

Health and Sports Science : Practicum (Exercise and Sports A(Badminton))

Undergraduate / Graduate	Undergraduate	Registration Code	0062411
Course Category	Health and Sports Science	Credits	1.0
Term (Semester) / Day / Period	G-I (1st year, Fall Semester) / Tue / 4 (14:45~16:15)		
Instructor	KATAYAMA Keisho		

●Goals of the Course [Standardized across all programs]

This course aims to achieve the necessary abilities to maintain and increase physical fitness and to develop the communication skills.

●Objectives of the Course

The objectivities of this class are to emphasize the development of fundamental BADMINTON skills, knowledge of game rules, and tactics of play. The students play mixed doubles. The students are expected to deepen their understanding of this game and also to communicate well with a partner in class.

●Course Contents or Plan

1. An orientation session for incoming freshmen.
2. An orientation session for badminton class.
3. The rules of the doubles game.
3. Fundamental skill training.
4. Adapted skill training.
5. Team offensive and defensives tacti

●Course Prerequisites and Related Courses

Comfortable SPORTSWEAR and INDOOR SPORTS SHOES must be worn. If the appropriate attire is not worn to this class, attendance will not be counted. The students who do not have enough clear eyesight, the use of glasses or contact lens is strongly recommended.

●Course Evaluation Method and Criteria (* Please do not forget to describe your course withdrawal policy.)

Evaluated by the ATTENDANCE and active participation (70%), badminton skills and knowledge (20%), and communication skills (10%). The students missing more than FOUR classes for any reason 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. Students need to request a course withdrawal via email or NUCT message 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 notification of the course withdrawal. However, in the case of an avoidable reason, such as sickness, or no school attendance, the instructor may give a grade of "Withdrawal" based on their judgment.

●Study Load (Self-directed Learning Outside Course Hours)

The self-directed learning is about understanding rules of the doubles game, fundamental skills, and team offensive and defensives tactics.

●How to Respond to Questions

The students send questions to the Instructor by e-mail or message mail on NUCT

●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 badminton. Please send a message through NUCT if you have a question or inquiry.

●Message from the Instructor

We wish you have a lot of fun with us in the course.

●Courses taught by Instructors with practical experience

This class is for beginners.

Textbook	The website about badminton will be introduced in class if necessary.
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Reference Book	If necessary, the book will be introduced in class.
Reference website for this Course	https://bwfbadminton.com/

Health and Sports Science: Lecture

Undergraduate / Graduate	Undergraduate	Registration Code	0065211
Course Category	Health and Sports Science	Credits	2.0
Term (Semester) / Day / Period	G-I (1st year, Fall Semester) / Fri / 2 (10:30~12:00)		
Instructor	©KOIKE Teruhiko, SAKAI Takashi		

●Goals of the Course 【Standardized across all programs】

This course aims to obtain and understand evidenced-based knowledge about health, exercise, and sports sciences necessary for personal health management.

●Objectives of the Course

1. Students can gain scientific knowledge about drugs, diet, and exercise.
2. Students can gain basic knowledge about epidemiology and statistics, and increase the ability to interpret the clinical studies
3. Students will experience the effect of behavior change.
4. Students can learn the importance of mental health.
5. Students can learn how to prevent infectious diseases.

●Course Contents or Plan

Session 1 Lifestyle (Koike)

- ① Alcohol and Smoking
- ② Diet
- ③ Exercise
- ④ Obesity and diabetes

Session 2 Infectious diseases (Koike)

- ① How to prevent infection?
- ② SARS-CoV-2 Covid-19
- ③ HIV/AIDS

Session 3 Brain and Mental Disorder (Sakai)

- ① Sleep
- ② Depression
- ③ Psychoanalysis

●Course Prerequisites and Related Courses

None

●Course Evaluation Method and Criteria

Final exam (25%), Assignment (25%), Quiz (50%)

Standard method for converting marks-out-of-100 to letter won't be used.

Students who are absent from the final examination will get an "Absent" grade.

Students do not need to notify the instructor of the course withdrawal.

●Study Load (Self-directed Learning Outside Course Hours)

Students need to plan, do, and report a project on lifestyle change.

●How to Respond to Questions

Message function of NUCT

Textbook	None (Reading materials will be available from the Website.)
Reference Book	None
Reference website for this Course	Nagoya University Collaboration and Course Tools (NUCT)