

Toyama College		Year	2022		Course Title	Health Education
Course Information						
Course Code	0001		Course Category	General / Elective		
Class Format	Lecture		Credits	School Credit: 1		
Department	Department of International Business		Student Grade	1st		
Term	First Semester		Classes per Week	2		
Textbook and/or Teaching Materials						
Instructor	Hayashi Naoto					
Course Objectives						
At the completion of this course, students will be able to 1.Understand about knowledge and state of Health generally. 2.Recognize necessity of keeping health, and learning behavior for acting healthy. 3.Understand training methods for improving own fitness level and sports performance.						
Rubric						
	Ideal Level		Standard Level		Unacceptable Level	
Achievement 1	We can understand knowledge of halth genellary, and think of health which is own problem actively.		We can understand knowledge of halth genellary, and think of health which is own problem.		We can't understand knowledge of halth genellary, and think of health which is own problem.	
Achievement 2	We can recognize the necessary of health promotion in our lifetime, and understand about abilities and behavior to live hearthy correctly.		We can recognize the necessary of health promotion in our lifetime, and understand about abilities and behavior to live hearthy.		We can't recognize the necessary of health promotion in our lifetime, and understand about abilities and behavior to live hearthy.	
Achievement 3	We can understand the methods to improve our own fitness and sports performance correctly.		We can understand the methods to improve our own fitness and sports performance.		We can't understand the methods to improve our own fitness and sports performance.	
Assigned Department Objectives						
ディプロマポリシー 2						
Teaching Method						
Outline	1.Learning basic theory about promotion health and acquire behavior for health actions. 2.Understanding the generation factors about contemporary health problems for example "life style related disease" "mental health" "occupational disease".					
Style	The classes are executed in the form of lecture using texts basically. But according to detail of lecture, we have active learning, group discussion, group working.					
Notice	The text and work-note are used every lectures. And work-note are cheked by teacher every tests. Without permission "Private conversation" "Use of mobile phone" is unacceptable in lectures. Can take makeup exam in need aid up to maximum of 50 points.					
Characteristics of Class / Division in Learning						
<input checked="" type="checkbox"/> Active Learning		<input checked="" type="checkbox"/> Aided by ICT		<input checked="" type="checkbox"/> Applicable to Remote Class		<input type="checkbox"/> Instructor Professionally Experienced
Course Plan						
			Theme	Goals		
1st Semester	1st Quarter	1st	Orientation & Talking about general health	We take an explanation of the syllabuse and think about health problem in Japan.		
		2nd	Life style related diseass & Health(1)	We learn about life style related disease and think about own health.		
		3rd	Life style related diseass & Health(2)	We surely understand exercise, meals, rest which affect health.		
		4th	Life style related diseass & Health(3)	We learn effect of smoking and drinking alcohole, and think the social problems which are caused by smoking and drinking alcohole.		
		5th	Infectious disease	We learn about Infectious disease and think about own health.		
		6th	Physical and mental health(1)	We learn several desires and understand actions which are caused by adjustment mechanism for keep mental stability.		
		7th	Physical and mental health(2)	We understand psychosomatic correlation using some cases, and think own stress relief method.		
		8th	First aid	We learn about first aid and know about how to help in own life.		
	2nd Quarter	9th	Cultural characteristic of sports(1)	We learn that sports competition is cultural action for knowing sciense researches and artistic activities.		
		10th	Cultural characteristic of sports(2)	We learn about sports doping from the perspective of sports morals.		

		11th	Anatomy & Biomechanics	We remember official name of bones & muscles and understand about expression & mechanism of muscular contractions.
		12th	How to learn sports(1)	We understand training methods in response to skills and abilities and learn about tactics making use of these training.
		13th	How to learn sports(2)	We understand effective training methods in response to various processes.
		14th	How to learn sports(3)	We learn fitness components and understand training principle & fundamental rule.
		15th	Test	We have a test, and produce own work book after the test.
		16th	Class evaluation	We pursue self-estimation and mutual-estimation.

Evaluation Method and Weight (%)

	Examination	Presentation	Mutual Evaluations between students	Behavior	Portfolio	Other	Total
Subtotal	80	0	0	0	20	0	100
Basic Proficiency	0	0	0	0	0	0	0
Specialized Proficiency	80	0	0	0	20	0	100
Cross Area Proficiency	0	0	0	0	0	0	0