

Guidelines for Taking Physical Education Courses

Only courses taught in English can be counted as graduation credits. Information, including the venues for physical activities, classroom changes for lectures and seminars and changes to the class timetable will be posted on the Institute of Physical Education website (<https://ipe.hc.keio.ac.jp/>). Students who register for courses should check on information frequently posted on the website.



It may not be possible to register for physical activity courses if you are undergoing treatment for an illness or injury with restrictions on physical exercise. In such cases, please ensure to consult an academic advisor for the Institute of Physical Education in advance. If you have any questions on registering for physical education courses, please speak to an academic advisor for the Institute of Physical Education by making a request at the Research Centers and Institutes service counter, Hi-yoshi Office of Student Services.

1 Aims of the Physical Education Courses

One of the major objectives of physical education courses is for students to better understand humankind through experiencing and comprehending various phenomena of the body and by scrutinizing their own existence within society. In particular, we aim to nurture human beings enriched by their discernment and mastery of the “somatic” or “embodied knowing” that is expressed by the body beyond verbalizations of knowledge. All courses adopt various approaches in line with this objective in addition to the subdivided goals specific to each course.

2 Structure of Physical Education Courses

The physical education courses include the four courses of “Lecture on Physical Education 1/2,” “Seminar on Physical Education,” “Physical Activity A,” and “Physical Activity B.” The handling of courses and the maximum number of credits that can be recognized differs between faculties and departments. Carefully read the course registration guide for your affiliated faculty before registering for courses. An outline of each course is given below. For details of the class content, please refer to the online syllabus and timetable (p. 10).

Lecture on Physical Education 1/2, Seminar on Physical Education, and Physical Activity A are evaluated by the five grade levels of S, A, B, C, and D. Physical Activity B is evaluated by the two grade levels of Pass or Fail.

- (1) Lecture on Physical Education 1/2 (2 credits) …Lectures related to sports science, body, health, exercise, etc.
- (2) Seminar on Physical Education (1 credit) …Seminar-style classes with lectures and practice
- (3) Physical Activity A (1 credit) …Physical activity: Sports
- (4) Physical Activity B (1 credit) …Physical activity: Sports

Physical education courses include Physical Activity A and Physical Activity B, and students should be particularly aware that the evaluation methods are different for each course. Physical Activity A offers Weekly Sports and Physical Activity B offers Seasonal Sports. An outline of these courses is as follows:

Weekly Sports …Classes offered once a week

* Days for sessions other than the weekly classes have been set for quarter system courses.

Seasonal Sports …Classes lasting 7 days during the summer break (August~September) or during the spring break (February). However, training camps are in principle four-day three-night events.

3 Procedures up to Course Registration for Physical Education Courses

Late March	Guidance on physical education courses Guidance will be conducted online. Detailed information will be announced on Institute of Physical Education website (https://ipe.hc.keio.ac.jp/)
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April 4 (Thu)– April 9 (Tue) 	[Important] Completing the Annual Health Check In order to register for “Physical Activity” or “Seminar on Physical Education,” you must undergo an annual health check conducted by the Keio University Health Center. If you are considering taking “Physical Activity” or “Seminar on Physical Education” offered in the fall semester, please be sure to complete your health check during this period. Please note that you need to have a health check every year. Even if you register for the class using the online system, should you fail to undergo your health check, you will be denied entry to the relevant course and given a grade of “D” or “F” grade. Health check at outside medical institutions are not acceptable for “Physical Activity” and “Seminar on Physical Education.”
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For more details, please refer to Institute of Physical Education Website (<https://ipe.hc.keio.ac.jp/>).

[Spring Semester] Course Registration

April 3 (Wed) 12:30– April 5 (Fri) 16:00	Course Registration Period via the Web System (first registration)
April 6 (Sat) 18:00– April 15 (Mon) 10:00	Course Registration Period via the Web System (second registration)



Course registration via the Web System is required. Please read each faculty's Course Registration Guide carefully and register correctly.

[Physical Activity, Seminar on Physical Education] These courses will make adjustments on the day of the first class. Details of courses with special instructions regarding the adjustment method will be posted on “Adjustments to registrations for Hi-yoshi courses (screening/lottery)” on the Keio Student Website. (<https://www.students.keio.ac.jp/hy/class/registration/restriction.html>) Please make sure to check these details in advance, register the courses by the day before the first class (23:59), and attend the first class of the courses. Adjustment results will be sent to your keio.jp email address, so please make sure to check your email.

[Lecture on Physical Education 1] Please complete your registration for this course by the end of the second registration period. However, if the number of students exceeds the enrollment limit after the end of the second registration period, a lottery may be held.

April 18 (Thu) 16:00–	[Spring Semester] Course registration confirmation period Print the screen showing the list of courses registered for from the “View Your Registered Courses” screen on keio.jp portal and be sure to check the details. Please be aware that students are responsible for carrying out the necessary procedures, such as modifying their course registration during the specified period.
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April 19 (Fri) 8:45– April 22 (Mon) 16:00	[Spring Semester] Period for amending errors in course registration Please follow instructions from the Hiyoshi Office of Student Services and correct errors. It is not possible to make amendments on the Web System.
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- (1) If an error in the course registration is pointed out by the Hiyoshi Office of Student Services, then make amendments during this period.
- (2) Unless there were errors in your course registration, you are not allowed to cancel courses that you have already registered during the period for amending errors in course registration.

[Fall Semester] Course Registration

September 25 (Wed) 12:30– September 27 (Fri) 16:00	Course Registration Period via the Web System (first registration)
September 28 (Sat) 18:00– October 8 (Tue) 10:00	Course Registration Period via the Web System (second registration)



Course registration via the Web System is required. Please read each faculty's Course Registration Guide carefully and register correctly.

[Physical Activity, Seminar on Physical Education] These courses will make adjustments on the day of the first class. Details of courses with special instructions regarding the adjustment method will be posted on “Adjustments to registrations for

Hiyoshi courses (screening/lottery)” on the Keio Student Website. (<https://www.students.keio.ac.jp/hy/class/registration/restriction.html>) Please make sure to check these details in advance, register the courses by the day before the first class (23:59), and attend the first class of the courses. Adjustment results will be sent to your keio.jp email address, so please make sure to check your email.

[Lecture on Physical Education 2] Please complete your registration for this course by the end of the second registration period. However, if the number of students exceeds the enrollment limit after the end of the second registration period, a lottery may be held.

October 11 (Fri) 16:00~ (Tentative)	<p>[Fall Semester] Course registration confirmation period Print the screen showing the list of courses registered for from the “View Your Registered Courses” screen on keio.jp portal (http://keio.jp) and be sure to check the details. Please be aware that students are responsible for carrying out the necessary procedures, such as modifying their course registration during the specified period.</p>
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October 15 (Tue) 8:45– October 16 (Wed) 16:00	<p>[Fall Semester] Period for amending errors in course registration Please follow instructions from the Hiyoshi Office of Student Services and correct errors. It is not possible to make amendments on the Web System.</p>
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- (1) If an error in the course registration is pointed out by the Hiyoshi Office of Student Services, then make amendments during this period.
- (2) Unless there were errors in your course registration, you are not allowed to cancel courses that you have already registered.

4 Payment of Activity Fees for Seasonal Sports

It is necessary to pay the activity fees within the specified period for the courses given below.

Courses requiring payment of activity fees

Weekly Sports: Backcountry Skill

Seasonal Sports: Marine Sports Activities, Beach Volleyball, Sailing, Mountaineering, Outdoor Recreation, Snow Skiing, Skating

Course Name	Payment Period	Office Hours	Venue
Marine Sports Activities, Beach Volleyball, Sailing, Mountaineering, Outdoor Recreation	June 3(Mon)–June 7(Fri)	Weekdays 8:45–16:45	Hiyoshi Office of Student Services The General Affairs and Inquiries Section (Payment slip is issued.)
Backcountry Skill (Kayak)	October 2(Wed)– October 8(Tue)		
Backcountry Skill (Backpacking) Snow Skiing, Skating	November 1(Fri)– November 7(Thu)		

Even if course registration is carried out for the courses written above, participation is not possible if the fees are not paid. If you cannot pay during the specified period, speak with the Research Centers and Institutes Counter in the Hiyoshi Office of Student Services. If you do not pay the fees without consulting the relevant office during the specified period, you will receive a “D” or “F” grade.

5. Course Cancellations

Students can cancel the courses they have registered (confirmed course registrations) by carrying out the required procedures during the designated period. For details, please refer to Chapter 3 "Procedures Up to Course Registration". However, the cancellation procedures and periods differ for courses requiring payment of practical skills class fees as stated below. Furthermore, the total amount paid may not be fully refunded when the course registration is cancelled after the payment has already been made.

◆ Physical Activity A(Weekly Sports)

Application Period	Discipline	Cancellation Procedure
October 21(Mon) 10:00– October 22(Tue) 16:00	Backcountry Skills(Kayak)	Cancel via the Web System
December 11(Wed) 10:00– December 12(Thu) 16:00	Backcountry Skills(Backpacking)	Cancel via the Web System

◆ Physical Activity B(Seasonal Sports)

Application Period	Discipline	Cancellation Procedure
Day after confirmation of course registration-May 31(Fri)	Marine Sports Activities, Beach Volleyball, Sailing, Mountaineering, Outdoor Recreation	Cancel at your faculty counter
Day after confirmation of course registration-October 31(Thu)	Snow Skiing, Skating	Cancel at your faculty counter