

# For entrants in AY 2024

Appended Form 1

## Specifications for Major Program

Name of School (Program) [School of Education, Cluster 4 (Life-long Activities Education)  
Program in Health and Sports Sciences Education]

Program name (Japanese) (English)	健康スポーツ教育プログラム
	Health and Sports Education
<p>1. Academic Qualification to be Acquired</p> <p>This program allows students to gain a bachelor's degree in educational science, which requires them to gain 128 credits in total consisting of 40 credits in liberal arts education and 88 credits in specialized education (including 22 credits in basic specialized education, 29 credits in specialized education, 31 credits in specialized elective education, and 6 credits in graduation studies).</p>	
<p>2. Overview</p> <p>This program aims to foster professionals (such as health and physical education teachers and sports instructors) with a wide range of knowledge about health and sports, as well as the proactive ability to get things done. Through the study of specialist fields such as Sports Pedagogy, Sports Methodology, Sports Science, students are encouraged to enhance their scientific appreciation for maintaining and improving psychological and physical health, and for sports activities for the entire lifetime. They are also required to obtain the practical ability to get things done, as well as an instructional ability based on the theories of instructional and learning methods for the respective sports. Through such studies, they can obtain both the licenses of junior high and high school teacher (Health and Physical Education) and the qualification to take the examination for various qualifications related to the social forms of physical education.</p>	
<p>3. Diploma Policy (Policy for awarding degrees and goal of the program)</p> <p>The Health and Sports Education Program fosters professional health and physical education teachers and sports instructors with a wide range of knowledge and the proactive ability to get things done in relation to health and sports. Therefore, this program awards a bachelor's degree in educational science to the students who obtain the standard number of credits set forth in the educational curriculum and acquire the following abilities.</p> <p>(1) The ability, after studying specialized fields such as sports education, methodology, and science, to play a leading role as instructors in today's society based on their knowledge of health and sports.</p> <p>(2) The ability to enhance scientific consciousness about maintaining and improving psychological and physical health, and about the sports activities throughout life.</p> <p>(3) Implementation and instructional abilities based on the theory of instructional and teaching methods for the respective sports.</p> <p>(4) The acquisition of an international perspective through sports, and the ability to engage in multidisciplinary thinking.</p> <p>Students receive liberal arts education, as a foundation for the specialized education, in order to acquire not only a healthy lifestyle, but also a basic and fundamental knowledge and understanding of the fields of cultural, social and natural sciences, including educational science and psychology. They also improve their command of foreign languages in order to develop the comprehensive ability to cope with the needs of today's world, especially in the field of education.</p>	
<p>4. Curriculum Policy (Policy for organization and implementation of the curriculum)</p> <p>The Health and Sports Education Program organizes and implements an educational curriculum based on the following policies in order to attain the goal set for this program.</p> <p>In the 1<sup>st</sup> and 2<sup>nd</sup> years, students, along with their liberal arts education, obtain a thorough knowledge and skills related to instructional materials for the respective sports subjects, including Track and Field, Artistic Gymnastics, Dance, Swimming, Budo A (Judo), Budo B (Kendo), Ball Games A (Volley Ball), Ball Games B (Soccer), Ball Games C (Basketball), Ball Games D (Tennis), and Outdoor Activities Education (Climbing and Camping). At the same time, they study Introduction to Health and Sport Science and Introduction to Lifelong Activities Education in order to learn at a systematic approach. Through such comprehensive learning, taking into account various kinds of instructional exercise schedules for school and community physical education, students develop practical leadership skills and an appreciation for life-long sports education.</p>	

In the 3<sup>rd</sup> year, students learn Sport Physiology, School Health, Sport Medicine (lec.), Management of Sport (lec.), Psychology of Sport (lec.), Theory of Physical Expression, Coaching Theory (lec.), Sports Training Theory, and so on. Based on the contents learned theoretically in the respective subjects, they work on practical teaching assignments such as organizing curricula, developing teaching materials, and preparing guidance plans in Methodology and Evaluation of Physical Education (lec.), and Fieldwork Seminar in Health and Physical Education in order to develop their practical abilities.

In the 4<sup>th</sup> Year, they further develop the abilities they have acquired through the whole program, focusing on a special area and course in order to undertake to prepare their graduation thesis.

In the curriculum described above, teaching and learning will be implemented by utilizing active learning, experiential learning and online classes, depending on the delivery methods of each program, such as lectures, practical skill courses and seminars.

In addition to strict grading using the standards clearly outlined in the syllabus, learning outcomes are evaluated based on the degree to which the goals set by this program are achieved.

#### 5. Starting Timing and Conditions

Students who have selected this program start learning in the 1<sup>st</sup> year.

#### 6. Obtainable Qualifications

Students can acquire the licenses of Class 1 Junior High School Teacher (Health and Physical Education) and Class 1 High School Teacher (Health and Physical Education) on the condition that they obtain the credits in the teaching profession-related subjects, in accordance with the Education Personnel Certification Act. In addition, by acquiring the designated subjects in the curriculum, they will be exempt from training for, and qualified for taking the examinations of, Sports Leader, Junior Sports Instructor, Sports Programmer, and Assistant Manager, as well as the examination of Health Fitness Instructor certified by the Japan Sport Association. Furthermore, they can obtain the certificates of Common Subjects III, which are the basis for acquiring licenses such as that of JASA Coach certified by the Japan Sport Association.

#### 7. Subjects and Lesson Contents

\*For subjects, please refer to the subject lists given in Attachment 1. (Attach the subject list.)

\*For lesson contents, please refer to the syllabus published every academic year.

#### 8. Academic Results

At the end of each semester, the standard of evaluation will be explicitly stated for each evaluation item to show the level of achievement.

The academic results evaluation for each item will be converted as follows: S=4, A=3, B=2, and C=1. These results are accumulated and classified as one of three levels: Excellent, Very Good, and Good, from the first semester of the 1<sup>st</sup> year to the present semester of the current year.

Result Evaluation	Conversion
S (90 points or more)	4
A (80 ~ 89 points)	3
B (70 ~ 79 points)	2
C (60 ~ 69 points)	1

Academic Results	Standard
Excellent	3.00 ~ 4.00
Very Good	2.00 ~ 2.99
Good	1.00 ~ 1.99

\*Attachment 2: Relationship between the evaluation items and evaluation standard.

\*Attachment 3: Relationship between the evaluation items and subjects.

\*Attachment 4: curriculum map.

#### 9. Study in Graduation Thesis (Purpose, Assignment Method and Timing, etc.)

The study in graduation thesis constitutes the culmination of this program, in which students concentrate on finding a solution to their research question using their competence as specialists in health and sports. They decide on their research field and their mentor for the graduation thesis at the start of the 2<sup>nd</sup> semester of the 3<sup>rd</sup> year.

Under the guidance of their mentor, they prepare their graduation thesis during the 4<sup>th</sup> year. In principle, they must finish the lessons given by their mentor (the lectures and the seminars or experiments) by the end of the 2<sup>nd</sup> semester of the 3<sup>rd</sup> year. After their research topic has been decided, they must make a presentation on the topic, as well as the mid-term and final presentations of the graduation thesis itself.

#### 10. System of Responsibility

##### (1) System of Responsibility: PDCA (Plan, Do, Check and Act)

This system is mainly implemented by staff members of the Health and Sports Science Education Program, School of Education. The program head is responsible for its implementation. The system of PDCA is performed by the group of teachers of the program.

##### (2) Evaluation of the Program

This program is evaluated from the perspectives of both educational and social benefits. The educational benefits are evaluated based on the students' learning results, while the social benefits are evaluated based on the effectiveness of the learning results of the program.

##### ○How the evaluation is implemented

In principle, the program results will be evaluated in the academic year four years after students enter the university. The educational benefits will be evaluated based on the level of achievement of the students and the overall evaluation made by the group of teachers. The social benefits will be evaluated based on the pass rate for employment examinations for teachers, the pass rate for the various qualifications related to community physical education, the overall employment rate, and the entrance rate of graduate school of the graduates.

##### ○Feedback to the Students

The group of teachers in charge of the program review and improve the content of the program using the evaluation results of the program. In addition, they examine the effects of student guidance and the various course subjects to reflect on future program management in the following years.

Table of Registration Standards for the Subjects of Liberal Education

## Cluster 4: Program in Health and Sports Sciences Education

Cluster 1: Program in Health and Sports Sciences Education																
Type	Subject type		Required Credits	Class subjects, etc.	Credits	Type of course registration	Semester for the subject to be taken (Note 1)									
							1st year		2nd year		3rd year		4th year			
							1	2	3	4	5	6	7	8		
Subjects of Liberal Education	Peace Science Courses		2		2	Elective/required	○									
	Basic Courses in University Education	Introduction to University Education	2	Introduction to University Education	2	Required	○									
		Introductory Seminar for First-Year Students	2	Introductory Seminar for First-Year Students	2	Required	○									
		Advanced Seminar	(0)		1	Free Elective	○									
		Area Courses	Courses in Arts and Humanities/Social Sciences	4	(Note4)	1or2	Elective/required	○	○	○	○					
	Courses in Natural Sciences		4		1or2	Elective/required	○	○	○	○						
	Common Subjects	Foreign Languages	English ( Note2 )	Basic English Usage	0	Basic English Usage I	1	Free Elective	○							
				Basic English Usage II	1		○									
			Communication I (Note3)	4	Communication I A	1	Elective /required	○								
					Communication I B	1		○								
					Communication II A	1			○							
					Communication II B	1			○							
			At least 2 subjects from the four subjects above													
			(0)	Advanced English for Communication	1	Free elective	○	○								
			Non-English Foreign Languages (Note5)	4	Foreign Languages: Basic Studies I	1	Elective / required	○								
					Foreign Languages: Basic Studies II	1		○								
		Foreign Languages: Basic Studies III			1			○								
		Foreign Languages: Basic Studies IV			1			○								
		4		Foreign Languages: Intensive Studies IA	1	Free Elective	○									
				Foreign Languages: Intensive Studies II	1			○								
		0		Overseas Language Seminar	1	Free Elective										
		Information and Data Science Courses	4	Introduction to Information and Data Sciences	2	Required	○									
				(Note6)	2	Elective/required	○	○								
	Health and Sports Courses		2		1or2	Elective/required	○	○								
	Social Cooperation Courses		0		1or2	Free Elective	○	○								
	Foundation Courses		0		1~3	Free Elective	○	○								
	Free elective subjects		12	(Note7)	1~3	Elective / required	○	○	○	○						
	Total		40													

Note 1: ○marks the standard semester for the subjects the students will study. Students can study in the following semester if they cannot obtain the credits in this semester. The timetable for a subject may change year by year. Please check the timetable for Liberal Arts subjects issued every year.

Note 2: The study of Online English Seminar I / II / III through self-initiated learning can be included in the English credits required for graduation. In addition, there is a credit recognition system for foreign language proficiency tests and language training. Please refer to the sections on English and Liberal Arts Education in the Student Handbook and the "Handling of Credit Recognition for Foreign Language Proficiency Tests, etc."

Note 3 Due to the requirements of organizing the timetable, Communication I A and Communication I B are designated for the 1st semester, while Communication II A and Communication II B are designated for the 2nd semester.

Note 4 ・ In order to acquire the license of education personnel, students need to take two credits in "Japanese Constitutional Law."

・ Advanced English for Communication or Non-English Foreign Languages: Intensive Studies or Overseas Language Seminar can be included in the Area Courses (Courses in Arts and Humanities/Social Sciences) credits required for graduation.

Note 5 Select one language from German, French, Spanish, Russian, Chinese, South Korean and Arabic

Note 6 Select from "Computer Programming", "Intelligence and Computer", "Fundamental Data Science", "Ground zero programming" or "Data science for education".

Note 7 This includes Advanced Seminar, Foreign Languages, Area Courses, Information and Data Science Courses, Social Cooperation Courses and Foundation Courses.

## Registration standards for Schools

### Cluster 4: Life-long Activities Education

#### ○ Program in Health and Sports Sciences Education

Subject type, etc.				No. of credits required for graduation	
Liberal Arts Education	Peace Science Courses			2	42
	Basic Courses in University Education	Introduction to University Education		2	
		Introductory Seminar for First-Year Students		2	
		Advanced Seminar		(0)	
	Common Subjects	Area Courses	Courses in Arts and Humanities/Social Sciences	4	
			Courses in Natural Sciences	4	
		Foreign Languages	English	4	
			Non-English Foreign Languages	4	
		Information and Data Science Courses		4	
		Health and Sports Courses		2	
		Social Cooperation Courses		(0)	
		Foundation Courses			
	Free Elective subjects			12	
Specialized Education	Free Elective subjects			22	86
	Basic Specialized Subject			29	
	Specialized Subject			31	
	Specialized Elective Subject				
	Graduation Research			6	
Total				128	

<Matters to note when taking subjects>

In the Specialized Education, the number of credits in Free Elective subjects acquired in minor courses and specific programs will be up to 31 credits.

## Registration standards for Specialized Education Subjects

### Program in Health and Sports Sciences Education

Subjects with a circle in the “No. of credits to obtain” column are required subjects.

The semester marked with ○ is the standard semester for taking the related subject.

Type	Class Subject	Credits	Semester in which the subject is taken								Remarks
			1	2	3	4	5	6	7	8	
Basic Specialized Subject	Introduction to Lifelong Activities Education	②				○					Common to Cluster
	Introduction to Health and Sport Science	②		○							
	Emergency Care and Nursing	2				○					
	Public Hygiene	2	○								
	Biomechanics	2			○						
	Introduction to Physical Education Principal (Lec.)	2			○						
	Introduction to Curriculum and Design in Physical Education	2				○					
	Track and Field	1	○								
	Physical Fitness & Apparatus Gymnastics	1		○							
	Dance	1			○						
	Swimming	1			○						
	Budo A (JUDO)	1			○						
	Budo B(Kendo)	1	○								
	Ball Games A(Volleyball)	1			○						
	Ball Games B (Soccer & Softball)	1	○								
	Ball Games C (Basketball)	1		○							
	Ball Games D (Tennis)	1			○						
	Seminar on Outdoor Activity (Climbing & Camping)	2	○								
	Seminar on Outdoor Activity (Winter Sports)	2				○					
	Physical Training Practice	1		○							
Specialized Subject	Sport Physiology	2					○				
	Sport Physiology (sem.)	2						○			
	School Health	2				○					
	Sport Medicine(lec.)	2					○				
	Sociology of Sport	2				○					
	Sociology of Sport(sem.)	2						○			
	Management of Sport(lec.)	2					○				

Type	Class Subject	Credits	Semester in which the subject is taken								Remarks
			1	2	3	4	5	6	7	8	
Specialized Subject	Management of Sport (Sem.)	2						○			
	Psychology of Sport (lec.)	2						○			School of Integrated Arts and Sciences
	Introduction to Health and Sport Education Principal (Sem.)	2						○			
	Design of Lessons in Physical Education (sem.)	2						○			
	Educational method and evaluation in Physical education	2					○				
	Seminar of Physical education Fieldwork	2						○			
	Bodily Expression (lec.)	2				○					
	Bodily Expression (sem.)	2						○			
	Sports Conditioning (sem.)	2						○			
	Coaching Theory (lec.)	2					○				
	Coaching Theory (sem.)	2						○			
	Training and Evaluation (lec. & sem.)	2							○		
	Instruction Seminar in Track and Field	2			○						
	Instruction Seminar in Apparatus Gymnastics	2						○			
	Instruction Seminar in Dance	2					○				
	Instruction Seminar in Swimming	2					○				
	Instruction Seminar in Ball Games B (Goal-type & Baseball-type)	2			○						
	Instruction Seminar in Ball Games C (Basketball)	2				○					
	Instruction Seminar in Budo A (JUDO)	2					○				

[illegible]