

# COURSE DETAIL

## SPORTS TRAINING THEORY

**Country**

Japan

**Host Institution**

Hitotsubashi University

**Program(s)**

Hitotsubashi University

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Physical Education

**UCEAP Course Number**

100

**UCEAP Course Suffix****UCEAP Official Title**

SPORTS TRAINING THEORY

**UCEAP Transcript Title**

SPORT TRAINING THRY

**UCEAP Quarter Units**

3.00

**UCEAP Semester Units**

2.00

## Course Description

This course introduces methods which are necessary for success in sports. It covers major training methods, so students can understand the essential relationship between psychic (psycho-motor), mental, and bodily training. The course looks at the crucial differences between Japanese and German training practices. The instructor will also give advice about correcting problems such as excessive or monotone training practices that students might have conducted since childhood; training practices that are a waste of time; underestimation of the effects of mental training, and ignorance of necessary psycho-motor ability in training.

## Language(s) of Instruction

### Host Institution Course Number

GU-I326-A-00

### Host Institution Course Title

SPORTS TRAINING THEORY

### Host Institution Course Details

[https://syllabus.cels.hit-u.ac.jp/hit\\_syllabus/2023/00/00\\_1GI32601\\_en\\_US.html](https://syllabus.cels.hit-u.ac.jp/hit_syllabus/2023/00/00_1GI32601_en_US.html)

### Host Institution Campus

Hitotsubashi University

### Host Institution Faculty

### Host Institution Degree

### Host Institution Department

College-wide

### Course Last Reviewed

2022-2023

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