



Major in Sports and Arts



Through the pursuit of sports and art, students heighten their unique abilities and create culture that can contribute to local communities

Not only do sports and art excite people, they also play a vital role in establishing the individual.

In the Sports and Arts major, students study the following topics at an advanced level: enhancing competitiveness, life-long physical exercise and sports; ideas and theories of art and music; and performative techniques. Students are trained to become outstanding human resources who can utilize these skills. Students can go on to become teachers of music, art or physical education; excellent competitors or performers; instructors in the areas of sports or art; and people who can contribute in the local community to the planning of events, health and welfare.

Points

- Our educator training system boasts a high employment rate for graduates in Japan
- Sports and art instruction at an international level by experienced teachers
- Practical training at art galleries and cultural facilities

Ideal student

- Athletes who want to increase their competitiveness in various sports
- People who want to explore physical and mental health through sports
- Performers who want to learn about advanced techniques in art and music
- People who want to play a role in society through art and events
- People who want to become teachers of health and physical education or teachers of art or music

Pathways after graduation

Elementary / junior high / high school teachers, piano or musical club instructors, event planners, composers of theatrical or commercial advertising music, printing industry, advertising, interiors decoration, professional athletes, sports instructors, mass media and publishing industry (sports divisions), sports management, health industry, etc.



Student's Voice

In this setting, where I can try all kinds of things, I want to discover my own path to follow.



I really liked drawing pictures and I wanted to study fine art properly, so I decided to major in Sports and Arts. This major used to be in the Faculty of Education, thus here I can learn general techniques and knowledge in a wide range of fine arts, including painting and sculpture, from the basics on up. I'm soaking up all kinds of things at the moment, and out of these I think I'll be able to select the area that I want to specialize in. The courses are all new to me. I particularly enjoy studying drawing that helps my design skills, as well as sculpture using plaster.

In the second semester, I'll study various means of expression including ink painting, acrylics, and so on. I'm really looking forward to it. All the students in fine arts get along well together, and I really notice the close relationship between the junior and senior students. The senior students have taught me a lot. My fellow classmates and I often discuss our work, and this is a really good stimulus for me. I haven't decided what I'll do in the future, but I want to find my own way while I study various things.



Second Year Sports and Arts Student
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(from Fukushima Prefecture, Fukushima Higashi High School)

First Year Second Semester Timetable

	Mon	Tue	Wed	Thu	Fri
1	Psychology II	Drawing III	Youth and Culture	An Introduction to Social Thought I	English A II
2	English A I	Painting I	The Constitution of Japan 01	Crafts	Environmental Science 03
3	Health and Exercise Training	French I		General Education Practicum II	People and Culture
4				French I	School Education Research
5					

Enhancing sports skills and improving the ability to instruct

Sports Pursuit Class

The sports pursuit class aims to enhance sports skills and improve the student's ability to instruct through the latest theories and techniques. Fukushima University is famous throughout Japan for its athletics and other sports programs. In this class, students can receive the very latest in sports training. This class is ideal for people who want to become physical education teachers, leading athletes or coaches.

- Physiology (exercise physiology)
- Sports Medicine
- Sports Psychology
- Sports Kinematics
- Sports Instruction Theory
- Training Management
- Coaching Theory
- Sports Practical Subjects

Example of the Courses

Training Management

This course gives you a clear answer to the statement *I want to make myself more competitive!* In this class, students learn how to build a year-long training program to enhance competitive ability and bring out the best in athletes. In addition, I introduce the latest training theory that draws on my extensive practical experience as a national track & field coach.



Sports and Culture

Students deepen their perceptions of sports through discussions with their fellow students on the various problems concerning sports and physical education. What is physical education? What are sports? How should sports be cultural? Students discuss a range of issues such as these while considering specific examples, and in doing so, deepen their understanding of sports and culture.



Contributing to the achievement of lifelong sports, health and welfare

Lifelong Sports Class

The lifelong sports class trains people who will contribute to health and welfare and help others play sports their entire lives. The class trains people who will work hand-in-hand with local communities, support the health of others, and contribute to the vitalization of local communities by planning sports events. This class is aimed at people who want to become physical education teachers and those who want to give sports instruction in local communities.

- Human Development and Physical Exercise
- Sports Culture History
- Lifelong Sports Theory
- Sports Policy Theory
- Exercise Prescription
- The Elderly and Sports
- Psychology of Motor Learning
- Sports Practical Subjects

Example of the Courses

Exercise Prescription

This provides an overview of the basic approaches to the exercise prescription programs that are designed to maintain and promote good health. The course content includes the definition of exercise required to maintain health, methods to test exercise stress and prescribe exercise, and methods for their assessment. In addition, the course provides an overview of specific exercise prescriptions for patients suffering from lifestyle-related diseases.



Sports Planning Exercises

The goal of this class is to foster the student's ability to proactively plan sports events and to learn about the management process (the PDCA cycle) through practice. Students have planned and carried out a number of events to date in this class, including *Baseball Battle! Beach-Koshien in Futaba, Street Futsal, Let's have an Adventure in Fukushima University Forest and Youth Sports Festival 2011.*



Creating new culture through artistic expression

Art and Culture Classes

Art and culture classes explore advanced performative techniques in music and fine art. The classes not only train people who express themselves through art, but also people who will teach music and fine arts, and art coordinators, who can harness the power of art in local communities. The classes open up paths to careers in the publishing industry and advertising, as well event-planning companies and other organizations.

- Solfège
- Vocal Performance Study
- Piano Performance Study
- Instrumental Performance Study
- Basic Composition
- Conducting Technique Study
- Introduction to Musicology
- Painting
- Sculpture
- Visual Media Theory
- Visual Design
- Crafts and Design
- Arts
- General Theory of Art

Example of the Courses

Introduction to Morphology

In this class, students encounter a variety of music in step with the times and analyze the compositions to deepen their understanding of the music. By learning to distance themselves from the emotional ways in which they may have listened to music in the past, the students acquire a deeper appreciation of music that they can utilize in their own musical expression.



Painting II

In this class, from a wide range of pictorial expression, students study the theme of oil painting. Students select the work of a painter that they like and develop their mastery of the techniques and details of oil painting as they attempt to carefully replicate that work. They also gain an understanding of what the creator of the original work was thinking and their outlook.

