

Oyama College	Year	2022	Course Title	Physical Education IV (Fitness)
Course Information				
Course Code	0101	Course Category	General / Compulsory	
Class Format	講義・実技	Credits	School Credit: 1	
Department	Department of Innovative Electrical and Electronic Engineering	Student Grade	4th	
Term	Second Semester	Classes per Week	2	
Textbook and/or Teaching Materials				
Instructor	NAGATA Tomoki,OHARA Yuuki,HIROSE Humihiko,MAEHARA Kiyoshi,			
Course Objectives				
1. To be able to engage in activities independently and enthusiastically, with an understanding of the importance of appropriate clothing and attitude for exercise, and with an interest in each event. In addition, they will be able to engage in activities while paying attention to safety, including preparation before and cleanup afterwards. 2. To be able to maintain and improve one's physical fitness by engaging in physical activities while being aware of one's own level of physical fitness and skills and one's own challenges through the practice of each exercise event. 3. Understand the significance of the class being an elective class, and through the fitness class, be able to communicate with peers about the knowledge of sports, thinking and physical movements, and be familiar with exercise. 4. To be able to work with peers on training plans and practices, and technology of high-clean. 5. To be able to perform dance exercises with peers to complete the dance. 6. To be able to practice and practice the skills of the jump rope test level (JNF, INF) with peers.				
Rubric				
	Ideal Level	Standard Level	Unacceptable Level	
Achievement 1	The student will not be late, leave early, observe, or be absent from class, will wear appropriate athletic attire, and will be able to engage in class activities safely, independently, and enthusiastically.	The student will be able to safely engage in class activities with little tardiness, early departure, observation, or absence, and will generally wear appropriate athletic attire and engage in class activities independently and enthusiastically.	The student is generally unable to engage in class activities safely, independently, and enthusiastically, with few tardies, early departures, observations, and absences, and with appropriate attire for physical activities.	
Achievement 2	To be able to maintain and improve one's physical fitness while recognizing one's own level of physical fitness, basic skills, and one's own challenges.	To be able to generally maintain and improve one's physical fitness while recognizing 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 understand the significance of the class being an elective class, and through the fitness class, actively communicate with peers about the knowledge of sports, thinking and physical movements, and be familiar with exercise.	To understand the significance of the class being an elective class, and through the fitness class, be able to communicate with peers about the knowledge of sports, thinking and physical movements, and be familiar with exercise.	Not be able to understand the significance of the class being an elective class, and through the fitness class, be able to communicate with peers about the knowledge of sports, thinking and physical movements, and be familiar with exercise.	
Achievement 4	To be able to actively work with peers on training plans and practices, and technology of high-clean.	To be able to work with peers on training plans and practices, and technology of high-clean.	Not be able to work with peers on training plans and practices, and technology of high-clean.	
Achievement 5	To be able to complete a dance by practicing and working on the dances with peers and teaching each other the parts they cannot do.	To be able to perform dance exercises with peers to complete the dance.	Not be able to perform dance exercises with peers to complete the dance.	
Achievement 6	To be able to actively practice and practice the skills of the jump rope test level (JNF, INF) with peers.	To be able to practice and practice the skills of the jump rope test level (JNF, INF) with peers.	Not be able to practice and practice the skills of the jump rope test level (JNF, INF) with peers.	
Assigned Department Objectives				
学習・教育到達度目標 ⑥ JABEE (d-4) JABEE (E) JABEE (f)				
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	【The second semester】 ・ The class will mainly consist of practical skills. However, lectures may be given in some cases. ・ In this course, students will be required to write a report and other assignments as necessary. ・ If necessary, reports and other assignments may be required. ・ The syllabus may be changed in a hurry depending on the infection situation in Tochigi prefecture or surrounding areas. ・ Evaluation will be based on 40% on practical skills (skill test, sportsmanship practice, etc.), 50% on class participation (class attitude, daily participation, etc.), and 10% on other reports and assignments. (Created on Feb. 1, 2022)			

Notice	<p>【The second semester】</p> <ul style="list-style-type: none"> • Three tardies will be counted as one absence. • Students are required to wear school-designated jerseys, T-shirts, shorts, and athletic shoes. • Students who talk too much, act selfishly, leave the class, or do not cooperate will be deducted from participation attitude. • Some changes may be made due to weather and progress. • If you need to observe the class for unavoidable reasons, please contact the instructor in charge in advance for consultation. (In some cases, it may be necessary to submit a medical certificate from a medical institution. • In some cases, a medical certificate from a medical institution may be required. • Teachers will communicate with you via "MS Teams" <p>☆Health and Physical Education is a prerequisite for attendance and activities as well as laboratory exercises.</p> <ul style="list-style-type: none"> • 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. • Attendance at the ball games in the second semester will be counted as one attendance for Health and Physical Education. • Be very careful about lack of attendance. • Grades will be adjusted by the difference between the grade point average and the average score of each event. <ul style="list-style-type: none"> • Retests will not be given if the number of hours missed exceeds 7.5 hours (3.75 classes). (Re-examination may be discussed and considered only when there are special circumstances, such as participation in a contest, and the student submits an absence report.) • If a student is absent for more than 6 hours (3 classes) in a semester, the student will be notified by the end of the semester and Conduct a retest or given an additional assignment. • In the case of additional assignments, the maximum grade is 65 points with the submission of the assignment. <ul style="list-style-type: none"> • For students in previous years, the curriculum is different, so a separate make-up class is always necessary. This course is designed for students who have completed the first year of the course. <p>(Prepared on Feb. 1, 2022)</p>
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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

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2nd Semester	3rd Quarter	1st	Orientation and event selection	
		2nd	Training plan (training methods), How to perform resistance training	
		3rd	New physical fitness test	
		4th	New physical fitness test, Resistance Training, Learning the High Clean	
		5th	Resistance Training, Learning the High Clean	
		6th	Resistance Training, Learning the High Clean	
		7th	Resistance Training, Core training	
		8th	Resistance Training, SAQ training	
	4th Quarter	9th	Circuit training	
		10th	Circuit training	
		11th	Practice jump rope, Dodgebee	
		12th	Dancing exercise	
		13th	Dancing exercise	
		14th	Dancing exercise	
		15th	Dancing exercise	
		16th		

Evaluation Method and Weight (%)

	Examination	exercises and practical skills	Mutual Evaluations between students	Participation attitude	Portfolio	Other	Total
Subtotal	0	40	0	50	0	10	100
Basic Proficiency	0	40	0	50	0	10	100
Specialized Proficiency	0	0	0	0	0	0	0
Cross Area Proficiency	0	0	0	0	0	0	0