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2217243 Applied Physical Education Swimming

0.5 Credits, 2 Year, SprAB Thu2

Hideki Takagi

Course Overview

Understanding and improving self health and fitness with swimming. Various types of water sports will be achieved, swimming, water polo, diving, skin diving, synchronized swimming, and swim with clothes on.

Remarks

elements by gender(wear)

elements by gender(contact)

G-course

Course Type

lab works, practical

Link between Course Objectives and Activities

Understanding an importance of sports culture.

Academic Goal

Establishment of an awareness and knowledge for various physical activities by performing exercise and addressing a concept of sports culture.

Acquiring fundamental skills and knowledge about various kinds of aquatics activities.

Course Key Words

communication, physical activity habits, sports culture, ethics, sportsmanship

Course Schedule

Week 1 Familiarization with the water, 10-min consecutive swimming

Week 2 Fundamental swimming skill, e.g. float, streamlined position, kicking, etc.

Week 3 Skin diving 1; pipe clearing

Week 4 Physical Fitness Test (indoor)

Week 5 Physical Fitness Test (outdoor)

Week 6 Skin diving 2; ear clearing, mask clearing

Week 7 Skin diving 3; deep water (5m) diving

Week 8 Synchronized Swimming 1; Sculling and basic skill

Week 9 Synchronized Swimming 2; Team presentation

Week 10 High diving (Diving pool)

Week Optional class

Grading Philosophy (Percentage/Criteria/Methodology)

Attitude(35%),Skill(35%),Knowledge(30%)

Textbooks, References, and Supplemental Materials**Office Hours and Contact Information**

Office Hours: N/A(I don't set up certain office hours, so please let me know in advance if you intend to come and see me.)

Location:B415

Phone Number (Ext.): 6330

takagi.hideki.ga@u.tsukuba.ac.jp <http://www.taiiku.tsukuba.ac.jp/~takagi/>