

## Tokyo Gakugei University International Student Education Program (TGU ISEP)

2024 Spring Semester Courses

春学期

2024/04/12

	Mon	Tue	Wed	Thu	Fri
I 8.30- 10.10					
II 10.20- 12.00					
III 12.50- 14.30	Japanese Martial Arts: Judo (KUBOTA Hiroshi) <b>【Judo Hall*】</b>	Education for Multicultural Children in Japan (IWATA Yasuyuki) <b>【S105】</b>	ISEP Seminar (B) ARISAWA Shino <b>【N312】</b>	Traditional Performing Arts of Japan (ARISAWA Shino) <b>【S207】</b> <b>【W301】</b>	Psychology of the Japanese (SUGIMORI Shinkichi) <b>【C103】</b>
IV 14.40- 16.20	Contemporary Society in Japan (Omnibus - Social Studies Division) <b>【N103】</b>	Education in Japan A (SUEMATSU Hiroki) <b>【N405】</b>		Cultural Diversity of Japan (A) (ARISAWA Shino) <del>【N403】</del> <b>【W301】</b>	Introduction to Psychology (IKEDA Kazunari) <b>【N104】</b>
V 16.30- 18.10	Cross-cultural Communication through Expressive Arts (HANAKE Ayako) <b>【N104】</b>	Cultural Studies A (IHATA Takaaki) <b>【N107】</b>		Japanese Arts and Crafts (KIYONO Yasuyuki) <b>【W301】</b>	

## Intensive Course

1	Aquatic Sports – Swimming (TOYODA Yugo) <b>【Swimming pool*】</b>
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&lt;Notes for venue&gt;

\* Judo Hall (柔道場): No.309 on campus map

\* Swimming pool (プール): No.311 on campus map

NB - Anyone whose English proficiency is good enough can take ISEP courses. However, ISEP Seminar is only available for the students enrolled specifically in the International Student Education Program (ISEP), and other students, such as general exchange students, are not permitted to attend this course.

ISEP 科目は英語能力があれば誰でも履修することができます。ただし、ISEP Seminar は ISEP プログラム生のみ履修可能です。

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## 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. 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.

Course title	<b>ISEP Seminar (B)</b>
Instructor	ARISAWA Shino
Aim and learning goals	To cultivate practical research skills and develop critical skills in thinking, planning, investigating, discussing, and presenting ideas in oral and written format.
Description	This course is <b>COMPULSORY</b> and <b>ONLY AVAILABLE</b> to students enrolled in the ISEP. Students pursue individual study projects under the guidance of academic advisors and bring their works in progress to class for collaborative discussions aimed at mutual idea development. Topics for individual study projects can encompass students' personal interests, including socio-cultural issues, education, arts, and sports. Throughout the course, students will acquire fundamental knowledge and skills for conducting research, such as writing literature reviews, formulating methodologies, conducting analyses, and constructing arguments in a critical and logical ways. Additionally, workshops by guest teachers and fieldwork trips around Tokyo will be organized to broaden students' perspectives on Japanese society and culture.
Textbooks	No specific textbook is required.
Relevant readings	Students are expected to seek out their own relevant reading materials.
Assessment and grading	Weekly assignments, including class preparations, presentations, and reports: 100%
Schedule	Tentative 1) Introduction 2) Individual Study – topic selection 3) Individual Study – methodology 4) Individual Study –survey design 5) Individual Study –survey implementation 6) Workshop or fieldwork 7) Individual Study - survey results and analyses 8) Individual Study - survey results and analyses 9) Individual Study - survey results and analyses 10) Individual Study - writing up 11) Individual Study - writing up 12) Workshop or fieldwork 13) Workshop or fieldwork 14) Summary
Additional self-study	Students are expected to work independently on their individual study projects.
Keywords	Japanese culture and society, independent research, fieldwork
Notes	
Message for students	Discover Japan from your original perspectives.

Course title	<b>Education in Japan (A): 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%) 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.

Course title	<b>Education for Multicultural Children</b>
Instructor	IWATA Yasuyuki
Aim and learning goals	To learn practically about children in multicultural culture based on education in/on education in Japan. Aim of this class is to get global perspectives on children's learning environment.
Description	Collaborative leaning by mixture groups of students (both foerign students and Japanese students) to grow understandings on education for 'Japanese children overseas' and 'Overseas children in Japan'. This class contains 3 components: Lectures for outline and backgrounds of education for multicultural children, schpool visi(s) and/or guest talk, and collaborative group works followed by presentations.
Textbooks	No specific textbooks are required.
Relevant readings	Useful reading materials will be introduced in class, but students are also expected to search for necessary resources by themselves, particularly for group works.
Assessment and grading	Basically based on final preesntation (50%) and reflective essay at the end of the semester (50%).
Schedule	(1) Introduction (2)-(5) Lectures for outline and backgrounds Education for overseas children in Japan Japanese school abroad Interenational Schools Secondary school with foreign students, etc. (6)-(9) School visit(s) and/or guest talk(s) (10)-(13) Group works (14) Final presentation
Additional self-study	To be shown in class.
Keywords	multicultural understandings, children with foreign roots, Japanese children abroad, collaborative learning
Notes	Classes are usually held on Tuesday 12:50-14:30. However, school visit(s) and/or guest talk(s) may be assigned at irregular time (to be shown in advance).
Message for students	This Class is mainly taught by English. As this class contains foreign studnets from various areas as well as Japanese students, English is expected as common communication tool. I hope this slass could be a chance tor multicultural exchange.

Course title	<b>Contemporary Society in Japan</b>
Instructor	ARAI Masataka, KAWASAKI Seiji, KAWATE Keiichi, KUNI Yoshiko, TSUBAKI Machiko
Aim and learning goals	The aim of this course is to deepen your understanding of the characteristics and problems of contemporary Japanese society, history, and culture. The goal is to acquire a multifaceted and comparative perspective and methodology for considering Japanese society.
Description	In this course, we will lecture and discuss contemporary Japanese society from several specialized perspectives. Specific themes include the relationship between natural environment and society, political systems, history, food culture, social diversity and justice. Two off-campus tours (the Diet Building in the city center and the area around the university) are also planned.
Textbooks	No specific textbook is required. Printed materials (instructions) will be delivered as need.
Relevant readings	We will assign appropriate learning materials in the class.
Assessment	Five professors will evaluate based on your participation in the class and your comments. Finally, the scores are summarized and graded.
Schedule	<ol style="list-style-type: none"> <li>1. April 15(Mon) : Introduction</li> <li>2. April 22(Mon) : Climate of Japan and its Culture (ARAI Masataka)</li> <li>3. April 29(Mon) : The Varied Landform of Japan and its industries (ARAI Masataka)</li> <li>4. May 13(Mon) : The Political System of Japan (KUNI Yoshiko)</li> <li>5. May 20(Mon) : The Current Political Topics in Japan (KUNI Yoshiko)</li> <li>6. May 27(Mon) : Regional Diversity of Japanese Food Culture (TSUBAKI Machiko)</li> <li>7. June 3(Mon) : Japanese Food Issues (TSUBAKI Machiko)</li> <li>8. June 10(Mon) : Tradition and Innovation of Japanese cuisine (OKADA Yutaka※)</li> <li>9. June 17(Mon) : Characteristics of Japanese Cuisine and Dashi as the Essence of WASHOKU (OKADA Yutaka※)</li> <li>10. June 24(Mon) : Japanese Modern History (KAWATE Keiichi)</li> <li>11. July 1(Mon) : Japanese History (KAWATE Keiichi)</li> <li>12. July 8(Mon) : Diversity in Japanese Society (KAWASAKI Seiji)</li> <li>13. July 15(Mon) : Workshop for Learning for Equity and Social Justice by ICT (ICT peripherals are needed) (KAWASAKI Seiji)</li> </ol> <p>※Special lecturer : Japanese cuisine expert and chef at Ecole Tsuji Tokyo</p>
Additional self-study	
Keywords	Natural Characteristics of Japan, Nation and Nationalism, Parliamentary System of Government, Japanese History, Food Culture, Diversity, Equity and Social Justice
Notes	
Message for students	Get a new understanding of Japanese society and apply it to your own research.

Course title	<b>Psychology of the Japanese</b>
Instructor	SUGIMORI Shinkichi
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) Discussion (20points: contribution to the class discussion) Presentation(30 points) Final report (20points)
Schedule	1 .Orientation Self-introduction and explanation of students' presentation 2. - 3. Lectures on the Japanese way of thinking and behaviour. 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. 4. – 14. Students' presentation, discussion, and commentary lectures. 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.

Course title	<b>Introduction to Psychology: From Biological Perspective</b>
Instructor	IKEDA Kazunari
Aim and learning goals	In this course, students are encouraged to learn about the mind, behavior, and brain, and organize psychological ideas through presenting their own thoughts in oral and written formats.
Description	In psychology, causal relations regulating mind and behavior are scientifically sought. If persons feel goodwill toward somebody as a psychological and physiological entity, for instance, their explicit and implicit reactions can be analyzed with various measures, e.g., questionnaires, eye movements, and brain waves. This course would introduce participants to basic and applied knowledge in psychology.
Textbooks	No textbook is used in this lesson whereas the following books might be referenced.
Relevant readings	Nolen-Hoeksema, S., et al. (2014). <i>Atkinson &amp; Hilgard's Introduction to Psychology</i> , 16th ed. Cengage Learning EMEA. Breedlove, S. M. & Watson, N. V. (2013). <i>Biological Psychology</i> , 7th ed. Sinauer Associates. Cacioppo, J. T., Tassinary, L. G., & Berntson, G. G. (2017). <i>Handbook of Psychophysiology</i> , 4th ed. Cambridge University Press.
Assessment	60%: Weekly comment (150 words or beyond × 11 weeks) (Based on learned contents and related resources, participants are asked to write an essay with 150 words or beyond after the class.) 40%: Presentation (3 weeks) (Participants are asked to make presentations on preferred topics by using PowerPoint.)
Schedule	1. Orientation 2. Basic concepts in psychology 3. Mind and body 4. Topics in mental health 5. Presentations on topics chosen from class 2-4 6. Topics in visual perception 7. Topics in hearing perception 8. Topics in consciousness 9. Visit to an EEG laboratory 10. Presentations on topics chosen from class 6-8 11. Topics in emotion 12. Topics in learning and memory 13. Topics in personality 14. Presentations on topics chosen from class 11-13
Additional self-study	Students are recommended to explore academic resources based on their critical mind.
Keywords	mind, behavior, brain
Notes	<ul style="list-style-type: none"> <li>• Weekly classes will be held face-to-face using WebClass. You can access the information of this class by clicking "Introduction to Psychology" on the WebClass timetable.</li> <li>• Class materials and assignments will be posted on WebClass by the day before the class, so the registered students should refer to the class materials for attending the class and then submit their answers to the assignments after the class.</li> </ul>
Message for students	



Course title	<b>Cultural Studies (A)</b>
Instructor	IHATA Takaaki
Aim and learning goals	<p>1.To study and consider aspects of society and culture, comparing those of various countries (depending on students' backgrounds).</p> <p>2.To engage in discussions with students to understand aspects of culture more deeply.</p> <p>3.To examine what is meant by culture in a broad sense.</p> <p>4.Dialog is the main mode of learning.</p>
Description	This course considers culture in terms of the social lives and experiences of people living in particular cultures, mainly (but not only) the UK. It provides a brief introduction to the history, diversity, language and other important features of culture in the UK and other countries.
Textbooks	None
Relevant readings	None
Assessment	<p>Mini-presentation- 30% (6th class)</p> <p>Active participation in class -30%</p> <p>Short Presentation – 40% (12-13th classes)</p>
Schedule	<p>1 Introduction to the class, Group Brainstorm on Culture</p> <p>2 Geography and climate, and relationship to culture</p> <p>3 Brief Timeline of UK History 1 (prior to the Norman Conquest), Discussions and Comparisons</p> <p>4 Brief Timeline of UK History 2 (1066-1603), Discussions and Comparisons</p> <p>Explanations of mini presentation</p> <p>5 Brief Timeline of UK History 3 (1604-), Discussions and Comparisons</p> <p>6. Mini presentation, "the easiest language for non-native speakers to learn"</p> <p>7.Linguistic Diversity</p> <p>8.Ethnic and Religious Diversity</p> <p>9. Illustrations of Sikhs living in the UK, "Bend it like Beckham"</p> <p>10. Families 1, Explanation of Final presentations</p> <p>11. Families 2, review of preparation for final presentations</p> <p>12. Fashion + Concepts of beauty</p> <p>13. Short Presentations 1, Q+A</p> <p>14. Short Presentations 2, Q+A, Revision, Feedback</p>
Additional self-study	
Keywords	
Notes	
Message for students	

Course title	<b>Cultural Diversity of Japan (A) - Matsuri</b>
Instructor	ARISAWA Shino
Aim and learning goals	To gain multiple perspectives on Japan's <i>matsuri</i> (religious festivals) through lectures, fieldwork, workshops, and discussions with students from various countries.
Description	<p>This course delves into <i>matsuri</i> (祭) – religious festivals in Japan. We will explore both large-scale events that attract millions of tourists for grand processions and smaller festivals exclusive to local communities. Weekly lectures will cover key aspects of <i>matsuri</i>, including religion, community, tourism, music, and dance. Students will analyse the uniqueness of Japan's <i>matsuri</i> and identify commonalities with festivals from other regions. In addition to classroom activities, we will visit <i>matsuri</i> around Tokyo to experience firsthand their roles in contemporary society. To further explore the evolution of tradition, students will exchange ideas about their observations and experiences, culminating in presentations on their findings.</p> <p>We will also examine the evolution of <i>matsuri</i>, exploring how they have adapted to contemporary society. To further explore the evolution of tradition, students will engage in a group project to create their own new <i>matsuri</i> by blending traditional elements with modern concepts.</p>
Textbooks	No specific textbook is required.
Relevant readings	To be introduced in class. Students are encouraged to search for additional resources for their projects.
Assessment and grading	Reflective essays on weekly classes: 100%
Schedule	<p>Tentative</p> <ol style="list-style-type: none"> <li>1. Introduction - What is <i>matsuri</i>?</li> <li>2. <i>Mikoshi</i> – sacred palanquin</li> <li>3. <i>Dashi</i> - float</li> <li>4. <b>4 May: Fieldwork - Kurayami Matsuri in Fuchu</b></li> <li>5. *Fieldwork trip to Kurayami Matsuri is equivalent to 2 class sessions.</li> <li>6. Reflections on Kurayami Matsuri</li> <li>7. Fighting in <i>matsuri</i></li> <li>8. <b>Sat 18 or Sun 29: Fieldwork - Sanja Matsuri in Asakusa</b></li> <li>9. *Fieldwork trip to Sanja Matsuri is equivalent to 2 class sessions.</li> <li>10. Reflection on Sanja Matsuri</li> <li>11. <b>Workshop -Music and Dance of <i>matsuri</i></b></li> <li>12. <i>Matsuri</i> in modernization</li> <li>13. Group activity – new <i>matsuri</i> project</li> <li>14. Group presentation – new <i>matsuri</i> project</li> </ol>
Additional self-study	To be instructed in class.
Keywords	<i>Matsuri</i> , festival, religion, music, dance, gender, community, tourism, fieldwork
Notes	Class materials will be distributed via Teams.
Message for students	You will discover more about Japan's <i>matsuri</i> than what guidebooks tell you.

Course title	<b>Traditional Performing Arts of Japan</b>
Instructor	ARISAWA Shino
Aim and learning goals	The aim of this course is to provide an overview of various performing arts of Japan. Students will develop an understanding of the historical, social, and cultural contexts, as well as the performance elements of music, dance, and theatre.
Description	<p>Each week, the course will focus on a specific genre from traditional performing arts, as outlined in the schedule. We will delve into the history and socio-cultural backgrounds of these arts, gaining insights into musicians, the audience, and the transmission of art to the present day. Throughout the course, students will analyse various performance aspects, such as musical scales, rhythms, vocal styles, instrumental techniques, dance movements, and theatrical characteristics. Additionally, we will explore the evolution of these artforms alongside contemporary developments. Workshops on instruments, such as <i>shamisen</i> and/or <i>shakuhachi</i> will be conducted. We also plan to attend a kabuki performance at the Kabuki Theatre.</p> <p>Towards the end of the semester, participants will engage in a new theatrical creation project, incorporating new ideas into traditional elements to create and present original <i>kabuki</i>, <i>bunraku</i>, or <i>noh</i> performances.</p>
Textbooks	No specific textbook is required.
Relevant readings	<ol style="list-style-type: none"> <li>1. Nakamura, Masayuki, translated by Jeffrey Hunter. 2009. <i>A bilingual Guide to Japanese Traditional Performing Arts</i> (英訳付き1冊でわかる日本の古典芸能)</li> <li>2. Tokita, Alison McQueen and David W. Hughes eds. 2007. <i>The Ashgate Research Companion to Japanese Music</i>. Aldershot, Hants: Ashgate.</li> <li>3. Website of the Japan Arts Council (theatre genres) <a href="http://www2.ntj.jac.go.jp/dglib/modules/learn/">http://www2.ntj.jac.go.jp/dglib/modules/learn/</a></li> </ol>
Assessment	Weekly short reflective reports 100%
Schedule	<p><b>Tentative</b></p> <ol style="list-style-type: none"> <li>1. Introduction to the course</li> <li>2. <i>Kabuki</i> theatre</li> <li>3. <i>Noh</i> theatre</li> <li>4. <i>Ningyō-jōruri</i> puppet theatre (Bunraku)</li> <li>5. <i>Gagaku</i>: Imperial court music and dance</li> <li>6. <b>Kabuki Viewing at the Kabuki Theatre in Ginza</b> Tickets will be around 1,000-1,500yen.</li> <li>7. <i>Koto</i></li> <li>8. <i>Shamisen</i></li> <li>9. <i>Shakuhachi</i></li> <li>10. New theatre project - planning</li> <li>11. New theatre project - planning</li> <li>12. New theatre project - presentation</li> <li>13. New theatre project - presentation</li> <li>14. Summary</li> </ol>
Additional self-study	
Keywords	Japan, traditional music, theatre, tradition, modernity and innovation
Message for students	No special musical knowledge or skill is required to enroll in this course.

Course title	<b>Cross-Cultural Communication through Expressive Arts</b>
Instructor	HANAKE Ayako
Aim and learning goals	In this class, we will learn about the expressive arts, especially those that have been documented on film. Based on the premise that there are diverse critiques of expressive arts, our goal is for students to be able to articulate their own critique.
Description	This class watches the video of Expressive Arts and discusses it. This class will focus specifically on representational arts by contemporary Japanese artists.
Textbooks	No specific textbook is required.
Relevant readings	
Assessment and grading	Journal of each session 50% Final Report 50%
Schedule	<ol style="list-style-type: none"> <li>1. Orientation</li> <li>2. Animation</li> <li>3. Animation</li> <li>4. Animation</li> <li>5. Theatre</li> <li>6. Theatre</li> <li>7. Theatre</li> <li>8. Movie</li> <li>9. Movie</li> <li>10. Movie</li> <li>11. Dance</li> <li>12. Dance</li> <li>13. Dance</li> <li>14. Summary Discussion</li> </ol>
Additional self-study	You are also encouraged to research and think about similar works with interest.
Keywords	Expressive Arts, performance, dance, animation, theatre
Notes	
Message for students	

Course title	<b>Japanese Arts and Crafts</b>
Instructor	KIYONO Yasuyuki
Aim and learning goals	Learn about Japanese culture by learning about traditional expression methods through the practice of printing ukiyo-e woodblock prints, a type of Japanese art.
Description	In the first half, students will create small original prints as practice for making Ukiyo-e woodblock prints, and in the second half, they will learn how to actually print using reproduction woodblocks
Textbooks	Handout will be provided as necessary.
Relevant readings	
Assessment and grading	The final grade will be based on: Class participation 40% Assignments 60%
Schedule	Tentative subjects covered in 14 weeks (subject to minor modification depending on the progress of lectures):  1: Introduction 4/18 2: History of printmaking, Description of rotary prints 4/25 3: Engraving 5/2 4: Printing 1 5/9 5: Printing 2 5/16 6: Gallery tour and report 5/23 7: Explanation of Ukiyo-e woodblock prints 5/30 8: Print a key block 6/6 9: Print color blocks 1 6/13 10: Print color blocks 2 6/20 11: Print color blocks 3 6/27 12: Print color blocks 4. 7/4 13: Print color blocks 5. 7/11 14: Meeting for a joint review. 7/18
Additional self-study	Make a plate using rented carving knives
Keywords	Traditional woodblock prints and printing techniques, Ukiyo-e woodblock prints (Thirty-six Views of Mt. Fuji), Japanese paper
Notes	Due to limited production space, tools, and materials, the number of participants is limited to 16. Priority will be given to international students, but they must attend the first class on April 18th. The material cost is planned at 2000 yen per person
Message for students	Even if you don't have experience in printmaking, you can take this course if you are interested in Japanese culture and art.

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 60% Judo skill test 20% 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) Skill tests and evaluation</li> </ol>
Additional self-study	
Keywords	<i>Kano Jigoro</i> , JUDO
Notes	
Message for students	

Course title	<b>Aquatic Sports - Swimming</b>
Instructor	TOYODA Yugo
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. An orientation will be held in April.</p> <p>Learning objectives are following.</p> <ul style="list-style-type: none"> <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> <li>● Be able to understand water safety.</li> </ul> <p>What you need to prepare: A swimsuit, towels, and goggles for swimming, a T-shirt and writing materials. 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	To be Introduced in class suitably.
Assessment and grading	Swimming skill test (30%) and a fraction of in-class contribution attitude (including class attendance) in class (70%)
Schedule	<p>Tentative (To be confirmed in the first class)</p> <ol style="list-style-type: none"> <li>1. <b>The introductory guidance will be given for individual student by email. Please email the instructor by April 21<sup>st</sup> if you are interested to participate in this course.</b> <b>Email: fsu21859@u-gakugei.ac.jp.</b></li> <li>2. <b>Lecture for swimming at the lecture room</b> and review students' swimming stroke skills in the swimming pool.</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>※ <b>It is planned to collaborate with sports fitness class in Japanese collegiate students sometimes.</b> Contact: fsu21859@u-gakugei.ac.jp</p>
Additional self-study	Watching web sites for swimming technique.
Keywords	Swimming, fully-clothed
Notes	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. The schedule may change depending on the weather.
Message for students	<p>Let's enjoy swimming!</p> <p>Remove accessories and wrist watches for your safety and other's safety.</p>