

**Tokyo Gakugei University International Student Exchange Program (TGUISEP)**  
**2018 Spring Semester Courses**

2018/03/26

**1. Regular Courses**

|                        | Mon/ 月曜日                                                                   | Tue/ 火曜日                                                                                                | Wed/ 水曜日                                                                                                  | Thu/ 木曜日                                                             | Fri/ 金曜日                                                                                |
|------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| I<br>8:50-<br>10:20    |                                                                            |                                                                                                         |                                                                                                           |                                                                      |                                                                                         |
| II<br>10:30-<br>12:00  |                                                                            |                                                                                                         | Introduction to Traditional Music of Japan: Koto and Singing<br>(ARISAWA Shino)<br>【Music lecture room2*】 |                                                                      | Cultural Social Psychology of the Japanese<br>(SUGIMORI Shinkichi/David Wong)<br>【C103】 |
| III<br>12:50-<br>14:20 | Japanese Martial Arts: Judo<br>(KUBOTA Hiroshi)<br>【Judo Hall*】            | Recreation and Sports in Japan: Cycling<br>(WATANABE Masayuki)<br>【in front of Table Tennis Gymnasium*】 | ISEP Seminar II<br>(ARISAWA Shino)<br>【N102】                                                              |                                                                      | Counseling and Development in Japan<br>(SANO Hideki)<br>【S301】                          |
|                        |                                                                            | Educational System and School Reform in Japan<br>(SUEMATSU Hiroki)<br>【N202】                            |                                                                                                           |                                                                      |                                                                                         |
| IV<br>14:30-<br>16:00  | Exploring the Cultural Diversity of Japan (I)<br>(ARISAWA Shino)<br>【N202】 | Cross-cultural Ideas and Activities<br>(TODA Takako)<br>【W201】                                          |                                                                                                           | The Aesthetics and Affects of Cuteness<br>(Joshua P. DALE)<br>【S402】 | Introduction to Psychophysiology<br>(IKEDA Kazunari)<br>【N104】                          |
| V<br>16:10-<br>17:40   | Theatre Workshop<br>(TAKAO Takashi)<br>【Exhibition Room 2*】                | Cross-cultural Discussion and Presentation<br>(TODA Takako)<br>【W302】                                   |                                                                                                           |                                                                      |                                                                                         |

**2. Intensive Courses**

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|---|------------------------------------------------------------------------------------|
| 1 | Recreation and Sports in Japan: Aquatic Sports – Swimming<br>(MORIYAMA Shinichiro) |
|---|------------------------------------------------------------------------------------|

<Notes for venues>

\* Judo Hall (柔道場)

\* Exhibition room 2 (芸術館展示室2): 2<sup>nd</sup> floor, Art Hall (芸術館)

\* Music Lecture Room 2 (第二音楽講義室): 3<sup>rd</sup> floor, Arts and Sports Science Division Research Building No2 (芸術・スポーツ2号館)

\* Cycling class will be held in N107 in case of rain.

## List of Courses

|                   | Course title                                                               | Credits | Page |
|-------------------|----------------------------------------------------------------------------|---------|------|
| Regular courses   |                                                                            |         |      |
| 1                 | ISEP Seminar II (Compulsory for ISEP students, not open to other students) | 2       | 3    |
| 2                 | Educational System and School Reform in Japan                              | 2       | 4    |
| 3                 | Cross-cultural Ideas and Activities (**)                                   | 2       | 5    |
| 4                 | Cross-cultural Discussion and Presentation (***)                           | 2       | 6    |
| 5                 | Cultural Social Psychology of the Japanese (*)                             | 2       | 7    |
| 6                 | Counseling and Development in Japan                                        | 2       | 8    |
| 7                 | Introduction to Psychophysiology (*)                                       | 2       | 9    |
| 8                 | The Aesthetics and Affects of Cuteness                                     | 2       | 10   |
| 9                 | Exploring the Cultural Diversity of Japan (I) (*)                          | 2       | 11   |
| 10                | Theatre Workshop                                                           | 2       | 12   |
| 11                | Introduction to Traditional Music of Japan: Koto and Singing               | 1       | 13   |
| 12                | Japanese Martial Arts - Judo                                               | 1       | 14   |
| 13                | Recreation and Sports in Japan: Cycling                                    | 1       | 15   |
| Intensive courses |                                                                            |         |      |
| 14                | Recreation and Sports in Japan: Aquatic Sports (Swimming)                  | 1       | 16   |

Asterisked courses are provided as part of the liberal arts courses (\*CA), and specialized courses for the regular undergraduate students (\*\*SA) and postgraduate students (\*\*\*) of the Tokyo Gakugei University.

## Course descriptions

Listed below are brief outlines of the ISEP courses available this semester. Please note that the following academic program information is subject to change depending on circumstances. Please note that students are required to pay their own expenses, such as travel fees and costs for necessary materials in case the course includes field trips and hands-on workshops. Ask each Instructor about an estimated amount.

### Regular Courses

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|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>ISEP Seminar II</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Instructor             | ARISAWA Shino                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Aim and learning goals | Students acquire practical ability of conducting their own study projects, and develop critical skills in thinking, planning, investigating, discussing, and presenting ideas in oral and written format.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Description            | ISEP Seminar is available and <b>COMPULSORY</b> only for ISEP students. Students will take leading roles in weekly seminars where they will discuss and give presentations on their chosen topics for Individual Study, including social and cultural issues, arts, literature, politics, education and many other topics concerning the student's own interest. While students pursue their own study projects under the guidance of academic advisors, they will bring their works in progress to the ISEP Seminar for discussions in order to help each other to clarify and develop their ideas. Active participation in class discussions during other student s' presentations are required in addition to working on one's own Individual Study.                                                                                                                                                                          |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Relevant readings      | Students will find their own relevant reading materials.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Assessment and grading | 1) Oral presentation on Individual Study in progress 30%<br>2) Oral presentation on Individual Study 60%<br>3) Class participation (participation in class discussions) 10%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Schedule               | Tentative (to be confirmed in the first class)<br>1. Orientation<br>2. Group work on Individual Study - work in progress<br>3. Group work on Individual Study - work in progress<br>4. Group work on Individual Study - work in progress<br>5. Presentations on Individual Study - result of your research<br>6. Presentations on Individual Study – result of your research<br>7. Presentations on Individual Study –result of your research<br>8. Presentations on Individual Study – result of your research<br>9. Presentations on Individual Study – result of your research<br>10. Individual tutorials – writing up Individual Study paper<br>11. Individual tutorials – writing up Individual Study paper<br>12. Individual tutorials – writing up Individual Study paper<br>13. Individual tutorials – writing up Individual Study paper<br>14. Individual tutorials – writing up Individual Study paper<br>15. Summary |
| Additional self-study  | Work on your own Individual Study                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Keywords               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Educational System and School Reform in Japan</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Instructor             | SUEMATSU Hiroki                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Aim and learning goals | We will focus on understanding educational system and school reform in Japan especially focusing on modern educational policies, educational reform and education management environment.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Description            | <p>To understand Japanese education system and school reform, we first understand the trends of modern society changes and accompanying educational policy. On that basis, we will deepen our understanding on Japanese education from administrative, institutional and managerial perspectives and consider contemporary issues concerning educational collaboration in schools, parents, and communities in the globalisation era.</p> <p>Specifically, we will examine changes in the educational system and issues, such as privatisation of schools, marketisation of education, issues of professional development in the mass retirement / mass recruitment of school staff, and international trends in the school management environment, and so on.</p>                 |
| Textbooks              | Will be distributed accordingly.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Relevant readings      | Will be informed accordingly.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Assessment and grading | Participation level to the class activities (40%)<br>Report (60%)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Schedule               | <ol style="list-style-type: none"> <li>1 On how to proceed the class</li> <li>2 Educational Reform and Education System in Japan</li> <li>3 School Reform and Regulatory Reform</li> <li>4 School System and School Administration &amp; Management</li> <li>5 From Management to Leadership in School</li> <li>6 Distinctive School Reforms</li> <li>7 On National Curriculum</li> <li>8 Lesson Studies</li> <li>9 Bullying Problems and Educational Policy</li> <li>10 Professional Development for Teachers</li> <li>11 Professional Development for School Leaders</li> <li>12 Community Involvement to Schools</li> <li>13 Parents and Local Communities for School Management</li> <li>14 Leadership and Communication in Schools</li> <li>15 Review of the class</li> </ol> |
| Additional self-study  | Analysis of Japanese policy documents and educational practice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Keywords               | Educational System, School Reform, School Leadership, Professionalisation of Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Notes                  | In the class, we will ask for active discussion and participation in presentation.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Message for students   | From various perspectives, we would like to consider the educational problems and educational reforms in each country in addition to Japan and discuss them.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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| Course title           | <b>Cross-cultural Ideas and Activities</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Instructor             | TODA Takako                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Aim and learning goals | This class is a co-learning class with Japanese new students of undergraduate course who are interested in cross-cultural education. For overseas students, the purpose of this class is to brush up their Japanese, and for the Japanese students, to acquire basic English communication skills. Considering the wide range of differences in students' language levels and studying needs, the class will be managed using a unique method.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Description            | Each student will prepare 100 new sentences to remember for his or her own term examination questions. If you are an advanced learner of Japanese, you may prepare sentences which might be useful for any future job or job-hunting, focused on honorific expressions or special vocabulary. If you are a beginner in Japanese, you may prepare sentences which include new Kanji or phrases. Japanese students will prepare 100 sentences in English based on their English conversation level and future use. In each class from April to June, you will discuss the practical usage of ten new sentences which you prepared in 60 minutes' group discussion after 15minutes whole class activities. You will make 10 examination questions for the final examination in each class and practice them from April to June. You will take examination in July and have to pass your own examination within three weeks. On the final class day, each of you will make a Japanese traditional Shikishi board getting the messages form all classmates.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Textbooks              | Overseas students will prepare language textbooks or references from websites in Japanese, while Japanese students will prepare similar materials in English.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Relevant readings      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Assessment             | <ol style="list-style-type: none"> <li>1) Submission of Attendance Record Sheet</li> <li>2) Submission of Examination Result Sheet</li> <li>3) Submission of Record of roles in whole class activities</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Schedule               | <p>The main session from April to June:</p> <p>Beginning of each class, you will take part in the 30 minutes' whole class session. It will be organized by students own ideas to know each other and encourage their brushing up studies, such as giving introductory speeches, introducing ice-breaking games, showing slides and videos of hometown or introducing some useful websites or applications which may inspire classmates' motivation for learning.</p> <p>After that, each student will get 10 minutes to prepare discussion materials for next cross-cultural group activity. As preparatory homework, you will select ten new sentences to remember from books or websites, for future use. You will write down them on the Preparatory Sheet for discussion. You will form into cross-cultural groups of 3-4 members.</p> <p>In the cross-cultural group session for 50 minutes, each member will present the sentences they selected by reading them out and illustrating how they might be used in future scenarios to the other groups members, in English or Japanese. If a member listening finds that some sentences are not commonly used in their native language, they will inform the speaker and discuss suitable alternatives. When every member of the group finishes his/her short presentation of 10 sentences and discussion on the usage, the group members will exchange their Attendance Record Sheets and sign each other adding short messages to encourage and motivate other members. For the message, you can use native languages. We will change the group members around for each class, so that each student will get messages of encouragement from all of their classmates on his /her Attendance Record Sheet by the end of June.</p> <p>After this, each student will complete two sheets as preparatory activities for the examination in July. One is the Model Answer Sheet with which you will check your answers. You will write down 10 correct sentences, which may be discussed in the group session, and you are going to memorize them by July. Next, you will write 10 question sentences in the Examination Question Sheet. The questions can be written in your mother tongue, and you can add some clues to jog your memory if necessary. You will bring them to class in July.</p> <p>Classes in July:</p> <p>You will bring your own Question Sheet and take the examination in July. Everyone has to pass his/her own final examination for 100 new sentences between three weeks.</p> <p>In the final class, each of you will make Japanese Shikishi exchanging messages with classmates.</p> |
| Additional self-study  | Preparation for class activities.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Keywords               | <p>Brush up Japanese</p> <p>Discussion on practical usage of Japanese</p> <p>Organizing cross-cultural activities</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Cross-cultural Discussion and Presentation</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Instructor             | TODA Takako                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Aim and learning goals | This class is a co-learning class with new Japanese graduate students who are interested in active learning in the era of globalization, yet have not experienced this kind of class in a cross-cultural atmosphere. For overseas students, the purpose of this class is to gain a perspective on understanding Japanese through class activities, and for the Japanese students, the aim is to get information directly from natives of overseas countries, as well as gain a new perspective on their teaching at Japanese schools by experiencing actual cross-cultural classes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Description            | <p>What is expected of overseas students who join this class is as follows:</p> <p>You will select websites that demonstrate your country's classroom atmosphere to Japanese students, along with some comments made by you. You can present not only classroom videos, but also relevant visual materials about your country to help students learn about your country. As many of the Japanese students here have not yet gotten used to classes that are organized in English, those who can translate the presenters' English into Japanese can act as interpreters. Your performance as a presenter and interpreter will be reported in the Class Contribution Sheet, which will go toward your final evaluation and scoring.</p> <p>After the presentation session of about 30 minutes, we will enjoy a group discussion session. You will join a cross-cultural group based on your interests. Five different topic groups will be prepared for each class. You can change groups each class if you wish.</p> <ol style="list-style-type: none"> <li>1. Reference reading and discussion group: The member selects a chapter from the references and discuss the contents.</li> <li>2. Discussion for translation group: The member will select a paragraph from the references and discuss the language usage and nuance of words and expressions. As some bilingual books have been selected, you can compare the English expression and Japanese translation in the model translation.</li> <li>3. Experience analysis group: Interview a member about his or her experiences of imperfect communication in Japan, and analyze the case giving some possible reasons for the miscommunication.</li> <li>4. Education major group: Those who are interested in teaching and learning will gather in this group and discuss one of the globalized education topics.</li> <li>5. Communication group: Just experience cross-cultural talking and get to know each other.</li> </ol> <p>In some stages, the contents of discussion will be shared with the whole class. Each group will write notes or draw a mind map of their group discussion on the Group Discussion Report Sheet. When a certain consensus or conclusion is reached, the group member will give their presentation showing their sheets with an Ipad to the whole class bilingually. Not only presenters and interpreters, but also discussion leaders, notetakers, mind-map drawers, and speech-manuscript writers can report on their work by filling out their Class Contribution Sheet. In the final class, each of you will make Japanese Shikishi as souvenirs, exchanging messages with classmates.</p> |
| Textbooks              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Relevant readings      | <p>Joseph Shaules, "Deep Culture The Hidden Challenges of Global Living," (Languages for Intercultural Communication and Education 16 ), Multilingual Matters Ltd, Clevedon, 2007.</p> <p>T. Hall, "The Hidden Dimension," originally published by Doubleday, New York, 1966. Anchor Books Edition: 1990.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Assessment and grading | <ol style="list-style-type: none"> <li>1.Submission of Attendance Record Sheet (with three classmates' signatures on each attended date).</li> <li>2.Submission of Class Contribution Sheet (on the roles in class activities)</li> <li>3.Submission of Term Report on cross-cultural findings throughout the class, or describing a new understanding or plans for your future studies or career from a cross-cultural perspective, on A4-sized report paper.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Schedule               | First class: Orientation 2nd -14th classes: Presentation, Group Discussion Final class: Making souvenir Shikishi as a farewell activity, and submission of class sheets and term report for credits.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Additional self-study  | Preparation for class activities.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Keywords               | Presentation, Group discussion, Cross-cultural, Intercultural, Bilingual, Active learning                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Cultural Social Psychology of the Japanese</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Instructor             | SUGIMORI Shinkichi/ David Wong                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Aim and learning goals | Through this course, students are expected to deepen their understanding not only of the Japanese culture, but also of their own cultural way of thinking, reasoning, and behavior.                                                                                                                                                                                                                                                                                                                                                             |
| Description            | In this class, we will discuss about the foreign students' questions on Japanese customs and behavior. Through the students' presentations, discussion, and lectures, the students will be able to deepen the understanding of the Japanese cultural social psychology.                                                                                                                                                                                                                                                                         |
| Textbooks              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Relevant readings      | I will assign appropriate learning materials in the class.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Assessment and grading | Attendance (30points: First absence: -5points, other absences: -10points)<br>Discussion (20points: contribution to the class discussion)<br>Presentation(30 points)<br>Final report (20points)                                                                                                                                                                                                                                                                                                                                                  |
| Schedule               | 1 .Orientation<br>Self-introduction and explanation of students' presentation<br>2. - 3. Lectures on the Japanese way of thinking and behaviour.<br>The theme addresses such topics as “why Japanese people are hesitant to talk with foreigners?” (e.g., the communication patterns of the Japanese), “how Japanese people express aggressiveness?”, “bullying in Japanese schools”, etc., according to the students' curiosity.<br>4. – 14. Students' presentation, discussion, and commentary lectures.<br>15. Final remarks and discussion. |
| Additional self-study  | Students are encouraged to review appropriate academic books and articles concerning their own research questions.                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Keywords               | cultural social psychology, Japanese customs, mindset, cross cultural understanding                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Message for students   | Through inquiring of cultural comparison, I hope you will also deepen your understanding of your own culture.                                                                                                                                                                                                                                                                                                                                                                                                                                   |

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|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Counseling and Development in Japan</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Instructor             | SANO Hideki                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Aim and learning goals | To learn children's psychological problems and how to help them cope with them                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Description            | 1. Overviewing psychological problems of children 2. Learn basic helping skills<br>3. Discussion on cultural factor in school maladjustment                                                                                                                                                                                                                                                                                                                                                                 |
| Textbooks              | R.J.Wright (2012) <i>Introduction to School Counseling</i> , Sage                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Relevant readings      | Eric J. Marsh & David A. Wolfe (2005) <i>Abnormal Child Psychology</i> , Wadsworth<br>J. E. Hecker & G. L. Thorpe Peason (2005) <i>Introduction to Clinical Psychology</i><br>Baba, K. & Tachibana, L. (2001) <i>Counseling</i> Univ. of Air (in Japanese)<br>Kawai, H. (1970) <i>Practice and Reality in Counseling</i> Seishinshobo (in Japanese)                                                                                                                                                         |
| Assessment and grading | Project Reports<br>Class Participation                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Schedule               | 1. Overview of the class<br>2. Professional school counseling<br>3. Counseling with young children 1<br>4. Counseling with young children 2<br>5. Counseling in the middle school 1<br>6. Counseling in the middle school 2<br>7. Counseling in high school 1<br>8. Counseling in high school 2<br>9. Models and Approaches of school counseling<br>10. Diverse population of students<br>11. Educational and special needs<br>12. Project Presentation<br>13. Project Presentation<br>Project Presentation |
| Additional self-study  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Keywords               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Notes                  | Assessment: final report : 2000 words (50%)<br>Oral presentation (50%)                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Message for students   | School teachers are welcome to share their experiences at schools.                                                                                                                                                                                                                                                                                                                                                                                                                                          |



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|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Introduction to Psychophysiology</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Instructor             | IKEDA Kazunari                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Aim and learning goals | In this course, students are encouraged to learn the knowledge about the mind and brain, and also organize biopsychological ideas through presenting own thoughts in oral and written formats.                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Description            | In psychophysiology the relation of mind with body is studied via measuring physiological responses under some psychological situation. If persons feel goodwill toward somebody, for instance, their pupils in eyes would be dilated in addition to slowing of their heart rates. This course would introduce participants to basic and applied knowledge in psychophysiology.                                                                                                                                                                                                                                                          |
| Textbooks              | No textbook is used in this lesson whereas the following books might be referenced.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Relevant readings      | Andreassi, J. L. (2006). <i>Psychophysiology</i> , 5th ed. Lawrence Erlbaum Associates.<br>Hugdahl, K. (2001). <i>Psychophysiology</i> , revised ed. Harvard University Press.<br>Cacioppo, J. T., Tassinari, L. G., & Berntson, G. G. (2017). <i>Handbook of Psychophysiology</i> , 4th ed. Cambridge University Press.                                                                                                                                                                                                                                                                                                                 |
| Assessment             | 60%: Weekly comment (150 words × 12 weeks)<br>40%: Oral presentation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Schedule               | <ol style="list-style-type: none"> <li>1. Orientation</li> <li>2. Basic Concepts in Psychophysiology</li> <li>3. Mind and Body</li> <li>4. Bioelectric Measurement</li> <li>5. Electrodermal Activity</li> <li>6. Cardiovascular Activity</li> <li>7. Respiratory Responses</li> <li>8. Oral presentations on topics chosen from class 5-7</li> <li>9. Eye Responses</li> <li>10. Muscle Activity</li> <li>11. Electroencephalography</li> <li>12. Oral presentations on topics chosen from class 9-11</li> <li>13. Neuroimaging</li> <li>14. Lie Detection</li> <li>15. Oral presentations on topics chosen from class 13-14</li> </ol> |
| Additional self-study  | Students are recommended to explore academic resources based on their critical mind.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Keywords               | mind, behavior, brain                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>The Aesthetics and Affects of Cuteness</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Instructor             | Joshua Dale                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Aim and learning goals | To study and conduct research on the popularity of cuteness, especially kawaii, plus Japanese popular culture in general.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Description            | <p>The rapid rise of cuteness in the 21st century has seen a worldwide explosion of cute cultures, including kawaii. Though cuteness is spreading more and more widely in popular culture, it is just beginning to become the object of serious academic inquiry. What does the cuteness response reveal about human relationships: to objects, to each other, and to our companion species?</p> <p>The lectures will on the spread of Japanese kawaii around the world, with comparisons to the concept of cuteness in other cultures. <b>However, oral presentations may be on any aspect of Japanese popular culture that has become popular abroad. (subject to approval by the instructor).</b> Topics may include manga, anime, games, cosplay, fashion, bento, etc.</p>               |
| Textbooks              | On reserve at the library.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Relevant readings      | Reading/viewing material will consist of selected short essays and videos. The format of the class is lecture and discussion.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Assessment and grading | <p>Short writing assignments and group projects:: 20%</p> <p>Oral Presentation: 10%</p> <p>Final report: 70%</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Schedule               | <ol style="list-style-type: none"> <li>1. The etymology of “cute” with comparison to “kawaii”</li> <li>2. Theories of cute Part 1, Konrad Lorenz, Mickey Mouse and teddy bears</li> <li>3. Theories of cute: Part 2, comparison to “kawaii”</li> <li>4. Aggression and violence in cuteness</li> <li>5. Scientific analyses of cuteness</li> <li>6. Oral presentations, day 1</li> <li>7. Oral presentations, day 2</li> <li>8. Cuteness in domesticated animals.</li> <li>9. Cuteness and masculinity.</li> <li>10. Individual oral presentations, day 1</li> <li>11. Individual oral presentations, day 2</li> <li>12. Individual oral presentations, day 3</li> <li>13. Discussion of final report topics</li> <li>14. Preparation for final report</li> <li>15. Last lecture.</li> </ol> |
| Additional self-study  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Keywords               | international culture, Japanese culture, cuteness, kawaii                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Exploring the Cultural Diversity of Japan (I)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Instructor             | ARISAWA Shino                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Aim and learning goals | Through discussions and study projects conducted with students from various countries, students explore Japan's culture from diverse perspectives.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Description            | This course investigates <i>matsuri</i> (祭り) festivals across Japan, looking both at large scale ones where millions of tourists gather to watch grand processions as well as small ones performed exclusively for local communities. Looking at various aspects, such as religion, music and dance, gender, community, and tourism, weekly lecture introduces key issues of Japan's <i>matsuri</i> . Students will then discuss what they find unique in Japan's <i>matsuri</i> comparing to religious festivals in other countries. Apart from classroom activities, students will conduct a group fieldwork, visiting their chosen <i>matsuri</i> around Tokyo, and will give presentations on their findings. We will also look at modern development of <i>matsuri</i> , discussing their changes and adaptation to the contemporary society, and will have group project of creating <i>matsuri</i> for the contemporary society to be presented in class. |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Relevant readings      | Some useful reading materials will be introduced in class, but students are encouraged to search for relevant materials for their assessment on their own.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Assessment and grading | 1) Field work report (1000 words): on the findings from your fieldwork project 40%<br>2) Final report (1500 words): on the theme of 'roles of <i>matsuri</i> in the contemporary society' 50%<br>3) Class participation 10%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Schedule               | <u>Tentative (to be confirmed in the first class.)</u><br>1. April 16: Orientation: What is <i>matsuri</i> ?<br>2. April 23: Example 1: <i>Mikoshi</i> sacred palanquin<br>3. May 7: Group work: Planning fieldwork project<br>4. May 14: Example 2: <i>Dashi</i> float<br>5. May 21: Example 3: <i>Bon odori</i> dance and music<br>6. May 28: Example 4: <i>Shishi-mai</i> sacred beasts<br>7. Jun 4: Presentations on fieldwork project<br>8. Jun 11: Presentations on fieldwork project<br>9. Jun 18: Presentations on fieldwork project<br>10. Jun 25: Example 5: Natural disaster and its impact on <i>matsuri</i><br>11. Jul 2: Example 6: Modern <i>matsuri</i><br>12. Jul 9: Presentations on modern <i>matsuri</i> project<br>13. Jul 16: Presentations on modern <i>matsuri</i> project<br>14. Jul 23: Presentations on modern <i>matsuri</i> project<br>15. Jul 30: Summary                                                                          |
| Additional self-study  | Visit as many <i>matsuri</i> as possible, and discuss findings with your group members.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Keywords               | <i>Matsuri</i> , festival, religion, music, dance, gender, community, tourism                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Notes                  | 英検準一級 (IELTS6.9, TOEFLiBT80)程度以上の英語能力が求められます。英会話能力向上だけを目的とした受講はご遠慮ください。授業内容そのものに関心のある学生の参加を希望します。継続して出席できない聴講生はお断りします。                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Message for students   | Students are encouraged to take part in class discussions actively.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

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|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Theatre Workshop</b>                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Instructor             | TAKAO Takashi                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Aim and learning goals | The aim of this course is to experience a theatre workshop.                                                                                                                                                                                                                                                                                                                                                                                      |
| Description            | The class is constructed with games, activities and group works based on a theatre theory called "impro"(improvisational theatre). International (ISEP) students and Japanese students will be mixed at the class. Students will be able to experience cross cultural communication including both verbal and non-verbal. We might make a group theatre performance. Theatrical experience is not needed. Active participation will be welcomed. |
| Textbooks              | None.                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Relevant readings      | Johnstone, Keith "Impro: Improvisation and the Theatre" Routledge, 1979<br>Johnstone, Keith "Impro for Storytellers" Routledge, 1999                                                                                                                                                                                                                                                                                                             |
| Assessment and grading | Attendance, class participation and final report.                                                                                                                                                                                                                                                                                                                                                                                                |
| Schedule               | A curriculum will be designed according to the students.                                                                                                                                                                                                                                                                                                                                                                                         |
| Additional self-study  | Reflection and reading relevant books.                                                                                                                                                                                                                                                                                                                                                                                                           |
| Keywords               | playfulness, spontaneity, imagination, creativity, storytelling, courage, facilitation, communication and collaborative innovation                                                                                                                                                                                                                                                                                                               |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Introduction to Japanese Music: Koto and Singing</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Instructor             | ARISAWA Shino                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Aim and learning goals | Through learning <i>koto</i> (13-string zither) and singing students will understand its aesthetics, including mode, rhythm, timbre, performance technique, ensemble performance, oral mnemonics, and notation system.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Description            | This is a course designed for beginners. Starting from the tuning of thirteen strings, participants will learn various performance techniques and several musical pieces step by step together with singing oral mnemonics and simple lyrics. After general instructions, the instructor will teach participants individually so that each student will be able to make progress at one's own pace. Notations will be provided though learning through memorizing by singing oral mnemonics is recommended for a better understanding of the <i>koto</i> music and its characteristics. Materials will be selected mainly from the classical repertoire, such as <i>Rokudan</i> composed in the early seventeenth century. Before learning such a long piece, some short practice tunes will be instructed so that students will get used to various playing techniques. (This course will be instructed by Ikuta-ryu School style using Ikuta plectra.) |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Relevant readings      | Tokita, Alison McQueen and David W. Hughes eds. (2007) <i>The Ashgate research companion to Japanese music</i> . Aldershot, Hants : Ashgate. (Read Chapter 8, <i>Sōkyoku-jiuta</i> : Edo-period chamber music)<br>Johnson, Henry. 2004a. <i>The koto: a traditional instrument in contemporary Japan</i> . Amsterdam: Hotei Publishing.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Assessment and grading | Weekly progress 50%<br>Performance exam 50%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Schedule               | Tentative (To be confirmed in the first class)<br>1. Orientation<br>2. Tuning & Right-hand technique (1)<br>3. Right-hand technique (2)<br>4. Right-hand technique (3)<br>5. Left-hand technique<br>6. Easy piece (1)<br>7. Easy piece (2)<br>8. Advanced techniques -1<br>9. Advanced techniques -2<br>10. Advanced piece (1)<br>11. Advanced piece (2)<br>12. Ensemble piece<br>13. Ensemble piece<br>14. Practice for exam<br>15. Performance exam                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Additional self-study  | Review the system of tuning so that you can set up the <i>koto</i> by yourself. Listen to <i>koto</i> music to get used to its sound and musical characteristics.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Keywords               | koto, singing, Japanese music                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Notes                  | Due to the limit of the instruments' availability, maximum of 10 students may attend. Enrollment test may be conducted in case there are too many applicants. It will be a short test of singing a simple melody.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Japanese Martial Arts - Judo</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Instructor             | KUBOTA Hiroshi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Aim and learning goals | In this course, students will come to understand some fundamental techniques of Judo.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Description            | This lesson is designed for beginners. You will learn Japanese traditional behavior through practicing Judo: how to put on Kimono, walk on Tatami, make Japanese bow, etc. You will also come to understand some fundamental techniques of Judo. Simultaneously, we will consider the educational implication of Judo.                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Relevant readings      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Assessment and grading | The attendance attitude 50%<br>Judo skill test 40%<br>Report 10%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Schedule               | <ol style="list-style-type: none"> <li>1) Orientation</li> <li>2) History and characteristics of Judo</li> <li>3) Fundamental skills (Ukemi, Taisabaki, etc.)</li> <li>4) Throwing techniques [Nage waza] (part 1)</li> <li>5) Throwing techniques (part 2)</li> <li>6) Throwing techniques (part 3)</li> <li>7) Groundwork techniques [Katame waza] (part 1)</li> <li>8) Groundwork techniques (part 2)</li> <li>9) Groundwork techniques (part 3)</li> <li>10) Forms for throw (formal exercise, part 1)</li> <li>11) Forms for self-defense (formal exercise, part 2)</li> <li>12) Practical techniques (combinations)</li> <li>13) Practical techniques (counter attack)</li> <li>14) The rules and methods of the match</li> <li>15) Skill tests and evaluation</li> </ol> |
| Additional self-study  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Keywords               | <i>Kano Jigoro</i> , JUDO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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|------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Recreation and Sports in Japan : Cycling</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Instructor             | WATANABE Masayuki                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Aim and learning goals | Firstly students are familiarized racing cycle, secondary learn the maintenance of cycle. Finally they practice the gearshift technique using toe clip.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Description            | <p>Cycle sports are the most popular sports in Japan. In this class students will be able to ride racing cycle, tandem cycle and hand bike. Tandem cycle is for two persons use. The hand bike is pedaled by both hands.</p> <p>A)Racing cycle ; Riding cycle makes you feel a wind.<br/> B)Tandem cycle ; Both riders cooperate in riding..<br/> C)Hand bike ; Using both hands not feet and legs you pedal.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Textbooks              | No textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Relevant readings      | Students easily find any cycle information by internet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Assessment and grading | Cycle performance test is most important (90%) and the other report (10%).                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Schedule               | <p>Familiarization process ;</p> <p>A)Racing cycle : round in university campus<br/> B)Tandem cycle : slower race ( The winner is the slowest riding. )<br/> C)Hand bike : dual slalom race</p> <p>Racing cycle ;</p> <p>A)The maintenance of cycle (air, saddle height, brake, oil, gear)<br/> B)Round practice in university campus.<br/> C)Short touring by cycle for</p> <p>1) Koganei park                      2)Kurogane park<br/> 3)Nogawa park                      4)Kodaira folk village<br/> 5)Kurabone Saka                      6)Musashikokubunji Area<br/> 7)Shrine Nukui jinja</p> <p>D)Practice gearshift technique using toe clip.</p> <p>Tandem cycle ;<br/> The former rider need communication with the rear, because the rear is wearing eye mask.</p> <p>Hand bike ;<br/> Time check for round one block ( distance 640m ) will be operated.</p> |
| Additional self-study  | If someone want to ride or practice more, please tell me. Extra touring is available.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Keywords               | cycle, racing cycle, tandem, hand bike,                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Notes                  | The helmet is available.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Message for students   | Please enjoy various cycles.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

## Intensive courses

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| Course title           | <b>Recreation and Sports in Japan: Aquatic Sports (Swimming)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Instructor             | MORIYAMA Shinichiro                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Aim and learning goals | This course aims to have students learn how to swim according to the official rules and understand the water safety.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Description            | <p>This is a course designed for beginners, however, competitive swimmers are also welcome. The class will be conducted in accordance with the individual swimming skill.</p> <p>This is an intensive course held on Saturday afternoons from mid-June to July.</p> <p>An orientation will be held in April.</p> <p>Learning objectives are following.</p> <ul style="list-style-type: none"> <li>● Be able to understand water safety.</li> <li>● Be able to demonstrate improved skill performance in swimming strokes (front crawl, backstroke, breaststroke and butterfly stroke) including breathing during swimming.</li> <li>● Be able to swim faster and more beautifully.</li> </ul> <p>What you need to prepare:</p> <p>A swimsuit, towels, and goggles for swimming, a T-shirt and writing materials.</p> <p>If you have questions, feel free to contact the instructor by email or visiting his office.</p>                                                                                                                                                                                                                                                   |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Relevant readings      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Assessment and grading | Swimming skill test (70%), report 1000 words (30%)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Schedule               | <p>Tentative (To be confirmed in the first class)</p> <ol style="list-style-type: none"> <li>1. <b>Orientation, 12:10 pm on April 19 (Thu) at the lecture room S201.</b></li> <li>2. Review students' swimming stroke skills (for example, front crawl).</li> <li>3. Practice floating in the prone position from the wall and freestyle leg kick.</li> <li>4. Practice freestyle leg kick and arm stroke.</li> <li>5. Practice floating in the spine position from the wall and backstroke leg kick.</li> <li>6. Practice backstroke leg kick and arm stroke.</li> <li>7. Practice breaststroke leg kick and arm stroke</li> <li>8. Practice butterfly leg kick and arm stroke</li> <li>9. Combine all strokes and turn.</li> <li>10. Review students' swimming stroke skills.</li> <li>11. Practice swimming with fully-clothed (1)</li> <li>12. Practice swimming with fully-clothed (2)</li> <li>13. Practice aquatic sports (1)</li> <li>14. Practice aquatic sports (2)</li> <li>15. Performance exam</li> </ol> <p>✂It is planned to collaborate with sports fitness class in Japanese collegiate students sometimes.</p> <p>Contact: moriyama@u-gakugei.ac.jp</p> |
| Additional self-study  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Keywords               | Swimming fully-clothed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Notes                  | <p>In case you have some health problem, you need to submit a medical certificate that describes your health condition as well as doctor's permission for swimming.</p> <p>The schedule may change depending on the weather.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Message for students   | <p>Let's enjoy swimming!</p> <p>Remove accessories and wrist watches for your safety and other's safety.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |