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2217253 Applied Physical Education Swimming

0.5 Credits, 2 Year, FallAB 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 Water polo 1; basic pass skill
Week 2 Water polo 2; basic dribble skill
Week 3 Water polo 3; game tactics
Week 4 Water polo 4; games
Week 5 Stroke correction of crawl
Week 6 Stroke correction of backstroke
Week 7 Stroke correction of breaststroke
Week 8 Stroke correction of butterfly
Week 9 Lecture
Week 10 Start and turn skill
Week 11 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

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