

Spring 2010

**HPE103 (104): Recreation III/ HPE100 (101): Recreation I  
(New Team Sports)**

*Instructor:* Kiyotaka Kato, Ph.D.  
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*Email Address:* kkato@aiu.ac.jp  
*Office Hour:* TBA  
*Style of Class:* Activity  
*Day and Time:* TBA  
*Number of Credits:* 1 Credit  
*Place:* Arena at the Central Park of Akita

*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 physical recreational activities.

*Course Objectives:*

The purpose of this course is to provide students with opportunities for participating in various recreational activities to promote their good health, general wellness, and communication.

*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 15 weeks of the semester.
2. It takes about 10 minutes to get to the main facility (Arena) from the dormitory by walk. Don't be late at the starting time.
3. No cell phone is allowed during the class.
4. Participants must put on shoes for indoor facilities, when the class takes place in the arena. In addition, a shirt and pants which are good for sports activities are required.
5. This course is coed.
6. Participants must clean up the facility at the end of the class.
7. No food including chewing gum is allowed in the facilities (and during the class). However, to bring drinking water is recommended.

*Class schedule:*

<u>Date</u>	<u>Meeting place</u>	<u>Activity</u>	<u>Course contents</u>
Class 1	Auditorium	Introduction	
Class 2	Arena	Unihoc	Passing, receiving, and dribbling, mini games
Class 3	Arena	Unihoc	Games
Class 4	Arena	Indiaca	Passing and receiving, attacking and blocking
Class 5	Arena	Indiaca	Games
Class 6	Arena	Soft-volleyball	Passing and receiving, attacking and blocking
Class 7	Arena	Soft-volleyball	Setting and receiving, games
Class 8	Arena	Badminton	forehand and backhand stroke
Class 9	Arena	Badminton	Games
Class 10	Arena	Tag-rugby	Throwing and receiving, tactics
Class 11	Arena	Tag-rugby	Games
Class 12	the Park	Disc Golf	

And one day field trip during a weekend will be held.

\*The schedule may be altered. Any change will be notified in advance.

\*The schedule of the field trip will be announced in the first class

\*the field trip is equivalent to three class units.