

Toyama College		Year	2022		Course Title	Physical Education Ⅲ	
Course Information							
Course Code		0051		Course Category		General / Elective	
Class Format		Lecture		Credits		School Credit: 2	
Department		Department of Electronics and Computer Engineering		Student Grade		3rd	
Term		Year-round		Classes per Week		2	
Textbook and/or Teaching Materials		「Active Sports 総合版」 大修館書店					
Instructor		Ohashi Chisato					
Course Objectives							
At the completion of this course, students will be able to 1. Decide team organization, rule, game operation by discussion and exercise 2. Learn the importance of fairness, cooperation and responsibility through group activities 3. Enjoying exercise, improve communication skills							
Rubric							
		Ideal Level of Achievement (Very Good)		Standard Level of Achievement (Good)		Unacceptable Level of Achievement (Fail)	
Evaluation 1		Can prepare and clean up equipment and tools while paying attention to safety ambitiously.		Can prepare and clean up equipment and tools while paying attention to safety.		Can't prepare and clean up equipment and tools while paying attention to safety.	
Evaluation 2		Can play your part and work in cooperation with teammates, in order to achieve the goals of team.		Can understand own role and the need to cooperate with teammates, in order to achieve the goals of the team.		Can't understand own role and the need to cooperate with teammates, in order to achieve the goals of the team.	
Evaluation 3		Can try to communicate smoothly withteammates for enjoying exercise.		Can understand that smooth communication with teammates is important for enjoying exercise.		Can understand that smooth communication with teammates is important for enjoying exercise.	
Assigned Department Objectives							
MCCコア科目 ディプロマポリシー 2							
Teaching Method							
Outline		1. Develop communication skills and leadership skills using system of selected some sports. 2. Make thorough cooperation in preparation and cleaning. 3. Foster motivation to actively exercise by themselves towards lifelong sports implementation.					
Style		In1st and 2nd classes, enforcing fitness tests for longitudinal and cross-section estimation of own fitness levels. Style of classes are adopted to select some sports in accordance with own fitness level, needs and ability for exercise by results of fitness tests .					
Notice		Promotion for safety counterplan. In 3rd to 15th classes, student selects 2 sports and pursue these in 12 times (1 sports 6 times * 2). Can take makeup exam in need aid up to maximum of 60 points.					
Characteristics of Class / Division in Learning							
<input checked="" type="checkbox"/> Active Learning		<input type="checkbox"/> Aided by ICT		<input type="checkbox"/> Applicable to Remote Class		<input type="checkbox"/> Instructor Professionally Experienced	
Course Plan							
			Theme		Goals		
1st Semester r	1st Quarter	1st	Orientation Fitness test		Can understand the correct measurement method and take fitness tests.		
		2nd	Fitness test		Can take fitness tests and estimate own fitness level.		
		3rd	Select Sports (Basketball, Beach volleyball, Futsal, Tennis, Softball)		Can select a sports fitting our own fitness level or exercise needs.		
		4th	Select Sports (Basketball, Beach volleyball, Futsal, Tennis, Softball)		Can prepare in coopration with teammates and practice in safety.		
		5th	Select Sports (Basketball, Beach volleyball, Futsal, Tennis, Softball)		Can set a goal of selected sports with teammates.		
		6th	Select Sports (Basketball, Beach volleyball, Futsal, Tennis, Softball)		Can devise basic practice to raise personal skills with teammates.		
		7th	Select Sports (Basketball, Beach volleyball, Futsal, Tennis, Softball)		Can enjoy games with teammates while understanding the rules.		

		8th	Select Sports (Basketball, Beach volleyball, Futsal, Tennis, Softball)	Can enjoy to play games by easier rules.
	2nd Quarter	9th	Select Sports (Basketball, Beach volleyball, Ultimet, Tennis, Badminton)	Can select a sports fitting our own fitness level or exercise needs.
		10th	Select Sports (Basketball, Beach volleyball, Ultimet, Tennis, Badminton)	Can prepare in coopration with teammates and practice in safety.
		11th	Select Sports (Beach volleyball, Futsal, Tennis, Badminton)	Can set a goal of selected sports with teammates.
		12th	Select Sports (Basketball, Beach volleyball, Ultimet, Tennis, Badminton)	Can devise basic practice to raise personal skills with teammates.
		13th	Select Sports (Basketball, Beach volleyball, Ultimet, Tennis, Badminton)	Can enjoy games with teammates while understanding the rules.
		14th	Select Sports (Basketball, Beach volleyball, Ultimet, Tennis, Badminton)	Can enjoy to play games by easier rules.
		15th	Class Evaluation	Can do self assessment and mutual evaluation about class.
		16th		
2nd Semester	3rd Quarter	1st	Fitness test	Can understand the correct measurement method and take fitness tests.
		2nd	Fitness test	Can take fitness tests and estimate own fitness level.
		3rd	Select Sports (Basketball, Beach volleyball, Futsal, Table tennis)	Can select a sports fitting our own fitness level or exercise needs.
		4th	Select Sports (Basketball, Beach volleyball, Futsal, Table tennis)	Can prepare in coopration with teammates and practice in safety.
		5th	Select Sports (Basketball, Beach volleyball, Futsal, Table tennis)	Can set a goal of selected sports with teammates.
		6th	Select Sports (Basketball, Beach volleyball, Futsal, Table tennis)	Can devise basic practice to raise personal skills with teammates.
		7th	Select Sports (Basketball, Beach volleyball, Futsal, Table tennis)	Can enjoy games with teammates while understanding the rules.
		8th	Select Sports (Basketball, Beach volleyball, Futsal, Table tennis)	Can enjoy to play games by easier rules.
	4th Quarter	9th	Select Sports (Beach volleyball, Ultimet, Basketball, Badminton)	Can select a sports fitting our own fitness level or exercise needs.
		10th	Select Sports (Beach volleyball, Ultimet, Basketball, Badminton)	Can prepare in coopration with teammates and practice in safety.
		11th	Select Sports (Beach volleyball, Futsal, Tennis, Badminton)	Can set a goal of selected sports with teammates.
		12th	Select Sports (Beach volleyball, Ultimet, Basketball, Badminton)	Can devise basic practice to raise personal skills with teammates.
		13th	Select Sports (Beach volleyball, Ultimet, Basketball, Badminton)	Can enjoy games with teammates while understanding the rules.
		14th	Select Sports (Beach volleyball, Ultimet, Basketball, Badminton)	Can enjoy to play games by easier rules.
		15th	Class Evaluation	Can do self assessment and mutual evaluation about class. Can make a report on the relationship between fitness elements and selected sports.
		16th		

Evaluation Method and Weight (%)

	Examination	Presentation	Mutual Evaluations between students	Behavior	Portfolio	Other	Total
Subtotal	30	0	0	10	60	0	100

Basic Ability	30	0	0	0	0	0	30
Technical Ability	0	0	0	0	50	0	50
Interdisciplinary Ability	0	0	0	10	10	0	20