

Oyama College	Year	2022	Course Title	Phys I cal Educat I on III
Course Information				
Course Code	0041	Course Category	General / Compulsory	
Class Format	講義・実技	Credits	School Credit: 2	
Department	Department of Innovative Electrical and Electronic Engineering	Student Grade	3rd	
Term	Year-round	Classes per Week	2	
Textbook and/or Teaching Materials	Not necessary. Prepared by faculty as needed.			
Instructor	OHARA Yuuki,NAGATA Tomoki			
Course Objectives				
<p>【First and second semesters】</p> <p>To be able to engage in activities independently and enthusiastically, with an understanding of the importance of appropriate attire and attitude for exercise, and with an interest in each event.</p> <p>In addition, they will be able to engage in activities while paying attention to safety, including preparation in advance and cleanup afterwards.</p> <p>To be able to maintain and improve one's physical fitness by engaging in physical activities while recognizing one's own level of physical fitness and skills and one's own challenges through the practice of each exercise event.</p> <p>To be able to understand and explain the knowledge of sports and health</p>				
<p>【The first semester】</p> <p>To be able to master the basic skills of soccer, table tennis, and swimming, and to be able to play games and keep records based on the rules. Understand the characteristics of each sport.</p> <p>To be able to understand the characteristics of each event, communicate with peers to challenge new techniques, and feel the "fun" of planning and practicing tactics.</p> <p>To understand the characteristics of each event and feel the "fun" of communicating with peers to challenge new skills, formulating tactics, and practicing them.</p>				
<p>【The second semester】</p> <p>To be able to master the basic skills of soft tennis, track and field endurance running, and basketball, and to practice games and measure records based on the rules</p> <p>To be able to understand the characteristics of each event. In addition, while understanding the characteristics of each event, they will learn the "fun" of challenging fast records and competing with their peers, as well as the balance of attacking and defending while communicating with others.</p> <p>They will also be able to understand the characteristics of each event and feel the "fun" of challenging fast records and competing with their peers, as well as the "fun" of practicing games while communicating and considering the balance between attack and defense.</p>				
Rubric				
	Ideal Level	Standard Level	Unacceptable Level	
Achievement 1	To be able to wear appropriate clothing for physical activities and to engage in class activities safely, independently and enthusiastically, without tardiness, early departures, visits, or absences.	To be able to safely engage in class activities with little tardiness, early departure, observation, or absence, and to wear appropriate attire for physical activity, generally independently and enthusiastically.	Cannot safely engage in class activities with little tardiness, early departure, observation, or absence, or wear appropriate clothing for physical activities, and generally work independently and enthusiastically.	
Achievement 2	To be able to maintain and improve one's physical fitness while being aware of one's own level of physical fitness, basic skills, and personal challenges.	To be able to generally maintain and improve one's physical fitness while being aware of one's own level of physical fitness, basic skills, and one's own challenges.	Cannot generally maintain and improve one's physical fitness while being aware of one's own level of physical fitness, basic skills, and one's own challenges.	
Achievement 3	To be able to understand and explain sports science, sports injuries, training principles, health and nutrition, the Olympic and Paralympic Games, and sports and doping with interest.	To be able to generally understand and explain the knowledge of sports science, sports injuries, training principles, health and nutrition, the Olympic and Paralympic Games, and sports and doping.	Cannot generally understand and explain the knowledge of sports science, sports injuries, training principles, health and nutrition, the Olympics and Paralympics, and sports and doping.	
Achievement 4	To be able to acquire basic skills in each discipline and complete the tasks of the skills test. The student will be able to master basic skills in each discipline and complete skill test tasks.	To be able to master the basic skills in each discipline and complete the tasks of the skill test.	Cannot master the basic skills in each discipline and complete the tasks in the skills test.	
Achievement 5	To be able to acquire basic skills in soccer, table tennis, and swimming, and to be able to play games and keep records independently and actively based on the rules. To be able to understand the characteristics of each sport and to communicate with peers in order to enjoy physical activities.	To learn the basic skills of soccer, table tennis, and swimming, and to be able to play games and keep records based on the rules. To be able to understand the characteristics of each discipline and to become familiar with exercise.	To acquire basic skills in soccer, table tennis, and swimming, and to be able to play games and keep records based on the rules.In addition, they are not able to understand the characteristics of each event and become familiar with exercise.	

Achievement 6	To acquire basic skills in soft tennis, track and field endurance running, and basketball, and to be able to play games and measure records independently and actively based on the rules. They will also be able to communicate with their peers and become familiar with physical activities while understanding the characteristics of each event.	To be able to master the basic skills of soft tennis, track and field endurance running, and basketball, and to be able to play games and measure records based on the rules. The student will be able to understand the characteristics of each event and become familiar with exercise.	To be able to play soft tennis, track and field endurance running, and basketball, but not to be able to play games and measure records based on rules. In addition, they are not able to understand the characteristics of each event and become familiar with exercise.
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### Assigned Department Objectives

学習・教育到達度目標 ⑥

### Teaching Method

Outline	This course is designed to develop the ability and attitude to acquire basic skills, improve physical fitness, and become familiar with physical activities through the practice of physical education while understanding the theory of physical education. In addition, through the study of health science, students will acquire the basic knowledge to lead healthy, safe, and vigorous lives throughout their lives. Overall, students will cultivate sound development of body and mind.
Style	<p>【The first semester】</p> <ul style="list-style-type: none"> <li>• This course will be conducted mainly with practical skills, but one lecture will be given.</li> <li>• This course is designed for students who have not yet completed the course.</li> <li>• This course is designed to provide students with the opportunity to develop their skills.</li> <li>• A test on the lecture contents will be given in the final examination of the second semester.</li> </ul> <p>【The second semester】</p> <ul style="list-style-type: none"> <li>• This course will be conducted mainly with practical skills, but 3 lectures will be given.</li> <li>• Depending on the weather conditions, the content of indoor and outdoor events may be changed.</li> <li>• This course is designed to provide students with the opportunity to develop their skills.</li> <li>• A test on the lecture contents will be given in the final examination of the second semester.</li> </ul> <p>The contents of the syllabus may be changed in a hurry depending on the infection situation in Tochigi prefecture or surrounding areas. Evaluation will be based on 25% on practical skills (skill test, sportsmanship practice, etc.), 25% on regular examinations, 45% on class participation (class attitude, daily participation, leadership, etc.), and 5% on others.</p> <p>(Created on Feb. 1, 2022)</p>
Notice	<p>The first semester and the second semester</p> <ul style="list-style-type: none"> <li>• Each class will consist of a lecture.</li> <li>• Three tardies are counted as one absence.</li> <li>• Students are required to wear school-designated jerseys, T-shirts, shorts, and athletic shoes for practical training. All other items are not allowed.</li> <li>• Students who talk too much, act selfishly, leave the class, or do not cooperate will be deducted from participation attitude.</li> <li>• The person who is in charge of health and physical education should come to the teacher's office before the class to ask for information. Students are expected to bring their own attendance record and to inform the class.</li> <li>• Teachers will communicate with you via "MS Teams" and class bulletin boards.</li> <li>• If you have to observe for unavoidable reasons, please consult with the teacher in charge beforehand (in some cases, you may need to submit a medical certificate from a medical institution). In some cases, students may be required to submit a medical certificate from the medical institution. During the observation, students will be considered to have participated in some part of the class by working on some task, but this will not be included in the evaluation of practical skills.</li> <li>• In the first semester, swimming will be conducted, so each student should prepare a swimsuit, swimming cap and goggles (to be used for three years). Students who do not enter the pool at least once will not be given credit.</li> </ul> <p>☆Health and Physical Education is a prerequisite for attendance and activities as well as laboratory exercises.</p> <ul style="list-style-type: none"> <li>• Students who exceed the prescribed number of absences in Health and Physical Education as explained in the orientation may be given additional assignment or not be made.</li> <li>• Attendance at the ball games in the first and second semesters will be counted as one attendance for Health and Physical Education.</li> <li>• The end-of-year evaluation is calculated by averaging the evaluations of the person in charge of the first semester and the person in charge of the second semester.</li> <li>• If a student is absent for up to 14-15 hours (7-7.5 classes) throughout the year, a retest will be held at the end of the school year.</li> <li>• If you miss more than 10-13 hours (5-6.5 classes) of work throughout the year, you will be given additional work to complete during the re-examination period at the end of the school year. In the case of missing 10 to 13 hours (5 to 6.5 classes), additional assignments will be given during the retest period at the end of the year.</li> <li>• If the number of hours missed is more than 15 (7.5), a retest will not be given.</li> </ul> <p>(Created on Feb. 1, 2022)</p>

### 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
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### Course Plan

			Theme	Goals
1st Semester	1st Quarter	1st	Orientation (explanation of equipment, clothing, class content, evaluation, etc.) Soccer 1 (getting used to exercise)	Understand the contents of the class and grading. To be able to prepare for physical exercise.
		2nd	Soccer 2 (check basic skills, learn goalkeeper techniques, overview of skill tests, mini games)	To confirm how to dribble, pass, and shoot, and to understand goalkeeper skills. To understand the method of skill test.

		3rd	Soccer 3 (check basic skills, practice skill test, think about formation, mini-game)	To confirm how to dribble, pass, and shoot, and to understand goalkeeper skills. To understand the method of skill test.
		4th	Soccer 4 (check basic skills, practice skill tests, think about formations, mini games)	To be able to dribble, pass and shoot Understand about formation and be able to think about the formation of own team.
		5th	Soccer 5 (check basic skills, practice skill test)	To be able to demonstrate the results of practice
		6th	Physical Fitness Test	To understand one's current physical fitness.
		7th	Physical Fitness Test	To understand one's current physical fitness.
		8th	Soccer 6 (dribbling, passing, games utilizing offensive and defensive strategies)	To be able to embody the skills and ideas learned so far.
	2nd Quarter	9th	Table tennis 1 (how to hold a racket, basic strokes (forehand, backhand), rally practice)	To be able to hit with forehand and backhand, and to be able to continue a rally.
		10th	Table Tennis 2 (footwork, service and receiving, rally practice)	Footwork, service and receiving
		11th	Table Tennis 3 (Handling of various balls, service and receiving, rally practice, smash)	To be able to practice how to deal with various balls.
		12th	Table Tennis 4 (rules, explanation of refereeing, group doubles game)	To be able to play doubles game by learning the rules and refereeing methods.
		13th	Table tennis 5 (rules, explanation of refereeing methods, doubles game by group) or swimming 1	Table tennis: Learn the rules, refereeing methods, and play doubles games. Swimming: To be able to swim 25m using various swimming techniques.
		14th	Table Tennis 6 (rules, explanation of refereeing methods, doubles game by group) or Swimming 2	Table Tennis: Learn the rules, refereeing techniques, and play a doubles game. Swimming: To be able to swim 25m using various swimming techniques.
		15th	Sports Science (Sports Science, Sports and Injuries, Training Principles)	Acquisition of knowledge on sports science (sports science, sports and injury, training principles)
		16th		
2nd Semester	3rd Quarter	1st	Orientation, lecture (Olympics, Paralympics Anti-doping)	
		2nd	Soft Tennis (basics of swing)	
		3rd	Soft Tennis (basics of swing, rally, serve, receive, mini game)	
		4th	Soft Tennis (basics of swing, rally, serve, receive, mini game)	
		5th	Soft Tennis (basics of swing, rally, serve, receive, mini game)	
		6th	Soft Tennis (mini game, skill test)	
		7th	Track and Field (endurance running) Pace, interval, 1500m run	
		8th	Track and Field (endurance running) Pace, interval, 1500m run	
	4th Quarter	9th	Track and Field (endurance running) Pace, interval, 3000m run	
		10th	Track and Field (endurance running) Pace, interval, 3000m run	
		11th	Basketball( layup shooting, throwing, 20 sec shooting, 3 vs 3, mini game)	
		12th	Basketball( layup shooting, throwing, 20 sec shooting, 3 vs 3, mini game)	
		13th	Basketball(skill test)	
		14th	Lecture (Anti-doping, Sports Science)	
		15th	Lecture (Anti-doping, Sports Science)	
		16th		

#### Evaluation Method and Weight (%)

	Examination	exercises and practical skills	Mutual Evaluations between students	Participation attitude	Portfolio	Other	Total
Subtotal	25	25	0	45	0	5	100
Basic Proficiency	25	25	0	45	0	5	100
Specialized Proficiency	0	0	0	0	0	0	0
Cross Area Proficiency	0	0	0	0	0	0	0