

Oyama College	Year	2022	Course Title	Physical Education II
Course Information				
Course Code	0028	Course Category	General / Compulsory	
Class Format	講義・実技	Credits	School Credit: 2	
Department	Department of Architecture	Student Grade	2nd	
Term	Year-round	Classes per Week	2	
Textbook and/or Teaching Materials	Not necessary. Prepared by faculty as needed.			
Instructor	NAGATA Tomoki,OHARA Yuuki			
Course Objectives				
<p>【First and second semesters】 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. In addition, they will be able to engage in activities while paying attention to safety, including preparation in advance and cleanup afterwards. 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. To be able to understand and explain the knowledge of sports and health</p> <p>【The first semester】 To be able to master the basic skills of volleyball, kickbaseball (or softball) , and swimming, and to be able to play games and keep records based on the rules. Understand the characteristics of each sport. 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. 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】 To be able to master the basic skills of badminton, track and field middle distance running, and football, and to practice games and measure records based on the rules 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. 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 safely engage in class activities independently and enthusiastically, with no tardiness, early departures, observations, or absences, and wearing appropriate attire for physical activities.	To be able to safely engage in class activities with little tardiness, early departure, observation, or absence, and to wear appropriate athletic attire and generally work independently and enthusiastically.	Can not be late, leave early, observe, or be absent frequently, wear appropriate clothing for physical activity, and generally engage in class activities safely, 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 their physical fitness while being aware of their own level of physical fitness, basic skills, and their own challenges.	
Achievement 3	To be able to understand and explain the knowledge of sports and health with interest.	To be able to generally understand and explain the knowledge of sports and health.	Cannot generally understand and explain the knowledge of sports and health.	
Achievement 4	To be able to acquire the basic skills in each discipline and complete the tasks in the skills test. To be able to utilize basic skills in games.	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 event and complete the tasks in the skill test.	
Achievement 5 【First semester】	To be able to acquire basic skills in volleyball, kickbaseball (or softball) , and swimming, and to be able to play games and measure records independently and proactively based on rules. In addition, they can understand the characteristics of each event and become familiar with exercise.	To be able to acquire basic skills in volleyball, kickbaseball (or softball) , and swimming, and to be able to play games and measure records based on the rules. In addition, they can understand the characteristics of each event and become familiar with exercise.	To be able to master the basic skills of volleyball, kickbaseball (or softball) , and swimming, but be unable 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.	
Achievement 5 【Second semester】	To be able to acquire basic skills in badminton, track and field middle distance running, and football, and to be able to play games and measure records independently and proactively based on rules. They will also be able to understand the characteristics of each event and become familiar with exercise.	To be able to master the basic skills of badminton, track and field middle distance running, and football, and to be able to play games and measure records based on the rules. They can also understand the characteristics of each event and become familiar with exercise.	To be able to master the basic skills of badminton, track and field middle distance running, and football, but be unable 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.	
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 and the second semester】</p> <ul style="list-style-type: none"> <li>• This course will be conducted mainly with practical skills, but multiple lectures will be given. (Department of Mechanical Engineering and Architecture will conduct at least one lecture.)</li> <li>• Depending on the weather conditions, the indoor and outdoor events may be changed.</li> <li>• In this course, students will be required to write a report and other assignments as necessary.</li> <li>• This course is designed for students who have not yet completed the course.</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 40% on practical skills (skill test, sportsmanship practice, etc.), 45% on class participation (class attitude, daily participation, 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>• Be careful not to have too many absences.</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

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1st Semester	1st Quarter	1st	Orientation, M, A: lecture (lifestyle disease) EE, C: kickbaseball (or softball)	
		2nd	kickbaseball (or softball) , catching	
		3rd	kickbaseball (or softball) , catching, fielding practice	
		4th	kickbaseball (or softball) , catching, fielding and kicking(batting) practice	
		5th	New physical fitness test	
		6th	New physical fitness test, kickbaseball (or softball) , catching, fielding and kicking(batting)	
		7th	kickbaseball (or softball) , catching, mini game, skill test	
		8th	kickbaseball (or softball) , catching, mini game, skill test	
	2nd Quarter	9th	Volleyball (Pass, Serve, Receive)	
		10th	Volleyball (practice of spike, mini game)	
		11th	Volleyball (practice of spike, mini game)	
		12th	Volleyball (practice of spike, mini game)	
		13th	Volleyball (practice of spike, mini game) , Swimming	

2nd Semester		14th	Volleyball (practice of spike, mini game) , Swimming	
		15th	Skill test of spike, Swimming	
		16th		
	3rd Quarter	1st	Orientation, M, A: lecture (lifestyle disease) EE, C: Football	
		2nd	Football (kick and control the ball, pass, mini game)	
		3rd	Football (kick and control the ball, pass, mini game)	
		4th	Football (dribble and shoot, defense practice, mini game)	
		5th	Football (dribble and shoot, defense practice, mini game)	
		6th	Football (skill test) , Track and field (middle distance)	
		7th	Football (skill test) , Track and field (middle distance)	
		8th	Track and field (middle distance)	
	4th Quarter	9th	Track and field (middle distance)	
		10th	Badminton (Checking the equipment, How to hit the shuttle)	
		11th	Badminton (How to hit the shuttle, serve, rule, mini game)	
		12th	Badminton (How to hit the shuttle, serve, rule, mini game)	
		13th	Badminton (League of doubles games)	
		14th	Badminton (League of doubles games, skill test)	
		15th	Badminton (League of doubles games, skill test)	
		16th		

#### Evaluation Method and Weight (%)

	Examination	exercises and practical skills	Mutual Evaluations between students	Participation attitude	Portfolio	Other	Total
Subtotal	0	40	0	45	0	15	100
Basic Proficiency	0	40	0	45	0	15	100
Specialized Proficiency	0	0	0	0	0	0	0
Cross Area Proficiency	0	0	0	0	0	0	0