

Winter 2010

HPE105 &106 Recreation IV/HPE102 & 103 Recreation II
(Winter recreational activity, snowshoeing and cross country skiing)

Instructor: Kiyotaka Kato, Ph.D.
Office & phone #: A4-1 (ext. 5942)
Office Hour: TBA
Email Address: kkato@aiu.ac.jp
Style of Class: Activity
Day and Time: 14:30-16:10, Monday
14:30-16:10, Wednesday
Number of Credits: 1 Credit
Meeting Place: Auditorium (activity: in the Akita Cetral Park and AIU campus)

Course Description:

Recreation experience can be defined as any voluntary socially acceptable activity conducted during free time for fun. Recreational activities often increase opportunities for communicating with others, thereby assisting in the founding favorable relationship with others. It also plays important role in improving the quality of life. This course will improve communication between students and contribute to physical and mental health of students by introducing and practicing winter physical recreational activities, which are mainly snowshoeing and cross country skiing.

Course Objectives:

The purpose of this course is to provide students with opportunities for participating in various winter recreational activities to promote their good health, general wellness, and communication. Experiencing wonderful winter nature of Akita is an additional purpose of this course.

Class Materials: Class handouts

The instructor will provide handouts about the rules of each activity.

Grading Methods: A-F or P/F (for the 2004 curriculum)

Class attendance 55 %

Participation 20 %

Term paper 25 %

(Without submitting the paper students cannot be graded)

Policies:

- Academic misconduct in any form is in violation of the AIU rules. This includes copying or sharing answers on tests or assignments, plagiarism, or having someone else do your academic work.
- Students must follow instructor's directions.
- Students are expected to attend all classes. In case of emergency, illness, or other serious situation, the student should notify the instructor in advance if possible.
- Students can be absent from the class one time without any penalty. However, after one time, 5 points of the class attendance point will be decreased each time.

- Students should get the meeting place on time. Students who are habitually late will be punished (their participation points will be decreased).
- If you do not submit the term paper, your participation point will be zero.
- If students need to be out of campus because of job-hunting, it must be consulted with the instructor in advance.

General notes:

1. This course will offer 1 credit for 2 class units (each 50 minutes) in each of 7.5 weeks of the winter session.
2. No cell phone and music player is allowed during the class.
3. No food including chewing gum is allowed during the class. However, to bring drinking water is recommended.
4. Activities which are offered in this course are mainly outdoor activities. Participants must prepare warm clothing, gloves and boots themselves.
5. Field trips are held during a weekend. Participants may share a part of the cost.

Class schedule:

<u>Date</u>	<u>Activity</u>
1/13	Introduction
1/18	Walking
1/20	Snowshoeing (basic skills: walking with snowshoes)
1/25	Snowshoeing (long snowshoeing)
2/8	Cross country skiing (basic skills: sliding skis and planting poles)
2/10	Cross country skiing (long skiing)
2/20 (Sunday)	Field trip (Tazawako Ski Resorts, snowboarding lesson and the Tazawako Onsen Festival)
2/22	Cross country skiing (long skiing)

*The schedule may be changed.

*The activities are changed based on the snow condition.

*The field trip is a full one day trip (7am- 9pm). It is equivalent to 6 class units.

* Participants may share a part of the cost of the field trip (for instructors, lift ticket, and rental equipment).

*Participants must prepare a warm jacket and pants, a knit cap, gloves, and winter boots.