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 TRAINNG 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

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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