

富山高等専門学校		開講年度	平成31年度 (2019年度)		授業科目	健康科学
科目基礎情報						
科目番号	0045		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: 2		
開設学科	国際ビジネス学専攻		対象学年	専2		
開設期	後期		週時間数	2		
教科書/教材						
担当教員	大橋 千里					
到達目標						
(1)Deepen understanding of exercise physiology (2)Subjective recognition of health promotion utilizing own data, amount of daily physical activity (3)Bring up qualification for creation and action a scientific exercise program fitting own lifestyles						
ルーブリック						
	理想的な到達レベルの目安(優)		標準的な到達レベルの目安(良)		未到達レベルの目安(不可)	
評価項目1	We can understand deeply about health problems in Japan from the modern social background and think about solutions.		We can understand enough about health problems in Japan from the modern social background.		We can't understand enough about health problems in Japan from the modern social background.	
評価項目2	We can grasp independently about lifelong health promotion from own data of health and physical activities.		We can understand enough about necessity of lifelong health promotion from own data of health and physical activities.		We can't understand enough about necessity of lifelong health promotion from own data of health and physical activities.	
評価項目3	We can make an exercise program fitting own lifestyles along the physical activity guideline 2013 and pursue the program.		We can make an exercise program fitting own lifestyles along the physical activity guideline 2013.		We can't make an exercise program fitting own lifestyles along the physical activity guideline 2013.	
学科の到達目標項目との関係						
教育方法等						
概要	(1)Objective Students understand physiological effects that exercises are influential in health promotion and fitness levels. Furthermore Students acquire the ability to make exercise program fitting own lifestyle and act the program. Through the actions, students are expected to be engineers who lead a healthy life in the future. (2)Summary One of the main modern diseases, Lifestyle Diseases are related to lifestyle [physical activities, nutrition, rest and stress etc.]. Especially, exercise and physical activities rise fitness levels and promote health. Therefore the classes are provide knowledges about exercise and health.					
授業の進め方・方法	The classes are enforced 3 experimentations or practices and a measurement of the amount of physical activities using a pedometer. Finally a student have a presentation for 10 minutes about own health promotion program in the last class.					
注意点	Students should wear clothes fitting exercise or sports when a class is enforced a experimentation or practice.					
授業計画						
		週	授業内容		週ごとの到達目標	
後期	3rdQ	1週	Orientation		We take an explanation of the syllabuse.	
		2週	Execution and Estimation of Simple Fitness Test		We take a simple stamina test and estimate own fitness level.	
		3週	Concept about Health(1)		We study a basic health concept.	
		4週	Concept about Health(2)		We study a practical health concept.	
		5週	Exercise and Fitness		We study exercise effects which influence fitness and methods of practical training.	
		6週	Exercise and Lifestyle Disease		We understand the relevance between lack of exercise and lifestyle disease.	
		7週	Exercise Therapy Effect		We study exercise therapy methods for improvement lifestyle disease and these effects.	
		8週	Daily Amount of Physical Activity.		We measure the amount of physical activity using pedometers for 2 weeks.	
	4thQ	9週	Healthy Exercise Practice(1)		We set exercise event, the target of intensity and time to make exercise programs fitting our lifestyles.	
		10週	Estimation of Daily Amount of Physical Activity		We estimate our physical activity on our lifes from own data of the amount of physical activity collected by pedometers.	
		11週	Physical Activity and Health		We understand the guileline "Physical activity reference for health promotion 2013" , and restart to measure the amount of physical activity.	
		12週	Healthy Exercise Practice(2)		We reset the exercise event, the target of intensity and time, and practice exercise plans which we set ourselves.	
		13週	Re-stimation of Daily Amount of Physical Activity		We make a comparision between the first physical activity data and the second.	
		14週	Preparation for Presentation about Exercise Program		We make our exercise programs fitting own lifestyles and prepare presentations about these.	

		15週	Presentation	We have presentations. Presentation is for 10 minutes a parson.			
		16週	Presentation Class Evaluation Qaustionnaire	We have presentations. Finally we answer class eveluation quastionnaires.			
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
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	0	75	0	0	0	25	100
基礎的能力	0	0	0	0	0	0	0
専門的能力	0	75	0	0	0	25	100
分野横断的能力	0	0	0	0	0	0	0