

## Keio University Syllabus and Timetable

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

<b>Subtitle</b>	The Culture of Sports, Health, and Longevity in Japan and Other Countries
<b>Lecturer(s)</b>	KIMURA, MASAKI
<b>Credit(s)</b>	2
<b>Academic Year/Semester</b>	2026 Spring
<b>Day/Period</b>	Thu.5
<b>Campus</b>	Mita
<b>Classroom</b>	463
<b>Class Format</b>	Face-to-face classes (conducted mainly in-person)
<b>Registration Number</b>	80064
<b>Faculty/Graduate School</b>	INTERNATIONAL CENTER
<b>Year Level</b>	2, 3, 4
<b>Grade Type</b>	S, A, B, C, D
<b>Course Description</b>	A course to aim to learn different ways of thinking about what is important to enjoy sports, to achieve good health and longevity throughout the world.
<b>K-Number</b>	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 will 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.

### Course Taught by Faculty Member with Professional Experience

Not applicable

### 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)

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### Lesson 2

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

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### 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)

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### 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)

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### 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)

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### 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)

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### 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)

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### Lesson 8

Student's short self-introduction (face-to-face class)  
The 2nd topic: ex. "Differences between hometowns and other countries regarding the activity for anti-aging and longevity", "My ideal and recommendable trip plan to spend healthy 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.

## Generative AI Policy for Classes

It is possible to use various types of AI in this class, but please clearly state the type of AI used and how it was used.

## 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 2026.04.09 (Thu). Before attending this class, please understand the following class statements: there will be no lectures, you will give two presentations, and you will need to comment on your all classmates' presentations.

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 Keio "Canvas LMS" System using your "keio.jp" account within a few weeks after class orientation (1st class). And you will also have face-to-face presentation about the 2nd topic in the later class (after 8th class). You need to watch and give short feedback to all of your classmates' 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.)