Study on Curriculum of University Physical Education, Focusing on Contemporary Sports

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Abstract
The purpose of this study is to how changes the student's consciousness of physical education images by adopting modern sport and contemporary sport as the contents of a class.

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Method
Main contents of a class; (1) Soft-volleyball that anyone can touch a ball by the number of 3 to 3 which a badminton coat was used. (2) Physical-fitness and stretch which was conscious of own body. (3) Camping class that is activities in the nature. A main investigation item is to listen to the color of the physical education to the high school and the color after the class end at the university.

Result
(1) A color changed to light blue, green, yellow, pink and rose pink from black, gray and dark blue after the physical education class end. (2) As for the reason why its color was chosen was "refreshingly, happiness, consideration to others, know own-self, a feeling of the necessity, a feeling of the mission, comfortably, freedom and nice feeling " and so on.
Conclusion; It could guess that deeper consciousness of own-self, others and natures became possible by contemporary sport.