

富山高等専門学校		開講年度	平成31年度 (2019年度)		授業科目	体育Ⅴ
科目基礎情報						
科目番号	0189		科目区分	一般 / 選択		
授業形態	授業		単位の種別と単位数	学修単位: 1		
開設学科	国際ビジネス学科		対象学年	5		
開設期	前期		週時間数	1		
教科書/教材	「Active Sports 総合版」 大修館書店					
担当教員	大橋 千里,林 直人					
到達目標						
1. Objectively valuation own fitness levels and exercise for development of own fitness. 2. Problem-solving for building up own skills and abilities of various sports. 3.Playing advanced games while consideration safe and cooperation.						
ルーブリック						
	理想的な到達レベルの目安		標準的な到達レベルの目安		未到達レベルの目安	
評価項目1	We can select sports to build up fitness factors we target from self-estimation of fitness tests, and devise practice methods.		We can select sports to build up fitness factors we target from self-estimation of fitness tests.		We can't make out fitness factors we have to build up from self-estimation of fitness tests.	
評価項目2	We can acquire technical skills while basic drills, and exert these during games.		We can plan basic drills to acquire technical skills and make efforts to use these.		We can't plan basic drills to acquire technical skills.	
評価項目3	We can play games using advanced tactics while working hard with teammates' cooperation.		We can play games while working hard with teammates' cooperation.		We can't play games while working hard with teammates' cooperation.	
学科の到達目標項目との関係						
ディプロマポリシー 2						
教育方法等						
概要	1. Selecting some sports, and building up abilities to improve a lack of exercise situation and enjoy sports and exercise during own lifetime. 2. Training communication skill, understanding spiritual happiness and physicaly health during physical activities. And learing about roles for groups to grow up as business person who administer community.					
授業の進め方・方法	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 finess tests .					
注意点	Promotion for safety counterplan. In 3rd to 15th classes, student selects 2 sports and pursue these in 12 times (1 sports 6 times * 2). As a result is under 60 points, student can make-up a resit by an application. If a result of resit is filled with established stanndard, an estimation becomes 60 points.					
授業計画						
		週	授業内容		週ごとの到達目標	
前期	1stQ	1週	Orientation & Fitness test		We take an explanation of the syllabuse and take fitness tests.	
		2週	Fitness test		We take fitness tests and estimate own fitness level. We awake fitness factors that we should improve.	
		3週	Select Sports (Softball, Beach volleyball, Futsal, Tennis)		We select a sports fitting our own fitness level or exercise needs.	
		4週	Select Sports (Softball, Beach volleyball, Futsal, Tennis)		We prepare in coopration with teammates and practice in safety.	
		5週	Select Sports (Softball, Beach volleyball, Futsal, Tennis)		We set a goal of the sports we selected with teammates.	
		6週	Select Sports (Softball, Beach volleyball, Futsal, Tennis)		We understand skills of optional sports and practice to build up these.	
		7週	Select Sports (Softball, Beach volleyball, Futsal, Tennis)		We learn and act with teammates to get higher skills.	
		8週	Select Sports (Softball, Beach volleyball, Futsal, Tennis)		We enjoy to play games by easier rules.	
	2ndQ	9週	Select Sports (Beach volleyball, Futsal, Tennis, Badminton)		We understand skills of optional sports and devise practices to build up these more.	
		10週	Select Sports (Beach volleyball, Futsal, Tennis, Badminton)		We play games in safety, fairly by rules.	
		11週	Select Sports (Beach volleyball, Futsal, Tennis, Badminton)		We devise basic drills with teammates to build up individual/ group tactics.	
		12週	Select Sports (Beach volleyball, Futsal, Tennis, Badminton)		We devise basic drills with teammates to build up team tactics.	

		13週	Select Sports (Beach volleyball, Futsal, Tennis, Badminton)	We play games in accordance with fair referee.
		14週	Select Sports (Beach volleyball, Futsal, Tennis, Badminton)	We challenge high level tactics with advices from teammates or external feedbacks.
		15週	Class Evaluation	We pursue self-estimation and mutual-estimation.
		16週		

#### モデルコアカリキュラムの学習内容と到達目標

分類	分野	学習内容	学習内容の到達目標	到達レベル	授業週
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#### 評価割合

	試験	発表	相互評価	態度	ポートフォリオ	その他	合計
総合評価割合	30	0	0	10	60	0	100
基礎的能力	30	0	0	0	0	0	30
専門的能力	0	0	0	0	50	0	50
分野横断的能力	0	0	0	10	10	0	20