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)	健康スポーツ教育プログラム
(English)	Health and Sports Education

1. Academic Qualification to be Acquired

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).

2. Overview

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.

3. Diploma Policy (Policy for awarding degrees and goal of the program)

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.

- (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.
- (2) The ability to enhance scientific consciousness about maintaining and improving psychological and physical health, and about the sports activities throughout life.
- (3) Implementation and instructional abilities based on the theory of instructional and teaching methods for the respective sports.
- (4) The acquisition of an international perspective through sports, and the ability to engage in multidisciplinary thinking.

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.

4. Curriculum Policy (Policy for organization and implementation of the curriculum)

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.

In the 1st and 2nd 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, Bubo A (Judo), Bubo 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.

In the 3rd 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 4th 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 1st 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 1st 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.

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 2nd semester of the 3rd year.

^{*}Attachment 3: Relationship between the evaluation items and subjects.

^{*}Attachment 4: curriculum map.

Table of Registration Standards for the Subjects of Liberal Education

Program in Health and Sports Sciences Education

	Subject type, etc.				ts required for graduation
	Peace Science Cou	Peace Science Courses			
	Regio Courses in	Introduction to	University Education	2	
	Basic Courses in University Education	Introductory Seminar for First-Year Students		2	
		Advanced Ser	Advanced Seminar		
			Courses in Arts and Humanities/Social Sciences	4	
Liberal Arts Education		Area Courses	Courses in Natural Sciences	4	42
Arts E		Faraina	English	4	
Liberal		Foreign Languages	Non-English Foreign Languages	4	
	Information a		d Data Science	4	
		Health and Sports Courses		2	
		Social Cooperation Courses		(0)	
	Foundation Courses			(0)	
	Free Elective subject	ts		12	
LC	Free Elective subject	ts		22	
lucatic	Basic Specialized S	ubject		29	
Specialized Education	Specialized Subject			24	86
ecializ	Specialized Elective	Subject		31	
S S	Graduation Researc	h		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.

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.

Туре	Class Subject	Credits	Semester in which the subject is taken							ken	Remarks
. , p =	0.000 0.00,000	0.000	1	2	3	4	5	9	7	8	Remarks
	Introduction to Lifelong Activities Education										Common to Cluster
	Introduction to Health and Sport Science										
	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									
Basic Specialized Subject	Physical Fitness & Apparatus Gymnastics	1									
ed S	Dance	1									
cializ	Swimming	1									
Spe	Budo A (JUDO)	1									
3asic	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 I	1									
	Sport Physiology	2									
ಕ	Sport Physiology (sem.)	2									
Specialized Subject	School Health	2									
s paz	Sport Medicine(lec.)	2									
eciali	Sociology of Sport	2									
Sp	Sociology of Sport(sem.)	2									
	Management of Sport(lec.)	2									

		Credits -	Semester in which the subject is taken						ken		
Туре	Class Subject		1	2	3	4	5	6	7	8	Remarks
	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									
əct	Bodily Expression (sem.)	2									
Specialized Subject	Sports Conditioning (sem.)	2									
zed	Coaching Theory (lec.)	2									
eciali	Coaching Theory (sem.)	2									
Spe	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 A (Volleyball)	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									
	Physical Training Practice II	1									

	Observe O. Libert		Semester in which the subject is taken								
Туре	Class Subject	Credits	_	2	ω	4	21	6	7	œ	Remarks
	Guidance on the Teaching Profession	2									
	Principles of Education	2									
	Developmental Psychology of Children and Adolescents	2									
	Education and Society and Systems	2									
	General Curriculum Theory	2									
	Methodology on Moral Education	2									
	Teaching Special Activities	2									
ject	Educational Methods/ Teaching Skills and Information Literacy Education	2									
Subj	Psychology of Educational and Vocational Guidance	2									
ctive	Educational Counseling	2									
Specialized Elective Subject	Methodology on Period for Integrated Studies	1									
ialize	Special Needs Education	1									
Speci	Introduction of Teaching Practice for Lower and Upper Secondary Schools	2									
	Teaching Practice Focusing on Classroom Observation at Lower and Upper Secondary Schools	1									
	Practice in Teaching B	1									
	Teaching Practice at Junior and Senior High School I	4									
	Teaching Practice at Junior and Senior High School II	2									
	Practical Seminar for the Teaching Profession	2									
	Introduction to Care Practice	1									
Free Elective Subject	Includes special subjects of this course and other courses, and special education subjects held in other schools (including minor and special programs).										
Free											