

Course Title	Sports Study 1 <Recreational Sports>
Instructor	MCGRATH, K. F. (Mon.)
Credit	2 Credits
Course Number	CMP1221

■Course Objectives

Students will learn the basic skills and rules guiding a variety of recreational activities, in addition to developing English communication skills. Students will gain an understanding of how positive lifestyle changes through exercise can enhance an individual's physical, mental and social well-being. Students will develop the ability to manage a personalized fitness program by following the F.I.T.T. guidelines.

■Course Contents

Instruction for this course will be conducted in English. The recreational activities covered are grouped into three categories: ball sports (table tennis, mini tennis, floor hockey), studio activities (yoga, and balance ball) and conditioning (circuit training). Guidelines for the promotion of the fitness elements of flexibility, strength and endurance will be covered at the beginning of class. In addition, mindfulness training (MT) will be introduced as a strategy to increase awareness of healthy habits and promote greater wellness.

■Course Schedule

1. Review facility guidelines, evaluation and complete health screening.
2. Table Tennis - Introduce static and dynamic stretching.
3. Table Tennis - Introduce ballistic and PNF stretching.
4. Yoga - Pilates - Introduce mindfulness strategies for promoting awareness and attention to body sensations (kinesthetic sense).
5. Yoga - Power - Expand mindfulness strategies for promoting awareness and attention to body sensations (kinesthetic sense), and introduce activities to promote mindful concentration.
6. Circuit Training - Introduce F.I.T.T. principle guidelines for strength training.
7. Circuit Training - Introduce outline for report.
8. Mini Tennis
9. Mini Tennis
10. Exercise ball - Introduce F.I.T.T. principle guidelines for flexibility.
11. Exercise ball - Introduce F.I.T.T. principle guidelines for endurance training.
12. Floor Hockey
13. Floor Hockey
14. Table Tennis / Submit Report

■Study Required Outside of Class

Students must complete a medical examination and the pre-screening form for exercise.

■Evaluation

Class attendance and participation (60%); Final Report (10%); Assignment (5%); Effort (25%)
2/3 or more of attendance will be required to acquire course credits.

■Textbooks

None

■Readings

Handouts will be provided in class.

Course Title	Sports Study 1 <Recreational Sports>
Instructor	MCGRATH, K. F. (Thurs.)
Credit	2 Credits
Course Number	CMP1221

■Course Objectives

Students will participate in a variety of recreational activities to promote physical fitness. Students will be encouraged to promote the basic principles of fitness training outside of class, and monitor personal improvements with a battery of assessments for flexibility, strength and endurance at the beginning and end of the term. In addition, students will develop their English communication skills along with an understanding of how positive lifestyle changes can enhance an individual's physical, mental and social well-being.

■Course Contents

Instruction for this course will be conducted in English. The recreational activities covered during this course will target the elements of fitness, including endurance, flexibility and strength. Guidelines for the promotion of the fitness elements of flexibility, strength and endurance will be covered at the beginning of class.

■Course Schedule

1. Review facility guidelines, evaluation and complete health screening.
2. Complete a battery of fitness tests to assess an individual's level of endurance, flexibility and strength.
3. Stretching - Introduce F.I.T.T. principle guidelines for flexibility.
4. Stretching - Mindfulness Training
5. Circuit Training - Introduce F.I.T.T. principle guidelines for strength training.
6. Circuit Training - Introduce F.I.T.T. principle guidelines for endurance training.
7. Strength/Endurance Training
8. Strength/Endurance Training
9. Exercise ball
10. Exercise ball
11. Repeat the battery of fitness tests to assess an individual's level of endurance, flexibility and strength. Provide outline for report.
12. Mini Tennis
13. Floor Hockey
14. Table Tennis / Submit Report

■Study Required Outside of Class

Students must complete a medical examination and the pre-screening form for exercise.

■Evaluation

Class attendance and participation (60%); Effort (25%); Final Report (10%); Assignment (5%)
2/3 or more of attendance will be required to acquire course credits.

■Textbooks

None

■Readings

Handouts will be provided in class.

Course Title	Sports Study 2 <Training>
Instructor	LEITNER, K. J.
Credit	2 Credits
Course Number	CMP1221

■Course Objectives

Students will deepen the understanding of different training forms to improve physical strength and to promote one's health state. This course will especially focus on playful elements and games in training applied in European Judo practice.

■Course Contents

After explaining the contents and methods in a short introduction, every session will focus on practicing different training forms and methods with or without equipment combined with games and playful elements. The contents are mainly based on exercises and activities applied in Judo practice in European countries. Instruction for this course will be conducted in English.

■Course Schedule

1. Guidance & Introduction: "Training in a playful way"
2. Warming-up variations: individual exercises
3. Warming-up variations: partner exercises
4. Warming-up variations: group exercises
5. Functional training: upper extremities
6. Functional training: lower extremities
7. Functional training: core
8. Coordination training: individual exercises
9. Coordination training: partner exercises
10. Circuit training without equipment
11. Circuit training with equipment
12. Free session: program planning with individual exercises
13. Free session: program planning with partner exercises
14. Review & Summary: group games

■Study Required Outside of Class

Students must complete a medical examination and the pre-screening form for exercise.

■Evaluation

Final Report (40%); Class attendance and participation (60%)
2/3 or more of attendance will be required to acquire course credits.

■Textbooks

Materials given in class, if needed

■Readings

None