

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 Campus

Hitotsubashi University

Host Institution Faculty

Host Institution Degree

Host Institution Department

College-wide

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