

Course Title	<b>Sports Study 1</b> <Recreational Sports>
Instructor	MCGRATH, K. F. (Mon.)
Credit	2 Credits
Course Number	CMP1221

#### ■ Course Objectives

Students will learn the basic skills and rules guiding a variety of recreational activities, in addition to developing English communication skills. Students will gain an understanding of how positive lifestyle changes through exercise can enhance an individual's physical, mental and social well-being. Students will develop the ability to manage a personalized fitness program by following the F.I.T.T. guidelines.

#### ■ Course Contents

Instruction for this course will be conducted in English. The recreational activities covered are grouped into three categories: ball sports (table tennis, mini tennis, floor hockey), studio activities (yoga, and balance ball) and conditioning (circuit training). Guidelines for the promotion of the fitness elements of flexibility, strength and endurance will be covered at the beginning of class. In addition, mindfulness training (MT) will be introduced as a strategy to increase awareness of healthy habits and promote greater wellness.

#### ■ Course Schedule

1. Review facility guidelines, evaluation and complete health screening.
2. Table Tennis - Introduce static and dynamic stretching.
3. Table Tennis - Introduce ballistic and PNF stretching.
4. Yoga - Pilates - Introduce mindfulness strategies for promoting awareness and attention to body sensations (kinesthetic sense).
5. Yoga - Power - Expand mindfulness strategies for promoting awareness and attention to body sensations (kinesthetic sense), and introduce activities to promote mindful concentration
6. Circuit Training - Introduce F.I.T.T. principle guidelines for strength training.
7. Circuit Training - Introduce outline for report.
8. Mini Tennis
9. Mini Tennis
10. Exercise ball - Introduce F.I.T.T. principle guidelines for flexibility.
11. Exercise ball - Introduce F.I.T.T. principle guidelines for endurance training.
12. Floor Hockey
13. Floor Hockey
14. Table Tennis / Submit Report

#### ■ Study Required Outside of Class

Students must complete a medical examination and the pre-screening form for exercise.

#### ■ Evaluation

Class attendance and participation (60%); Final Report (15%); Effort (25%)  
Attendance Requirement: more than 2/3 of the entire courses

#### ■ Textbooks

None

#### ■ Readings

Handouts will be provided in class.

Course Title	<b>Sports Study 1</b> <Recreational Sports>
Instructor	MCGRATH, K. F. (Thurs.)
Credit	2 Credits
Course Number	CMP1221

#### ■ Course Objectives

Students will participate in a variety of recreational activities to promote physical fitness. Students will be encouraged to promote the basic principles of fitness training outside of class, and monitor personal improvements with a battery of assessments for flexibility, strength and endurance at the beginning and end of the term. In addition, students will develop their English communication skills along with an understanding of how positive lifestyle changes can enhance an individual's physical, mental and social well-being.

#### ■ Course Contents

Instruction for this course will be conducted in English. The recreational activities covered during this course will target the elements of fitness, including endurance, flexibility and strength. Guidelines for the promotion of the fitness elements of flexibility, strength and endurance will be covered at the beginning of class.

#### ■ Course Schedule

1. Review facility guidelines, evaluation and complete health screening.
2. Complete a battery of fitness tests to assess an individual's level of endurance, flexibility and strength.
3. Stretching - Introduce F.I.T.T. principle guidelines for flexibility.
4. Stretching - Mindfulness Training
5. Circuit Training - Introduce F.I.T.T. principle guidelines for strength training.
6. Circuit Training - Introduce F.I.T.T. principle guidelines for endurance training.
7. Strength/Endurance Training
8. Strength/Endurance Training
9. Exercise ball
10. Exercise ball
11. Repeat the battery of fitness tests to assess an individual's level of endurance, flexibility and strength. Provide outline for report.
12. Mini Tennis
13. Floor Hockey
14. Table Tennis / Submit Report

#### ■ Study Required Outside of Class

Students must complete a medical examination and the pre-screening form for exercise.

#### ■ Evaluation

Class attendance and participation (60%); Effort (25%); Final Report (10%); Assignment (5%)  
Attendance Requirement: more than 2/3 of the entire courses

#### ■ Textbooks

None

#### ■ Readings

Handouts will be provided in class.

Course Title	<b>Sports Study 1 &lt;Niiza&gt;</b> <Recreational Sports>
Instructor	SUGIMOTO, R.
Credit	2 Credits
Course Number	CMP1221

### ■Course Objectives

Through playing the ball games and having discussions, students will learn how to arrange rules and equipment depending on varieties of age, gender and physical strength of participants.. In addition, students will have opportunities to develop communication skills in English.

### ■Course Contents

First of all, students will play several sports including new sports together. Then you will be divided into some groups and play a ball game and discuss how you can arrange rules and equipment to please each participant safely and effectively. You will basically communicate with each other in English in this course.

### ■Course Schedule

1. Introduction and playing Dodge ball
2. Soft volleyball: Using various kinds of balls
3. Soft volleyball and Indiacca: Discussing about the rules
4. Badminton: Playing doubles game
5. Badminton: Arranging the rules and equipment
6. Portball: Discussing the rules and the equipment
7. Portball: Discussing the safety
8. Ultimate: Practicing throwing and catching disc
9. Ultimate: Discussing the area and the rules
10. Unihock: Practicing how to use the equipment safely
11. Unihock: Discussing the equipment and the manner
12. Minifootball: Discussing the rules, the equipment and the area
13. Minifootball: Discussing the safety and the manner
14. Submit report and playing a ball game

### ■Study Required Outside of Class

Students must complete a medical examination. Changing clothes and wearing indoor shoes are required.

### ■Evaluation

Final Report (35%); Class attendance and attitude in class (55%); Assignment (10%)  
You are allowed to be absent for up to four times. In the case of excessive absence, your final grade would either be lowered or assigned as "F".

### ■Textbooks

None