

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 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, 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 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.

*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 2nd semester of the 3rd year.

Table of Registration Standards for the Subjects of Liberal Education

		Introductory Seminar for First-Year Students	2	Introductory Seminar for First-Year Students	2	Required																
		Advanced Seminar	(0)		1	Free Elective																
Common Subjects	Area Courses	Courses in Arts and Humanities/Social Sciences	4	(Note4)	1or2	Elective/required																
		Courses in Natural Sciences	4		1or2	Elective/required																
	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															
				4	Non-English Foreign Languages (Note5)	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	Non-English Foreign Languages (Note5)	Foreign Languages: Intensive Studies IA	1	Free Elective															
		Foreign Languages: Intensive Studies II			1																	
		0	Overseas Language Seminar	1	Free Elective																	
		4	Information and Data Science Courses	Introduction to Information and Data Sciences	2	Required																
				(Note6)	2	Elective/required																
		2	Health and Sports Courses		1or2	Elective/required																
		0	Social Cooperation Courses		1or2	Free Elective																
		0	Foundation Courses		1~3	Free Elective																
		12	Free elective subjects	(Note7)	1~3	Elective / required																
		40	Total																			

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: Field Research in an English-speaking country through the short-term overseas education, etc. or 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			(0)
	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.

