

Health and Sports Science: Lecture			
Registration Code	0065211	Credits	2.0
Course Category	Basic GE, Sports		
Term (Semester) / Day / Period	G-I (1st year, Fall Semester) / Fri / 2 (10:30~12:00)		
Instructor	KOIKE Teruhiko, SAKAI Takashi		
Target Schools (Programs)	Hu(J)·La(S)·Ec(S)·Sc(P·C·B)·En(P·C·Au)·Ag(B)		
<p>●Objectives of the course In recent years “health” is a primary concern. This is because people are afraid of being obese and developing other lifestyle-related diseases, as a result of overeating and sedentary lifestyles. Good habits (lifestyle) from a young age are critical to having a long healthy life. The purposes of this lecture are to support the health care of each student by addressing ①lifestyle-related issues such as nutrition, exercise, alcohol and smoking, ②metabolic and endocrine disorders caused by an unhealthy lifestyle, ③mental disorders, and ④infectious diseases.</p> <p>●Course Prerequisites None</p> <p>●Course Contents Session 1 – 11: Lifestyle (Koike) ① Alcohol and Smoking ② Diet ③ Exercise ④ Obesity and diabetes ⑤ Infection and HIV/AIDS Session 12-14:Brain and Mental Disorder (Sakai) ① Sleep ② Depression ③ Psychoanalysis</p> <p>●Evaluation methods Final exam (80%); Assignment (20%) Students who are absent from final examination will get “Absent” grade. Students do not need to submit a Course Withdrawal Form for course withdrawal.</p> <p>●Notice for students None</p>			
Textbook	None (Reading materials will be available from the Website.)		
Reference Book	Nagoya University Collaboration and Course Tools (NUCT)		

Health and Sports Science : Practicum (Exercise and Sports II)			
Registration Code	0021416	Credits	1.0
Course Category	Basic GE, Sports		
Term (Semester) / Day / Period	G- III (2nd year, Fall Semester) / Mon. / 4 (14:45~16:15)		
Instructor	KATAYAMA Keisho, TANAKA Noriko		
Target Schools (Programs)	Hu(J)·La(S)·Ec(S)·Sc(P·C·B)·En(P·C·Au)·Ag(B)		
<p>●Objectives of the course This class emphasizes 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.</p> <p>●Course Prerequisites The students' success in this class is extremely dependent on their ACTIVE participation and ON TIME attendance. The students are expected come to class ON TIME and READY to participate. The students missing more than FOUR classes for any reason (excused or unexcused) will fail the course. Any students who are disruptive, disrespectful, or not putting their effort into the class will also fail the course or have their attendance/participation grade reduced.</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. The students who do not have enough clear eyesight, the use of contact lens is strongly recommended.</p> <p>●Course Contents</p> <ol style="list-style-type: none"> 1. An orientation session for incoming freshmen. 2. An orientation session for badminton class. 3. Fundamental skill training. 4. Adapted skill training. 5. Team offensive and defensives tactics. <p>●Evaluation methods Active Participation 70% Badminton Skills & Knowledge 20% Communication Skills 10% Total 100%</p> <p>●Notice for students The students MUST attend the first orientation session. The details of this course will be explained in the session. Students, who would like to withdraw from registered courses, shall submit the Course Withdrawal Form by the end of "the 4th class time " to the instructor in charge.</p>			
Textbook	Will be introduced by the instructor.		
Reference Book	N/A		