommend students get involved in the preparation for and organizing games, making use of the skills and knowledge acquired in their previous classes.		
	Foundational subjects : Health and P.E. I (1st year), Health and P.E. II (2nd), Health and P.E. III (3rd)		
	Related subjects: No subjects		
	Attendance advice : If you come to class five minutes or more after the class starts, you will be marked as "being late". If you come 20 minutes or more after the class starts, you will be marked as "being absent". "Being late for class four times" is regarded as "one absence". Although it is important to attend every lesson, you should not think you have only to attend the class and do well in tests. The important thing is to show an eagerness and positive attitude to improve yourself in each class. We would also like you to understand the importance of appropriate clothes, preparation for the class, putting things back after the class, and some related jobs, such as scorers and referees in sports and put those things into action.		

Course Plan

			Theme	Goals
1st Semester	1st Quarter	1st	Guidance	
		2nd	Physical fitness test	Confirmation and accurate measurement of each person's physical strength
		3rd	Physical fitness test	Confirmation and accurate measurement of each person's physical strength
		4th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		5th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		6th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		7th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		8th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
	2nd Quarter	9th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		10th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		11th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		12th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		13th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		14th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		15th	Soft tennis and Badminton	Understanding and practicing individual skills required for Soft tennis and Badminton
		16th		
2nd Semester	3rd Quarter	1st	Guidance	
		2nd	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		3rd	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		4th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		5th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		6th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		7th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		8th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
	4th Quarter	9th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.

		10th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		11th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		12th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		13th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		14th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		15th	Elective class	Understanding and practicing "lifelong sports". Understanding and practice of sports management.
		16th		

Evaluation Method and Weight (%)

	Examination	Presentation	Mutual Evaluations between students	Behavior	Portfolio	Other	Total
Subtotal	0	0	0	20	30	50	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	20	30	50	100