

英文科目名称：

開講期間	配当年	単位数	科目必選区分
1stQ & 4thQ	1年	1単位	選択
担当教員			
野田 章子			

講義概要	①健康調査をおこなう 体力テストをおこなう 体力評価をおこなう ②さまざまなスポーツのルールを理解できる 試合での実践ができる 意欲的な活動ができる ③チームを編成することができる チームでの練習ができる チームでの試合ができる ④トレーニング論を理解する 基礎トレーニングを理解する チームでの試合ができる ⑤生活習慣を見直す 自分に合った運動プログラムを考える 今後のライフスタイルと運動を考える
授業計画	1 体力テスト 新体力テストの実施 2 トレーニング理論 有酸素トレーニングと筋力トレーニングの実践 3 バドミントン① ルールの理解と基本練習 4 バドミントン② リーグ戦形式によるゲーム 5 バドミントン③ リーグ戦形式によるゲーム 6 バドミントン④ リーグ戦形式によるゲーム 7 バレーボール① ルールの理解と基本練習 8 バレーボール② リーグ戦形式によるゲーム 9 バレーボール③ リーグ戦形式によるゲーム 10 バレーボール④ リーグ戦形式によるゲーム 11 卓球 ルールの理解と基本練習およびゲーム 12 バスケットボール① ルールの理解と基本練習 13 バスケットボール② リーグ戦形式によるゲーム 14 バスケットボール③ リーグ戦形式によるゲーム 15 まとめ 自分に適した運動を考える
授業形態	実習
到達目標	①自分の健康と体力に関心をもつ ②運動・スポーツの楽しさを味わう ③スポーツを通じたコミュニケーション能力の向上 ④運動技術・知識の向上 ⑤体力年齢の向上
評価方法	課題への取り組み、授業内レポート、体力テスト、実技テスト、成果レポートを総合して評価を行う。
評価基準	課題への取り組み50%、授業内レポート20%、体力テスト10%、実技テスト10%、成果レポート10%
教科書・参考書	テキスト：必要に応じて資料を配布
履修条件	
履修上の注意	
オフィスアワー	授業の前後で対応します。
備考・メッセージ	【準備学習（自主学習）】ストレッチや準備運動をしてけがの防止に役立てること。 実技テストにむけて個人練習をしておくこと。

英文科目名称：

開講期間	配当年	単位数	科目必選区分
1stQ & 4thQ	1年	1単位	選択
担当教員			
ルーク・ロベージュ			

講義概要	This course is designed to provide students with all the benefits associated with recreation. Students will have the opportunity to learn skills and knowledge that will allow them to gain all the benefits of physical fitness. All instruction will be given in English. Students will also have the opportunity to participate in novel activities.
授業計画	<p>Lesson 1: Introduction to the course and physical fitness. During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 2 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 3 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 4 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 5 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 6 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 7 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 8 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 9 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 10 During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 11 During this course students will participate a wide variety physical activities.</p>

	<p>Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 12</p> <p>During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 13</p> <p>During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 14</p> <p>During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate in basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag and more.</p> <p>Lesson 15: Final Evaluation</p> <p>Students will have a test.</p>
授業形態	practice
到達目標	<ol style="list-style-type: none"> <li>1. Students will learn the components of physical fitness.</li> <li>2. Students will learn about “wellness.”</li> <li>3. Students will monitor their daily habits.</li> <li>4. Students will keep a wellness journal and learning log.</li> <li>5. Students will recreate.</li> </ol>
評価方法	Grades will be based on engagement, a wellness journal and a test.
評価基準	Grades will be based on Engagement (50%), test (25%) and wellness log (25%).
教科書・参考書	
履修条件	
履修上の注意	
オフィスアワー	<p>Feel free to visit me in my office anytime I am not in class or a meeting.</p> <p>Monday 3:00-5:30.</p>
備考・メッセージ	

英文科目名称：

開講期間	配当年	単位数	科目必選区分
5thQ & 6thQ	2年	1単位	選択
担当教員			
ルーク・ロベージュ			

講義概要	This course is designed to provide students with all the benefits associated with recreation. Students will have the opportunity to learn skills and knowledge that will allow them to gain all the benefits of physical fitness. All instruction will be given in English. Students will also have the opportunity to participate in novel activities.		
授業計画	1	Lesson 1: Introduction to the course During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	2	Lesson 2 : TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	3	Lesson 3: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	4	Lesson 4: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	5	Lesson 5: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	6	Lesson 6: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	7	Lesson 7: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	8	Lesson 8: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	9	Lesson 9: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	

	10	Lesson 10: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	11	Lesson 11: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	12	Lesson 12: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	13	Lesson 13: Lesson 3: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	14	Lesson 14: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	15	Lesson 15: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
授業形態	practice	
到達目標	1. Students will participate in weekly physical activity. 2. Students will complete post-lesson reflections. 3. Students will participate in complete a course report. 4. Students will participate in group cooperative activities. 5. Students will monitor their participation, and understanding.	
評価方法	Grades will be based on engagement, post-lesson reflections, and a course report.	
評価基準	Grades will be based on engagement (50%), post-lesson reflections (25%), and a course report (25%).	
教科書・参考書		
履修条件		
履修上の注意		
オフィスアワー	Feel free to visit me in my office anytime I am not in class or a meeting. Monday 3:00-5:30.	
備考・メッセージ		

英文科目名称：

開講期間	配当年	単位数	科目必選区分
5thQ & 6thQ	2年	1単位	選択
担当教員			
瀬尾 眞一			

講義概要	①自分の健康体力・運動能力を理解する ②積極的に運動やスポーツを実践する ③活動の支援に積極的にかかわる ④運動やスポーツの楽しさを理解する。 ⑤運動やスポーツの日常的な実践の必要性を理解する
授業計画	<p>1 オリエンテーション 授業内容の説明と次回の体力・運動能力診断の説明 学習課題 復習：体力・運動能力診断の方法を理解しておく 予習：現在の運動生活を見直す</p> <p>2 体力・運動能力診断の実施 体力・運動能力診断を実施し、その結果をもとに運動生活を振り返る 学習課題 復習：体力・運動能力診断の結果を振り返る 予習：現在の運動生活を見直す</p> <p>3 ウォークラリーの実践 ラリー形式でウォーキングを楽しむ 学習課題 復習：身近にジョギングやウォーキングができる場所がないか探してみる 予習：ウォーキングの体験をもとに自己の運動生活を見直す</p> <p>4 コアトレーニング&amp;ストレッチの実践 コアトレーニング&amp;ストレッチを体験し、その方法について学ぶ 学習課題 復習：自宅でコアトレーニングを実践する 予習：コアトレーニングの体験をもとに自己の運動生活を見直す</p> <p>5 バドミントンの実践① バドミントンの基本動作を体験し、その練習方法について学ぶ 学習課題 復習：身近にバドミントンができる場所がないか探してみる 予習：バドミントンの体験をもとに、自己の運動生活を見直す</p> <p>6 バドミントンの実践② バドミントンの基本動作を練習し、シングルのゲームを体験する 学習課題 復習：身近にバドミントンができる場所がないか探してみる 予習：バドミントンの体験をもとに、自己の運動生活を見直す</p> <p>7 バドミントンの実践③ 総当たり戦のシングルのゲームを実践する 学習課題 復習：身近にバドミントンができる場所がないか探してみる 予習：バドミントンの体験をもとに、自己の運動生活を見直す</p> <p>8 バドミントンの実践④ ダブルスのルールを学び、ダブルスでゲームを実践する 学習課題 復習：身近にバドミントンができる場所がないか探してみる 予習：バドミントンの体験をもとに、自己の運動生活を見直す</p> <p>9 バドミントンの実践⑤ 総当たり戦でダブルスでゲームを実践する 学習課題 復習：身近にバドミントンができる場所がないか探してみる 予習：バドミントンの体験をもとに、自己の運動生活を見直す</p> <p>10 卓球の実践① 卓球の基本動作を体験し、その練習方法について学ぶ 学習課題 復習：身近に卓球ができる場所がないか探してみる 予習：卓球の体験をもとに、自己の運動生活を見直す</p> <p>11 卓球の実践② 卓球の基本動作を練習し、シングルのゲームを体験する 学習課題 復習：身近に卓球ができる場所がないか探してみる 予習：卓球の体験をもとに、自己の運動生活を見直す</p> <p>12 卓球の実践③ 総当たり戦のシングルのゲームを実践する 学習課題 復習：身近に卓球ができる場所がないか探してみる 予習：卓球の体験をもとに、自己の運動生活を見直す</p>

	<p>1 3 卓球の実践④ ダブルスのルールを学び、ダブルスでゲームを実践する</p> <p>学習課題 復習：身近に卓球ができる場所がないか探してみる 予習：卓球の体験をもとに、自己の運動生活を見直す</p> <p>1 4 卓球の実践⑤ 総当たり戦でダブルスでゲームを実践する</p> <p>学習課題 復習：身近に卓球ができる場所がないか探してみる 予習：卓球の体験をもとに、自己の運動生活を見直す</p> <p>1 5 体力・運動能力診断の実施 初回に行った体力・運動能力診断を行い、結果を比較する</p> <p>学習課題 復習：診断結果をもとに運動生活を見直す 予習：</p> <p>1 5</p>
授業形態	演習
到達目標	<p>①自分の健康体力・運動能力の現状を理解できるようになる</p> <p>②積極的に運動やスポーツをできるようになる</p> <p>③活動の準備や片づけに積極的にかかわることができるようになる</p> <p>④身体を動かす楽しさを理解できるようになる</p> <p>⑤日常的な運動やスポーツの実践の必要性について理解できるようになる</p>
評価方法	授業態度、課題への取り組み、体力・運動能力診断結果
評価基準	<p>授業態度（20%）</p> <p>課題への取り組み（60%）</p> <p>体力・運動能力診断結果（20%）</p>
教科書・参考書	<p>教科書：必要に応じて資料を配布</p> <p>参考書：</p>
履修条件	
履修上の注意	体育館シューズ（外ばきとは別のもの）を用意して、運動ができる服装を準備すること（体育館シューズを用意できない場合や服装がふさわしくない場合は受講を認めない）
オフィスアワー	授業の前後で対応します。
備考・メッセージ	

開講期間	配当年	単位数	科目必選区分
7thQ & 8thQ	2年	1単位	選択
担当教員			
ルーク・ロベージュ			

講義概要	This course is designed to provide students with all the benefits associated with recreation. Students will have the opportunity to learn skills and knowledge that will allow them to gain all the benefits of physical fitness. All instruction will be given in English. Students will also have the opportunity to participate in novel activities.		
授業計画	1	Lesson 1: Introduction to the course and physical fitness. During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag, Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	2	Lesson 2: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag, Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
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	4	Lesson 4: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag, Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	5	Lesson 5: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag, Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	6	Lesson 6: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag, Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
	7	Lesson 7: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag, Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	
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	9	Lesson 9: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag, Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.	



	10	Lesson 10: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	11	Lesson 11: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	12	Lesson 12: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	13	Lesson 13: Lesson 3: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	14	Lesson 14: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
	15	Lesson 15: TBA During this course students will participate a wide variety physical activities. Students will have the opportunity to choose which activities in which they will participate. During the year, students will participate sports and activities such as basketball, badminton, volleyball, table tennis, baseball, tennis, California kick ball, capture to flag , Ultimate frisbee, dodgeball, handball, circuit challenges and more. If possible, guest instructors will be invited to teach lessons.
授業形態	practice	
到達目標	<ol style="list-style-type: none"> <li>1. Students will participate in weekly physical activity.</li> <li>2. Students will complete post-lesson reflections.</li> <li>3. Students will participate in complete a course report.</li> <li>4. Students will participate in group cooperative activities.</li> <li>5. Students will monitor their participation, and understanding.</li> </ol>	
評価方法	Grades will be based on engagement, post-lesson reflections, and a course report.	
評価基準	Grades will be based on engagement (50%), post-lesson reflections (25%), and a course report (25%).	
教科書・参考書		
履修条件		
履修上の注意		
オフィスアワー	<p>Feel free to visit me in my office anytime I am not in class or a meeting.</p> <p>Monday 3:00-5:30.</p>	
備考・メッセージ		

開講期間	配当年	単位数	科目必選区分
7thQ & 8thQ	2年	1単位	選択
担当教員			
瀬尾			

講義概要	①自分の健康体力・運動能力を理解する ②積極的に運動やスポーツを実践する ③活動の支援に積極的にかかわる ④運動やスポーツの楽しさを理解する。 ⑤運動やスポーツの日常的な実践の必要性を理解する
授業計画	<p>1 オリエンテーション 授業内容の説明と次回の体力・運動能力診断の説明 学習課題 復習：体力・運動能力診断の方法を理解しておく 予習：現在の運動生活を見直す</p> <p>2 体力・運動能力診断の実施 体力・運動能力診断を実施し、その結果をもとに運動生活を振り返る 学習課題 復習：体力・運動能力診断の結果を振り返る 予習：現在の運動生活を見直す</p> <p>3 バレーボールの実践① ボールに慣れ、バレーボールの基本動作を学ぶ 学習課題 復習：バレーボールの基本動作について振り返る 予習：ボール運動の体験をもとに自己の運動生活を見直す</p> <p>4 バレーボールの実践② ボールに慣れ、バレーボールの基本動作を復習しながら、ゲーム形式の練習をする 学習課題 復習：バレーボールの基本動作について振り返る 予習：ボール運動の体験をもとに自己の運動生活を見直す</p> <p>5 バレーボールの実践③ バレーボールの基本動作を復習しながら、ゲームを実践してみる 学習課題 復習：バレーボールの基本動作について振り返る 予習：ボール運動の体験をもとに自己の運動生活を見直す</p> <p>6 バasketボールの実践① ボールに慣れ、Basketボールの基本動作を学ぶ 学習課題 復習：Basketボールの基本動作について振り返る 予習：ボール運動の体験をもとに自己の運動生活を見直す</p> <p>7 Basketボールの実践② ボールに慣れ、基本動作を復習しながら、ゲーム形式の練習をする 学習課題 復習：Basketボールの基本動作について振り返る 予習：ボール運動の体験をもとに自己の運動生活を見直す</p> <p>8 Basketボールの実践③ バレーボールの基本動作を復習しながら、ゲームを実践してみる 学習課題 復習：バレーボールの基本動作について振り返る 予習：ボール運動の体験をもとに自己の運動生活を見直す</p> <p>9 ティーボールの実践① ティーボールの基本動作とルールを学ぶ 学習課題 復習：ティーボールの基本動作とルールを振り返る 予習：ティーボールの体験をもとに、自己の運動生活を見直す</p> <p>10 ティーボールの実践② ボールに慣れ、基本動作を復習しながら、ゲーム形式の練習をする 学習課題 復習：ティーボールの基本動作について振り返る 予習：ボール運動の体験をもとに自己の運動生活を見直す</p> <p>11 フットサルの実践① フットサルの基本動作とルールを学ぶ 学習課題 復習：フットサルの基本動作とルールを振り返る 予習：フットサルの体験をもとに、自己の運動生活を見直す</p> <p>12 フットサルの実践② フットサルの基本動作とルールを復習し、ゲーム練習を行う 学習課題 復習：フットサルの基本動作とルールを振り返る 予習：フットサルの体験をもとに、自己の運動生活を見直す</p> <p>13 フットサルの実践③ フットサルの基本動作とルールを復習し、ゲームを行う 学習課題 復習：フットサルの基本動作とルールを振り返る 予習：フットサルの体験をもとに、自己の運動生活を見直す</p> <p>14 フットサルの実践④ フットサルの基本動作とルールを復習し、ゲームを行う 学習課題 復習：フットサルの基本動作とルールを振り返る 予習：フットサルの体験をもとに、自己の運動生活を見直す</p> <p>15 体力・運動能力診断の実施 初回に行った体力・運動能力診断を行い、結果を比較する 学習課題 復習：診断結果をもとに運動生活を見直す</p>

授業形態	演習
到達目標	①自分の健康体力・運動能力の現状を理解できるようになる ②積極的に運動やスポーツをできるようになる ③活動の準備や片づけに積極的にかかわることができるようになる ④身体を動かす楽しさを理解できるようになる ⑤日常的な運動やスポーツの実践の必要性について理解できるようになる
評価方法	授業態度、課題への取り組み状況、体力・運動能力診断結果を総合して評価する
評価基準	授業態度（20%） 課題への取り組み（60%） 体力・運動能力診断結果（20%）
教科書・参考書	教科書：必要に応じて資料を配布 参考書：
履修条件	
履修上の注意	体育館シューズ（外ばきとは別のもの）を用意して、運動ができる服装を準備すること（体育館シューズを用意できない場合や服装がふさわしくない場合は受講を認めない）
オフィスアワー	授業の前後で対応します。
備考・メッセージ	