

Keio University Syllabus and Timetable

THE CULTURE OF SPORTS, HEALTH, AND LONGEVITY IN JAPAN AND OTHER COUNTRIES

Subtitle	The Culture of Sports, Health, and Longevity in Japan and Other Countries
Lecturer(s)	KIMURA, MASAKI
Credit(s)	2
Academic Year/Semester	2025 Spring
Day/Period	Thu.5
Campus	Mita
Classroom	453
Class Format	Face-to-face classes (conducted mainly in-person)
Registration Number	44993
Faculty/Graduate School	INTERNATIONAL CENTER
Year Level	2, 3, 4
Grade Type	S, A, B, C, D
K-Number	CIN-CO-00133-212-01

▼ Detail

Course Contents/Objectives/Teaching Method/Intended Learning Outcome

This course is designed for both international and Japanese students who are interested in the cultures of sports, health, and longevity in Japan and other countries. We will learn different ways of thinking about what is important to enjoy sports, to achieve good health and longevity throughout the world. The ultimate goal of this course is for students to learn how to participate in and enjoy sports, in order to become healthy and increase longevity in their own lives and take good presentation skills.

The course will be provided not as a series of lectures, but as a student’s presentation and peer-review based evaluations and suggestions. Students will actively participate in research works, presentations, and feedbacks for each other. The instructor will provide on demand each classmate’s video files at class #3-7. You can join in these classes from all over the world. Students will have on site presentation at class #8-14. You can have face-to-face presentation and feedback each other. Please enjoy speaking about you and your home country to new friends, learning about different cultures, and discovering useful information from your classmates as much as possible.

Active Learning Methods [Description](#)

Presentations  
Discussions, Debates  
Group work

Preparatory Study

Preparation and revision of own presentation

Course Plan

Lesson 1

Introduction and orientation (video/on demand)  
Self information sheet (Google Form)  
Preparation of own 1st presentation (homework)

Lesson 2

Instructor's presentations (video/on demand)  
Former students' presentations (video/on demand)  
Preparation of own 1st presentation (homework)

Lesson 3

The 1st topic: ex. "My favorite and recommended activity helpful for our healthy life"  
Student’s presentations with slides about the 1st topic (video/on demand)  
Feedbacks for the presentations by classmates (Google Form)  
Preparation of own 1st presentation (homework)

Lesson 4

Student’s presentations with slides about the 1st topic (video/on demand)  
Feedbacks for the presentations by classmates (Google Form)  
Preparation of own 1st presentation (homework)  
Preparation of own 2nd presentation (homework)

Lesson 5

Student’s presentations with slides about the 1st topic (video/on demand)  
Feedbacks for the presentations by classmates (Google Form)  
Preparation of own 1st presentation (homework)  
Preparation of own 2nd presentation (homework)

Lesson 6

Student’s presentations with slides about the 1st topic (video/on demand)  
Feedbacks for the presentations by classmates (Google Form)  
Preparation of own 2nd presentation (homework)

Lesson 7

Student’s presentations with slides about the 1st topic (video/on demand)  
Feedbacks for the presentations by classmates (Google Form)  
Preparation of own 2nd presentation (homework)

Lesson 8

Student’s short self-introduction (face-to-face class)  
The 2nd topic: ex. "Differences between hometowns and other countries regarding the anti-aging and longevity with medication" or “My ideal and recommendable trip plan to spend healthy and exciting holiday”  
Student’s presentations with slides about the 2nd topic (in person)  
Feedbacks for the presentations by classmates (Google Form)  
Small group discussion and presentation about given topics (in person)  
Preparation of own 2nd presentation (homework)

Lesson 9

Student’s presentations about the 2nd topic (in person)  
Feedbacks for the presentations by classmates (Google Form)

Small group discussion and presentation about given topics (in person)  
Preparation of own 2nd presentation (homework)

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**Lesson 10**

Student’s presentations about the 2nd topic (in person)  
Feedbacks for the presentations by classmates (Google Form)  
Small group discussion and presentation about given topics (in person)  
Preparation of own 2nd presentation (homework)

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**Lesson 11**

Student’s presentations about the 2nd topic (in person)  
Feedbacks for the presentations by classmates (Google Form)  
Small group discussion and presentation about given topics (in person)  
Preparation of own 2nd presentation (homework)

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**Lesson 12**

Student’s presentations about the 2nd topic (in person)  
Feedbacks for the presentations by classmates (Google Form)  
Small group discussion and presentation about given topics (in person)  
Preparation of own 2nd presentation (homework)

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**Lesson 13**

Student’s presentations about the 2nd topic (in person)  
Feedbacks for the presentations by classmates (Google Form)  
Small group discussion and presentation about given topics (in person)

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**Lesson 14**

Small group discussion and presentation about given topic (in person)  
Course summary (in person)

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**Other**

Coursework and Assignments

**Method of Evaluation**

- 1. Participation, Contribution and Activeness (50%) ex. participation in class, comments to classmate's presentation, early presentation, participation in small group discussion, etc.
- 2. Presentation (30%) ex. presentation (video and in person), evaluations by classmate, etc.
- 3. Products (20%) ex. products of presentations and small group discussions, self-analysis reports, etc.

**Textbooks**

There will be no textbook for this class.  
Handouts and assignment information will be provided by the instructor as needed.

**Reference Books**

There will be no reference book for this class.  
Handouts and assignment information will be provided by the instructor as needed.

## Lecturer's Comments to Students

The first class will be provided on Keio Canvas LMS on 2025.04.10 (Thu).

You need to make and have two presentations in this class. You will make and up-load your 1st presentation video files (mp4 file) about given topic onto the designated internet site (ex. Keio "Canvas LMS" System, Box or Google Drive, etc. using your "keio.jp" account) within a few weeks after class orientation (2025.04.10). And you will also have face-to-face presentation about the 2nd topic in the later class (after 2025.05.29). You need to watch and give short feedback to all of your friend's presentations .

Before attending this class, please prepare suitable devices (ex. PC or Smartphone) and skills to make and up-load your video files (around 10 mins) for your own presentation. Course plan will be re-arranged by the instructor as needed.

## Question/Comments

kimura-ms @ keio.jp (Please type. No copy and paste.)