

Health and Sports Science: Practicum (Exercise and Sports I)			
Registration Code	0055321	Credits	1.0
Course Category	Basic GE, Sports		
Term (Semester) / Day / Period	G-II (1st year, Spring Semester) / Fri. / 3 (13:00~14:30)		
Instructor	YOKOYAMA Keiko		
Target Schools (Programs)	Hu(J)·La(S)·Ec(S)·Sc(P·C·B)·En(P·C·Au)·Ag(B)		
<p>●Goals and Objectives of the Course This course promotes communication and leadership abilities through sports by teaching students how to manage their own health, while training them in the basic skills required for a lifetime of physical activity. The objectives of this class are to emphasize the development of fundamental TABLE TENNIS skills, and knowledge of game rules and tactics. The students are expected to deepen their understanding of the ways, meanings, and values about moving their body and communicating with others.</p> <p>●Course Prerequisites The students' success in this class is extremely dependent on their ACTIVE participation and ON TIME attendance. They are expected to come to class ON TIME and should be READY to participate.</p> <p>●Dress Code and Equipment Comfortable SPORTSWEAR and INDOOR SPORTS SHOES must be worn. If the appropriate attire is not worn to this class, attendance will not be counted.</p> <p>●Course Contents/Plan 1. An orientation session for this course. 2. Learn the fundamental skill and rules of table tennis. 3. Singles and Doubles games.</p> <p>●Course Evaluation Methods Evaluated by the ATTENDANCE and active participation (70%), table tennis skills and knowledge (20%), and communication skills (10%). The students missing more than FOUR classes for any reason (excused or unexcused) will fail the course. Any students who are disruptive, disrespectful, absent from class many times, or not participating fully in the class will also fail the course or have their attendance/participation grade reduced. The course withdrawal system is available in this class. If students want to withdraw from this class, they need to submit a Course Withdrawal Request Form to the instructor before the end of the 4th class (including the first orientation class). In principle, instructors may not give students a grade of “Withdrawal” without the submission of the Course Withdrawal Request Form. However, in the case of an avoidable reason, such as sickness, accident, or no school attendance, the instructor may give a grade of “Withdrawal” based on their judgment.</p> <p>●Notice for Students The students MUST attend the first orientation class and BRING their photo (3x4 cm) for incoming freshmen. The details of this course will be explained in the first session. It is desirable that students should preparation to learn about basic rules and skills required in playing of table tennis.</p>			
Textbook	The website about table tennis will be introduced in class if necessary.		
Reference Book	If necessary, the book will be introduced in class.		
Reference website	https://www.ittf.com/		
Message	Hope the students will be active participation in this class.		