

2023

# Syllabi

Sport and Wellness  
(Undergraduate Courses)

Rikkyo University



Course Title	Basic Seminar		
Instructor	Full Time Teacher		
Semester	※	Credit	2 Credits
Course Number	SWN1410	Language	Japanese

#### Course Objectives

Think about and prepare for independent learning at university. Master basic learning skills. Understand the features and expertise of the department, and consider its future design.

#### Course Contents

An academic adviser (teacher) takes 10–15 people.

Each academic adviser develops their lectures to make the most of their expertise to achieve the above goals. Students are expected to participate and study for themselves in order to do the following.

- 1) To facilitate your start at Rikkyo University in university life, learn about the university, make friends and gain a sense of belonging.
- 2) Deepen your understanding of basic learning techniques (how to study independently, report writing, discussions, presentations, etc.) and learn to use the various functions of the university for yourself, such as the library and media center.
- 3) After understanding the features of the faculties and departments, you will be able to plan your studies for the next four years and think about what you will do after graduation.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN005](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN005)

Course Title	Introduction to Sports Wellness		
Instructor	Full Time Teacher		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN1000	Language	Japanese

#### Course Objectives

In considering the well-being of individuals and society as a whole, learn how health and sports are involved from a variety of perspectives.

#### Course Contents

Wellness involves a more pluralistic view of health beyond the framework of health itself, incorporating the meaning of life as well as mental and physical health. In this lecture, instructors with different specializations in wellness and sports give lectures in an omnibus format based on their own points of view.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

<URL>

[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN030](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN030)

Course Title	Theory of Sportsmanship		
Instructor	Nakamura Akihiro		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN1000	Language	Japanese

#### Course Objectives

Students will understand the most essential value of sports: sportsmanship (= businesspersonship). They will acquire the thinking and attitude to think, act, and practice on their own as sports wellness personnel with rich humanity and high ethical standards, respecting the people involved in sports and the diversity of sports.

#### Course Contents

We will clarify the structure of sports, the historical background of sports, and the intrinsic significance and value of sports through our exploration of sportsmanship. We will discuss with students how, through understanding and practicing sportsmanship, we can nurture better people and create a better society.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN032](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN032)

Course Title	Sports Leadership Theory		
Instructor	Nakamura Akihiro/Honma Kosuke/Araki Shigeo/Shimada Shinji/Masuko Naomi		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN1000	Language	Japanese

#### Course Objectives

Students will understand leadership from diverse perspectives by lecturers who have experience in various positions. They will learn how leadership should be exercised with a rich sense of humanity and high ethical standards, and acquire the thinking and attitude to become useful members of society and organizations.

#### Course Contents

We will identify leadership, followership, and membership from the perspectives of four leaders who are active in various capacities in the business world. We will discuss with students how leadership can contribute in society and organizations.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN035](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN035)

Course Title	Workshop in Sports Wellness A		
Instructor	Full Time Teacher		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2010	Language	Japanese

#### Course Objectives

Learn about different teachers' areas of specialization in sports and wellness in small-size seminars. In addition to lectures by teachers, the course features independent investigation by students including discussions, practical training and presentations.

#### Course Contents

There are 7 classes in this discipline, and students are divided into groups of approximately 33 per class by automatic registration. Under the guidance of several teachers during the semester, students will study several different areas of sports wellness, consider the essence of these, and learn independently about research processes such as planning, execution, summarizing and reporting on research results. In some cases, there will be opportunities for fieldwork and practical learning outside the classroom at times which do not interfere with course studies overall.

- 1: Considering the management of sport from a global perspective (Leitner)
- 2: Considering sports and physical education from the perspective of gender (Sano)
- 3: Exploring psychological traits from the perspectives of exercise/sport motivations and goal orientations (Kawabata)
- 4: Sports and Data Science (Kobayashi)
- 5: Microscopic observation of living cells and blood cells (Hattori)
- 6: Considering a desirable sports environment from the perspective of sports norms (Muramoto)
- 7: Physical fitness measurement in various sports (Kawahara)

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN041](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN041)

Course Title	Exercise Technique Seminar 1		
Instructor	Kurosawa Sayaka		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

The goal of this class is to learn how to move and control the body, which is the basis of exercise, by practicing and learning the exercise methods of fitness training.

#### Course Contents

In this class, the students will learn how to carry out the exercise and how to assemble the content of the exercise according to the participant and purpose of the exercise. By practicing exercise through the basic movements of gymnastics and dance, the students will learn how to move and control their own body.

This class will focus on the following three points.

1. Exercise to improve physical flexibility and skillful movements
2. Exercise to improve muscle strength
3. Endurance training

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN200](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN200)



Course Title	Exercise Technique Seminar 2		
Instructor	Shioda Toru		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

Through practicing basic skills in athletics, understand the running, jumping and throwing movements that form the basis of various sports and learn about the most efficient movements and motions.

#### Course Contents

Understand the characteristics of different athletics events and practice running, jumping and throwing drills to learn about and understand how to exercise efficiently. In addition, learn how to use and handle different types of equipment, and the rules for their use. Students are instructed on the management of safety for athletics competitions.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN202](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN202)

Course Title	Exercise Technique Seminar 3		
Instructor	Yasumatsu Mikinobu		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

The course aims to deepen students' understanding of football technical, tactical and physical elements on the assumption they will give coaching and instruction in future, and to improve students' coaching skills.

#### Course Contents

The course is developed through a combination of lectures, practice and coaching practice by students.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN204](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN204)

Course Title	Exercise Technique Seminar 4		
Instructor	Gotou Mitsumasa		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

The objective is to understand the rules and etiquette of tennis, to be able to play a rally with over 20 strokes, to understand how to manage tennis classes during junior high school and high school health and PE lessons, and to be able to coach beginners.

#### Course Contents

Tennis is a model sport that can be played by men and women of all ages. In this class, students deepen their communication with teammates while learning the fundamental techniques and understanding the rules, history and competitive characteristics of tennis. Learn the grounding knowledge to be able to practice tennis throughout your life.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN206](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN206)

Course Title	Exercise Technique Seminar 5		
Instructor	Kiji Masahiko/Mizuguchi Kiyoshi/Nigorikawa Takashi		
Semester	Winter Session	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

The objective is to help them to be able to ski down any type of slope depending on their ability. In addition, students will also learn about ski instruction.

#### Course Contents

Skiing is a popular sport that anyone can enjoy. It is the perfect sport to learn as a lifetime sport. In addition to instruction on ski technology at the ski area, students will have their skiing performance analyzed on video to help them improve their technique. Furthermore, students will learn the techniques of ski instruction on the assumption that they will become ski instructors in future.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN208](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN208)

Course Title	Exercise Technique Seminar 6		
Instructor	Kiji Masahiko/Nigorikawa Takashi		
Semester	Summer Session	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

Experience various outdoor activities in rich natural surroundings and at the same consider environmental issues.

#### Course Contents

Okutadami still remains one of Japan's leading unexplored natural environments. Here, students can experience the rich natural environment through canoeing, trekking, and observing the forests, rivers and stars. Based on that, they will discuss and learn about prospects for the natural environment of Japan in future.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN210](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN210)

Course Title	Exercise Technique Seminar 7		
Instructor	Kitamura Mai		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

Learn about the characteristics of basketball, master basic techniques through practicing, and learn specialist practice techniques and tactics, as well as game management and teaching methods.

#### Course Contents

This class involves a large number of drills and mini-games to acquire basic personal skills and aims to help students improve their skills through understanding group techniques and tactics further. Specialized knowledge and practice techniques for competitive events will be given and students will learn about rules and refereeing. This will be summarized in practice lessons.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN212](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN212)

Course Title	Exercise Technique Seminar 8		
Instructor	Takahashi Kentaro		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

Students will learn about the etiquette of kendo and the basic moves.

#### Course Contents

Students will learn about the etiquette of kendo, and will study “Kendo kata” and “Basic skills and practice with a wooden sword.”

#### Others

※Please refer to the “Syllabus & Class Schedule Search System” for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN214](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN214)

Course Title	Exercise Technique Seminar 9		
Instructor	Adachi Satoru		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

"Swimming and water exercises" are also known as lifetime sports. The course aims to help students understand the mechanical and physiological effects of placing the body in the unique environment of water, and aims to help them improve motor skills and build exercise programs as well as to exercise safely and give instruction. Students will be assessed based on their approach of considering problems that arise in swimming, thinking about solving these for oneself, class comprehension, proficiency in motor skills and logical program composition.

#### Course Contents

Focusing on exercising in water, students will learn about the body's physiological responses to exercising in an aquatic environment, and the differences between exercising on land and in water and the characteristics of water. Through taking up water exercises on a phased basis, students will learn about various water exercises including walking and stretching in water and four modern swimming strokes. In the first class, students will undertake a health checkup for swimming and will fill out a survey and be assessed on their swimming ability. Certain adjustments will be made in the exercises according to students' swimming ability. Evaluation of motor skills (swimming proficiency) is a standard that can be satisfactorily achieved by attending all classes.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN216](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN216)



Course Title	Exercise Technique Seminar 10		
Instructor	Saito Taku		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

1. Deepen your understanding of the basic techniques and teaching methods, focusing on the techniques performed in gymnastics (mat, vaulting box, horizontal bar, balance beam).
2. Be able to perform basic techniques in gymnastics (mat, vaulting box, horizontal bar, balance beam).

#### Course Contents

The basic skills of the mat, vaulting box, horizontal bar, and balance beam will be taken up, and the teaching method will be studied along with the mastery of the skills.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN218](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN218)

Course Title	Exercise Technique Seminar 11		
Instructor	Miyake Jin		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

Learn about coaching and refereeing methods in judo. Students will also deepen their understanding of safety management in judo.

#### Course Contents

1. Learn about the historical transition of judo.
2. Understand the characteristics of judo and learn the correct basic movements.
3. Learn the technical system of judo.
4. Learn how to teach and referee judo.
5. Learn about the safety management of judo.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN220](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN220)

Course Title	Exercise Technique Seminar 12		
Instructor	Ooishi Tomoko		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

1. Understand the diversity and universal value of dance culture.
2. Study the various ways of movement of the human body through the practice of basic dance techniques from different backgrounds.
3. Through the practice of choreography set to music, the students will gain a sense of the fun of moving freely.
4. Acquire the ability to provide introductory instruction to beginners in school physical education and lifelong sports.

#### Course Contents

1. Historical development of dance culture and the actual situation of dance education in school physical education will be reviewed.
2. Dance the rhythm : Practice hip-hop dance.
3. Dance the image : Practice contemporary dance.
4. Learn about examples of dance education classes in school physical education.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN222](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN222)

Course Title	Exercise Technique Seminar 13		
Instructor	Tanaka Hiroshi		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

Students learn basic volleyball techniques and teaching methods, understand the characteristics and rules of the volleyball game, and aim to be able to develop advanced games. General study of coaching skills in volleyball.

#### Course Contents

Coaching techniques related to basic volleyball techniques, rules, refereeing methods, and basic tactics will be explained. In the game, the mechanism of the game used in the competition is explained, aiming at advanced game development.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN224](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN224)

Course Title	Exercise Technique Seminar 14		
Instructor	Nemes Roland J.		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

Students shall learn the basic techniques and tactics in each position of modern handball and apply the knowledge in the match. Furthermore every student shall be able to understand the rules on a basic level and referee matches among themselves.

#### Course Contents

Students will obtain the basic techniques and tactics of handball and understand the rules through active participation. Basic skills will be taught through various teaching methods (traditional, TGfU, GSA, etc) that can be applied to the actual teaching environment and circumstances.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN226](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN226)

Course Title	Exercise Technique Seminar 15		
Instructor	Nishijima Takeshi		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

- 1) To acquire basic knowledge and skills of badminton.
- 2) To understand the basic theory of teaching badminton and be able to harness them for teaching in PE classes.
- 3) To understand the characteristics of various game formats and be able to harness them for teaching in PE classes.

#### Course Contents

Technical skills determine win or lose in the badminton game. Although rational technical skills based on anatomy and physiology are provided, there are not a few cases that a teacher/coach disturb progress of students/players because of false theories of technical skills. In this class, students learn critical points for teaching/coaching technical skills in sports through badminton. Students are also required to learn merit and demerit of various game formats used in PE classes.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN228](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN228)

Course Title	Exercise Technique Seminar 16		
Instructor	Yanagida Shinya		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2020	Language	Japanese

#### Course Objectives

The objective is to understand the basic game structure and tactics of baseball-type ball games, and to learn how to teach the athletic skills of throwing, catching, and hitting. In addition, to acquire methodologies for teaching the enjoyment of baseball-type ball games as an instructor.

#### Course Contents

Softball is the main activity to be conducted. Drills to acquire the basic skills of softball, such as playing catch, catching a ground ball or a fly ball, and batting, will be practiced. They also experience pitching with a windmill and learn how to practice it. Then, through games with various rules and environmental settings, we consider how to manage a baseball-type ball game class that anyone can enjoy.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN230](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN230)

Course Title	Information Processing 1		
Instructor	Yano Kosuke		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2420	Language	Japanese

#### Course Objectives

The goal is to learn how to use basic software used in universities and companies, such as Word, Excel, and PowerPoint.

#### Course Contents

Students learn the basic usage of Word, Excel, and PowerPoint, which are used for report writing, data summarizing, and presentation, respectively.

Other main contents are manners in e-mail communication and key points in information retrieval.

Attendance is the basis, and the progress will change depending on the degree of understanding of the students.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN240](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN240)



Course Title	Information Processing 2		
Instructor	Yano Kosuke		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2420	Language	Japanese

#### Course Objectives

The goal is to provide students with the basic knowledge of statistics necessary to deepen their understanding of sports science and conduct research, and to enable them to conduct their own data analysis.

#### Course Contents

In this class, lectures and practical training will be given on data management and basic statistical analysis using Excel. Students are required to have mastered the basic usage of Excel, and it is recommended that they have taken "Information Processing 1" in the spring semester. Attendance is the basis, and the progress will change depending on the degree of understanding of the students.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN242](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN242)

Course Title	Career Development		
Instructor	Kikuchi Hiroko		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2400	Language	Japanese

#### Course Objectives

Look at your present and create a vision for your future as learning the experiences of others.

#### Course Contents

This class considers how university life and faculty and course studies are related to your own career through lectures, workshops and group sessions covering various ways of living and working with different guest speakers.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN244](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN244)

Course Title	Wellness Science		
Instructor	Sugiura Katsumi		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2000	Language	Japanese

#### Course Objectives

Understand the five areas of wellness (body, mind, emotion, environment, sense of values); explore what human happiness means from different perspectives; master a way of thinking that respects individual values.

#### Course Contents

Gain a basic knowledge of exercise, nutrition, rest, smoking, alcohol, stress, the desire to be thin, obesity in relation to lifestyle-related diseases and infectious diseases. Understand and discuss ways of life and attitudes on a holistic and personal scale, adopting a broad perspective that links health with the environment and society, according to a framework of study, work, marriage, family, aging, and death.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN246](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN246)

Course Title	Sports Science		
Instructor	Yasumatsu Mikinobu		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2000	Language	Japanese

#### Course Objectives

To learn about the various research fields that explore sport scientifically and understand that information and experimental results observed using scientific methods are more reliable than biased judgements and ambiguous ideas about sport. Acquire accurate knowledge in order to be able to be an 'interpreter' who appropriately conveys the 'research' results of sports science to the 'field', such as coaching and the press.

#### Course Contents

An important criterion for the scientific contribution to sport is whether or not performance has improved. Performance is affected by body fat, muscle strength, power, endurance, environmental conditions, psychological state and nutritional status. Results from game analysis and social research studies have also been used. In this section, sports science is lectured comprehensively with the use of films, photographs and diagrams, focusing on examples of the contributions of sports science.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN248](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN248)

Course Title	Exercise Technique		
Instructor	Takahashi Kentaro		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2100	Language	Japanese

#### Course Objectives

Develop a methodological basis for teaching sports and exercise through understanding the mechanism of physical movement from basic sciences, such as anatomy, exercise physiology and kinematics.

#### Course Contents

This course will give an introduction to the basics of movement, including the structure and function of the human body, the historical background leading to the construction of mechanical regulations and theory. Further, including instruction methods, lectures will be given on rational sport movement assuming the concept of movement as the basis of sports movement and specific sporting events.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN250](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN250)

Course Title	Lifetime Sports		
Instructor	Kudo Yasuhiro		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2100	Language	Japanese

#### Course Objectives

- (1) Understand the current state of lifetime sports in Japan.
- (2) Explain the history, theory and background of lifetime sports.
- (3) Explain the significance of sports for children, adolescents, middle-aged and elderly people, women, and people with disabilities.

#### Course Contents

Confirm the necessity and importance of lifetime sports, and deepen knowledge and understanding about it. After that, learn about various issues for realizing a lifetime sports society. Understand the current state of Japan's life long sports society from the perspectives of "to play," "to watch," and "to support". In particular, learn about the current situation and challenges of sports implementation in children, adolescents, middle-aged and elderly people, women, people with disabilities, and communities.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN252](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN252)

Course Title	Exercise Physiology		
Instructor	Yasumatsu Mikinobu		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2200	Language	Japanese

#### Course Objectives

Understand our physiological functions during exercise, and learn about the various physical changes and adaptations that occur with exercise. The goal is to acquire knowledge that can be used when we practice our own exercise and sports activities and that can also be used in instructional roles in future.

#### Course Contents

Based on the basic knowledge of Physiology acquired in the spring semester, the lectures will explain the functional systems of the body during exercise, the reaction of our organs and the specific physical changes that occur in relation to training. In addition, because the environments in which exercise and sports activities are performed may differ (temperature, oxygen concentration, water, etc.), the lectures also describe the physical adaptation that occurs in response to these.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

<URL>

[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN254](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN254)

Course Title	Physiology		
Instructor	Maruyama Yusuke		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2100	Language	Japanese

#### Course Objectives

Learn the workings of biological phenomena and their biological functions. Understand the functional system of the organs in our body and their workings. In particular, understand the functions of human organs as related to health and exercise, and acquire a knowledge of the practical application of physiology as the basis of "exercise physiology."

#### Course Contents

Physiology is the science of the functions of living organisms. Lectures will be given on our physiological responses during exercise, according to our bodies' complex and delicate framework of biological systems, such as respiration, circulation, digestion and absorption, excretion and metabolism and functional systems such as blood and bodily fluids, nerves, endocrines, muscles and bones. As students start learning about exercise, they will acquire a basic knowledge of living organisms.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN256](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN256)



Course Title	Exercise Prescription and Therapy		
Instructor	Kawai Kentaro		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2200	Language	Japanese

#### Course Objectives

The goal of this course is to provide students with the theory and basic knowledge of exercise prescription and exercise therapy, and to enable them to develop exercise programs for health promotion for people with special conditions (lifestyle-related diseases, elderly, orthopedic diseases, etc.) and for the general public. The students will also be able to develop exercise programs for recovery from injury, rehabilitation, and performance improvement for athletes.

#### Course Contents

Exercise prescription is to specify the frequency (F: frequency), intensity (I: intensity), duration (T: time or duration), and type of exercise (T: type of exercise) to improve health-related physical fitness (FITT principle). In order to prescribe safe and effective exercise, students learn specific methods of exercise prescription and therapy that match the individual's situation, and then actually create and examine an exercise program.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN258](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN258)

Course Title	Anatomy 1		
Instructor	Takegami Ayaka		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2300	Language	Japanese

#### Course Objectives

Learn about the anatomy of the musculoskeletal system, and gain the necessary knowledge of sports injuries and the training required to prevent these.

#### Course Contents

Learn about the structure and function of bones and muscle through histology, and study microanatomy to learn about movement and connection in relation to bone and muscle. It is an important basic knowledge for evaluation of sports injuries, first aid, rehabilitation, preventive training. Classes will be given on histology and anatomy so that students can gain an understanding from the perspective of sports injuries and training to prevent their occurrence.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN260](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN260)

Course Title	Anatomy 2		
Instructor	Takegami Ayaka		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2300	Language	Japanese

#### Course Objectives

Learn about the anatomy of the musculoskeletal system, and gain the necessary knowledge of sports injuries and the training required to prevent these.

#### Course Contents

Learn about the structure and function of bones and muscle through histology, and study microanatomy to learn about movement and connection in relation to bone and muscle. It is an important basic knowledge for evaluation of sports injuries, first aid, rehabilitation, preventive training. Classes will be given on histology and anatomy so that students can gain an understanding from the perspective of sports injuries and training to prevent their occurrence.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN262](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN262)

Course Title	Role of the Athletic Trainer		
Instructor	Goseki Shinji		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2300	Language	Japanese

#### Course Objectives

This course deals with the several fields of researches of sports science to brush up the knowledges and informations of sports.

#### Course Contents

The scientific degree of contribution to sports is assessed by the result whether the performance is developed or not. In this course, there are lectures which deals with examples of contribution to sports science by using videos and PC.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN264](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN264)

Course Title	Wellness and Chronobiology		
Instructor	Maruyama Yusuke		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2200	Language	Japanese

#### Course Objectives

It is known that various physiological phenomena in the body fluctuate periodically. In this lecture, students will learn about the mechanism of the biological clock that controls the rhythms and the changes in physiological functions caused by the clock. The goal of this lecture is to deepen students' understanding of the periodicity in physiological phenomena that re repeated in their own bodies on a daily basis.

#### Course Contents

1. Lecture will be given on the mechanism of biological clock.
2. Physiological functions regulated by the biological clock will be introduced.
3. chronobiological approach to maximize daily physical performance will be examined.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

<URL>

[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN266](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN266)

Course Title	Basic Life Sciences for Understanding Wellness		
Instructor	Tachikawa Hiroyuki		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2000	Language	Japanese

#### Course Objectives

Students will learn the principles of biological phenomena from the basics. In particular, students will learn about the mechanisms of biological phenomena related to humans, and acquire knowledge that will be useful for understanding wellness based on human health.

#### Course Contents

In this course, students will deepen their understanding of the molecules that make up living organisms and their roles, and learn the principles of related life phenomena. This will provide an overview of the fundamentals of life science, a broad field of study, as well as a more in-depth study of the content that leads to an understanding of wellness.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN268](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN268)

Course Title	Environment and Sustainability Theory		
Instructor	Kiji Masahiko		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2100	Language	Japanese

#### Course Objectives

To build a sustainable society, learn about the current status and causes of environmental problems and explore what you can do to help. As a first step, we will look at the natural environment of the Niiza campus and our own community.

#### Course Contents

As environmental problems have become more serious, human society is also becoming less sustainable. In this class, students will learn about the causes and current status of environmental problems and then consider what they can do to realize a sustainable society. In addition, we will emphasize the connection between the body and the environment in order to become citizens who take action to solve problems. Therefore, students will be required to observe nature on the Niiza campus and to conduct surveys of the natural environment in their own community.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN270](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN270)

Course Title	Cell Biology for Understanding Wellness		
Instructor	Tachikawa Hiroyuki		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2100	Language	Japanese

#### Course Objectives

The cell is the basic unit of living organisms, and the human body is estimated to be composed of approximately 37 trillion cells. Many of the biological phenomena that occur in eukaryotic cells are widely conserved, and learning about eukaryotic cells will deepen our understanding of living organisms and humans.

#### Course Contents

In this course, students will learn about the structure and function of eukaryotic cells and deepen their understanding of related biological phenomena. In particular, human cells and the biological phenomena that occur in them will be studied in more detail. In addition, students will learn in depth about the contents that lead to an understanding of wellness.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN272](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN272)



Course Title	Anti-aging Medicine and Wellness		
Instructor	Maruyama Yusuke		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2200	Language	Japanese

#### Course Objectives

Our body's functions inevitably decline with age. By understanding the mechanism of aging, we can learn about the physical changes that will occur to us in the future and adopt lifestyle habits that will enable us to maintain a long and healthy life throughout our lives. The goal of this lecture is to provide basic knowledge of anti-aging medicine that is important to know in Japan's super-aging society.

#### Course Contents

1. Lecture on life span and aging mechanisms.
2. Introduces the various health problems that arise with aging.
3. Anti-aging medicine will also be lectured, and measures that students can take themselves will be discussed.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN274](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN274)

Course Title	Principles of Physical Education, History of Physical Education		
Instructor	Nakajima Tetsuya		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2100	Language	Japanese

#### Course Objectives

Students will acquire basic knowledge of school physical education (physical and health education). Students will learn the basics of coaching.

#### Course Contents

In the first half of the course, students will learn basic knowledge about physical education, including terminology and why physical education exists. In the middle part, you will learn basic concepts and knowledge about sports instruction. In the second half, we will ask participants to present their interests in physical education and sports and discuss them.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN276](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN276)

Course Title	Sports Education Theory		
Instructor	Matsuda Keiji		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2100	Language	Japanese

#### Course Objectives

The goal is to develop the ability to think about the meaning and value of sport for human beings and society, and to conceptualize specific ways of sports education in the home, school, community, and business.

#### Course Contents

Sport is a culture that is enjoyed throughout life and is very relevant to the realization of our Well Being. Sport is also connected in many ways to the educational action of families, schools, communities, and businesses. I would like to deepen each student's understanding of sports and education in the broad sense that we go, watch, support, and think about the relationship between sports and education in our daily lives, by examining, analyzing, and discussing specific examples from TV, comics, the Internet, social networking sites, and other aspects of our daily lives.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN278](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN278)

Course Title	Introduction to Data Science		
Instructor	Kobayashi Tetsuo		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2000	Language	Japanese

#### Course Objectives

Recent innovation has made it possible to acquire a large amount of data in the field of sports and wellness. These data are widely applied to sports performance analysis aimed at improving athletic performance, and verification of exercise and nutritional guidance aimed at health promotion.

In this lecture, students will learn basic theories and analysis methods regarding how to handle and analyze data in order to derive meaningful insights and trends from data.

#### Course Contents

This course will provide you knowledge regarding data science-based problem-solving skills. During this semester, you will learn (1) major data science problems, (2) data science methods to solve such problems, (3) applied use cases in real business.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN280](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN280)

Course Title	Cross-Cultural Study		
Instructor	Leitner Katrin J./Mcgrath,kelly F.		
Semester	Winter Session	Credit	2 Credits
Course Number	SWN2403	Language	Others

#### Course Objectives

In overseas fields, students will experience different cultures by interacting with local people and coming into contact with different lifestyles, cultures, and values. In addition, the aim is also to improve English proficiency, actively communicate with foreigners, and acquire a global mindset.

#### Course Contents

The study-abroad program for the academic year 2023 is planned to be held in Singapore and will consist of the following programs and activities, including sport-related topics. Prior to the departure for Singapore, program participants will gather information and engage in discussions and opinion sharing in order to prepare for the program abroad. After returning to Japan, participants will give a final presentation, and reflect together on the whole program, also related to their own future prospects and with an awareness of the program's outputs.

- Orientation
- Lectures & discussions
- Group projects & field work
- Interaction with local people & cross-cultural experience
- Project summary & interim presentation
- Final presentation (to be conducted online after returning to Japan)

(※The above program is currently being coordinated and subject to change.)

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN370](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN370)

Course Title	Quantitative Research Methods in Sport and Exercise		
Instructor	Kawabata Masato		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2001	Language	English

#### Course Objectives

By the end of the course, students should be able to achieve the followings in the context of quantitative research:

1. Systematically review and analyze research literature,
2. Identify limitations of previous research,
3. Formulate a scientific research problem and testable hypothesis,
4. Identify different types of research tools available for investigating a clearly defined problem,
5. Apply basic statistical techniques in a scientific investigation,
6. Write a research proposal, and
7. Understand ethics in experimental and survey research.

#### Course Contents

How can you know your opinions or ideas are correct or effective? It is important for students in higher education to know scientific methods to examine your hypotheses empirically. This course is designed to provide students with a foundation to understand quantitative research designs and measurement strategies, and their applications in the context of sport and exercise. Specifically, the course develops student's understandings of: the nature of the deductive research process, the use of scientific literature, the definition and evaluation of a research problem, hypothesis formation, scientific investigation and methods, and writing a research proposal.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN800](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN800)

Course Title	Reading and Comprehension in Sport and Wellness (Basic)		
Instructor	Mcgrath,kelly F.		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2411	Language	English

#### Course Objectives

Upon completion of the course students should be able to; 1) identify wellness resources and develop note-taking and summarization skills for sharing content, 2) mindmap the key elements making up the multiple dimensions of the wellness model, 3) understand the importance of self directed lifestyle changes for the promotion wellness and associated health benefits, and 4) develop various forms multi-media communication for the promotion of wellness in others.

#### Course Contents

Through weekly readings of primary and secondary publications students will develop an understanding of the elements making up dimensions of the wellness model. In addition, students will discuss the reading contents and develop practical ways to promote personal and community wellness through changes in lifestyle habits.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN802](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN802)

Course Title	English Communication in Sport 1		
Instructor	Mcgrath,kelly F.		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2411	Language	English

#### Course Objectives

Upon completion of the course students will be able to;

- 1) verbally share personal interests and experiences in sports and wellness.
- 2) communicate and provide instruction of skills in environments such as recreational facilities and organized sport.
- 3) communicate and report on sporting and wellness events.

#### Course Contents

Students will be introduced to a range of vocabulary and tools used in communicating personal interests, and for the coverage and promotion of a variety of topics in sport and wellness.

The communication skills developed in this class will support instruction in a variety of settings including; fitness and rehabilitation facilities, sports clubs, and physical education classes.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

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[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN804](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN804)



Course Title	Introduction to Sport and Wellness Overseas		
Instructor	Mcgrath,kelly F.		
Semester	Spring Semester	Credit	2 Credits
Course Number	SWN2401	Language	English

#### Course Objectives

Upon completion of the course students should have a global understanding of what makes people HAPPIER!!! They should be able to; 1) describe and instruct mindful practices from a variety of cultures that benefit physical, social and mental well-being, 2) understand the views and perceptions of sport and wellness in various cultures, and 3) promote the benefits of sport and wellness programs on physical, social and mental well-being.

#### Course Contents

Through a survey of sport culture and wellness models students will develop an understanding of the lifestyle habits promoting greater happiness and well-being. Learn and apply the practice of mindful habits from a variety of cultures to achieve greater happiness and resilience to life change.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

<URL>

[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN806](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN806)

Course Title	International Society and Sport		
Instructor	Nosaka Kaoru		
Semester	Fall Semester	Credit	2 Credits
Course Number	SWN2401	Language	English

#### Course Objectives

In this course, you will develop knowledge and an understanding of sport from global, cultural, and social perspectives. You will also build skills to analyse and discuss social factors influencing sport and sport affecting societies in English.

#### Course Contents

Sport is affected by and affects society. In other words, the functions of the sport in society change as society changes. Under this, we need to understand what and how social factors affect sport and vice versa. In this course, you will learn those factors by analysing and discussing the current topics in sports in different countries. You will also engage in learning by undertaking group research and group oral presentations in Japanese and English.

#### Others

※Please refer to the "Syllabus & Class Schedule Search System" for details including course schedule, evaluations, textbooks and others.

<URL>

[https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo\\_2=IN808](https://sy.rikkyo.ac.jp/web/preview.php?nendo=2023&kodo_2=IN808)

