

**Global Japan Studies  
(Former ISEP Courses)  
2025 Spring Semester Courses**

**2025/3/25**

|                            | Mon                                                                      | Tue                                                                                        | Wed                                   | Thu                                                         | Fri                                                  |
|----------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------|------------------------------------------------------|
| I<br>8.30<br>-<br>10.10    |                                                                          |                                                                                            |                                       |                                                             |                                                      |
| II<br>10.20<br>-<br>12.00  |                                                                          |                                                                                            |                                       |                                                             |                                                      |
| III<br>12.50<br>-<br>14.30 | Japanese Martial Arts: Judo (KUBOTA Hiroshi) 【Judo Hall*】                | Education for Multicultural Children in Japan (MAEDA Koji) 【S105】                          | ISEP Seminar B (ARISAWA Shino) 【N312】 | Traditional Performing Arts of Japan (ARISAWA Shino) 【W301】 | Cultural Diversity of Japan A (ARISAWA Shino) 【W201】 |
| IV<br>14.40<br>-<br>16.20  | Contemporary Society in Japan (Omnibus - Social Studies Division) 【S102】 | Education in Japan A (SUEMATSU Hiroki) 【N202】<br>Cultural Studies A (IHATA Takaaki) 【S407】 |                                       | Psychology of the Japanese (SUGIMORI Shinkichi) 【C103】      | Introduction to Psychology (IKEDA Kazunari) 【S305】   |
| V<br>16.30<br>-<br>18.10   | Cross-cultural Practice of Expressive Arts (HANAKE Ayako) 【N401】         |                                                                                            |                                       |                                                             |                                                      |

**Intensive Course**

|   |                                                                  |
|---|------------------------------------------------------------------|
| 1 | Aquatic Sports – Swimming (MORIYAMA Shinichiro) 【Swimming pool*】 |
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<Notes for venue>

\* Judo Hall (柔道場): No.309 on campus map

\* Swimming pool (プール): No.311 on campus map

N.B. Global Japan Studies are conducted in English and anyone with proficient English skills can enroll in these courses. Please review the syllabus for each course carefully and choose any that interests you. However, the ISEP Seminar is exclusively for students enrolled in the International Student Education Program (ISEP), and other students are not allowed to take this course.

Global Japan Studies (旧 ISEP)科目は全て英語で行われます。英語での受講能力があれば誰でも受講することができます。シラバスをよく読んで関心のある授業を履修してください。ただし ISEP Seminar は ISEP プログラムに登録している留学生のみ受講可能です。

## List of Courses

|    | Course title                                                              | Credits | Page |
|----|---------------------------------------------------------------------------|---------|------|
| 1  | ISEP Seminar B (Compulsory for ISEP students, not open to other students) | 2       | 3    |
| 2  | Education in Japan A                                                      | 2       | 4    |
| 3  | Education for Multicultural Children                                      | 2       | 5    |
| 4  | Contemporary Society in Japan                                             | 2       | 6    |
| 5  | Psychology of the Japanese                                                | 2       | 7    |
| 6  | Introduction to Psychology                                                | 2       | 8    |
| 7  | Cultural Studies A                                                        | 2       | 9    |
| 8  | Cultural Diversity of Japan A                                             | 2       | 10   |
| 9  | Traditional Performing Arts of Japan                                      | 2       | 11   |
| 10 | Cross-cultural Communication through Expressive Arts                      | 2       | 12   |
| 11 | Japanese Martial Arts - Judo                                              | 1       | 13   |
| 12 | Aquatic Sports -Swimming                                                  | 1       | 14   |

## Course descriptions

Listed below are brief outlines of the ISEP courses available this semester. Please note that the following academic program information is subject to change depending on circumstances. Students may be required to pay their own expenses, such as travel fees and costs for necessary materials in case the course includes field trips. Ask each instructor about an estimated amount.

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|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>ISEP Seminar B</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Instructor             | ARISAWA Shino                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Aim and learning goals | To cultivate practical research skills and develop critical skills in thinking, planning, investigating, discussing, and presenting ideas in oral and written format.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Description            | This course is <b>COMPULSORY</b> and <b>ONLY AVAILABLE</b> to students enrolled in the ISEP (International Student Education Program). Students pursue individual study projects under the guidance of academic advisors and bring their works in progress to class for collaborative discussions aimed at mutual idea development. Topics for individual study projects can encompass students' personal interests, including socio-cultural issues, education, arts, and sports. Throughout the course, students will acquire fundamental knowledge and skills for conducting research, such as writing literature reviews, formulating methodologies, conducting analyses, and constructing arguments in a critical and logical ways. Additionally, workshops by guest teachers and fieldwork trips around Tokyo will be organized to broaden students' perspectives on Japanese society and culture. |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Relevant readings      | Students are expected to seek out their own relevant reading materials.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Assessment and grading | Weekly assignments, including class preparations, presentations, and reports: 100%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Schedule               | <p>Tentative</p> <ol style="list-style-type: none"> <li>1) Introduction</li> <li>2) Individual Study – work-in-progress</li> <li>3) Individual Study – topic selection</li> <li>4) Individual Study –survey design</li> <li>5) Individual Study –survey implementation</li> <li>6) Workshop or fieldwork ①</li> <li>7) Workshop or fieldwork ②</li> <li>8) Individual Study - survey results and analyses ①</li> <li>9) Individual Study - survey results and analyses ②</li> <li>10) Individual Study - survey results and analyses ③</li> <li>11) Individual Study - writing up</li> <li>12) Individual Study - writing up</li> <li>13) Individual Study – writing up</li> <li>14) Individual Study – final presentations</li> </ol>                                                                                                                                                                   |
| Additional self-study  | Students are expected to work independently on their individual study projects.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Keywords               | Japanese culture and society, independent research, fieldwork                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Message for students   | Discover Japan from your original perspectives.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

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| Course title           | <b>Education in Japan A:<br/>Educational System and School Reform in Japan</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Instructor             | SUEMATSU Hiroki                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Aim and learning goals | We will focus on understanding educational system and school reform in Japan especially focusing on modern educational policies, educational reform and education management environment.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Description            | <p>To understand Japanese education system and school reform, we first understand the trends of modern society changes and accompanying educational policy. On that basis, we will deepen our understanding on Japanese education from administrative, institutional and managerial perspectives and consider contemporary issues concerning educational collaboration in schools, parents, and communities in the globalisation era.</p> <p>Specifically, we will examine changes in the educational system and issues, such as privatisation of schools, marketisation of education, issues of professional development in the mass retirement / mass recruitment of school staff, and international trends in the school management environment, and so on.</p>                 |
| Textbooks              | Will be distributed accordingly.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Relevant readings      | Will be informed accordingly.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Assessment and grading | Participation level to the class activities (40%)<br>Report (60%)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Schedule               | <ol style="list-style-type: none"> <li>1 On how to proceed the class</li> <li>2 Educational Reform and Education System in Japan</li> <li>3 School Reform and Regulatory Reform</li> <li>4 School System and School Administration &amp; Management</li> <li>5 From Management to Leadership in School</li> <li>6 Distinctive School Reforms</li> <li>7 On National Curriculum</li> <li>8 Lesson Studies</li> <li>9 Bullying Problems and Educational Policy</li> <li>10 Professional Development for Teachers</li> <li>11 Professional Development for School Leaders</li> <li>12 Community Involvement to Schools</li> <li>13 Parents and Local Communities for School Management</li> <li>14 Leadership and Communication in Schools</li> <li>15 Review of the class</li> </ol> |
| Additional self-study  | Analysis of Japanese policy documents and educational practice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Keywords               | Educational System, School Reform, School Leadership, Professionalisation of Teachers                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Notes                  | In the class, we will ask for active discussion and participation in presentation.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Message for students   | From various perspectives, we would like to consider the educational problems and educational reforms in each country in addition to Japan and discuss them.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Education for Multicultural Children</b>                                                                                                                                                                                                                                                                                                                                                                           |
| Instructor             | MAEDA Koji                                                                                                                                                                                                                                                                                                                                                                                                            |
| Aim and learning goals | To learn practically about children in multicultural culture based on education in/on education in Japan. Aim of this class is to get global perspectives on children's learning environment.                                                                                                                                                                                                                         |
| Description            | Collaborative learning by mixture groups of students (both foreign students and Japanese students) to grow understandings on education for 'Japanese children overseas' and 'Overseas children in Japan'. This class contains 3 components: Lectures for outline and backgrounds of education for multicultural children, school visit(s) and/or guest talk, and collaborative group works followed by presentations. |
| Textbooks              | No specific textbooks are required.                                                                                                                                                                                                                                                                                                                                                                                   |
| Relevant readings      | Useful reading materials will be introduced in class, but students are also expected to search for necessary resources by themselves, particularly for group works.                                                                                                                                                                                                                                                   |
| Assessment and grading | Basically based on final presentation (50%) and reflective essay at the end of the semester (50%).                                                                                                                                                                                                                                                                                                                    |
| Schedule               | (1) Introduction<br>(2)-(5) Lectures for outline and backgrounds<br>Education for overseas children in Japan<br>Japanese school abroad<br>International Schools<br>Secondary school with foreign students, etc.<br>(6)-(9) School visit(s) and/or guest talk(s)<br>(10)-(13) Group works<br>(14) Final presentation                                                                                                   |
| Additional self-study  | To be shown in class.                                                                                                                                                                                                                                                                                                                                                                                                 |
| Keywords               | multicultural understandings, children with foreign roots, Japanese children abroad, collaborative learning                                                                                                                                                                                                                                                                                                           |
| Notes                  | Classes are usually held on Tuesday 12:50-14:30. However, school visit(s) and/or guest talk(s) may be assigned at irregular time (to be shown in advance).                                                                                                                                                                                                                                                            |
| Message for students   | This Class is mainly taught by English. As this class contains foreign students from various areas as well as Japanese students, English is expected as common communication tool. I hope this class could be a chance for multicultural exchange.                                                                                                                                                                    |

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|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Contemporary Society in Japan</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Instructor             | Omnibus (Social Studies Division)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Aim and learning goals | The aim of this course is to deepen your understanding of the characteristics and problems of contemporary Japanese society, history, and culture. The goal is to acquire a multifaceted and comparative perspective and methodology for considering Japanese society.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Description            | In this course, we will lecture and discuss contemporary Japanese society from several specialized perspectives. Specific themes include the relationship between natural environment and society, political systems, history, food culture, social diversity and justice. Two off-campus tours (the Diet Building in the city center and the area around the university) are also planned.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Textbooks              | No specific textbook is required.<br>Printed materials (instructions) will be delivered as need.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Relevant readings      | We will assign appropriate learning materials in the class.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Assessment             | Five professors will evaluate based on your participation in the class and your comments. Finally, the scores are summarized and graded.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Schedule               | 1. April 15(Mon) : Introduction<br>2. April 22(Mon) : Climate of Japan and its Culture (ARAI Masataka)<br>3. April 29(Mon) : The Varied Landform of Japan and its industries (ARAI Masataka)<br>4. May 13(Mon) : The Political System of Japan (KUNI Yoshiko)<br>5. May 20(Mon) : The Current Political Topics in Japan (KUNI Yoshiko)<br>6. May 27(Mon) : Regional Diversity of Japanese Food Culture (TSUBAKI Machiko)<br>7. June 3(Mon) : Japanese Food Issues (TSUBAKI Machiko)<br>8. June 10(Mon) : Tradition and Innovation of Japanese cuisine (OKADA Yutaka※)<br>9. June 17(Mon) : Characteristics of Japanese Cuisine and Dashi as the Essence of WASHOKU (OKADA Yutaka※)<br>10. June 24(Mon) : Japanese Modern History (KAWATE Keiichi)<br>11. July 1(Mon) : Japanese History (KAWATE Keiichi)<br>12. July 8(Mon) : Diversity in Japanese Society (KAWASAKI Seiji)<br>13. July 15(Mon) : Workshop for Learning for Equity and Social Justice by ICT (ICT peripherals are needed) (KAWASAKI Seiji)<br>※Special lecturer : Japanese cuisine expert and chef at Ecole Tsuji Tokyo |
| Additional self-study  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Keywords               | Natural Characteristics of Japan, Nation and Nationalism, Parliamentary System of Government, Japanese History, Food Culture, Diversity, Equity and Social Justice                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Message for students   | Get a new understanding of Japanese society and apply it to your own research.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

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|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Psychology of the Japanese</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Instructor             | SUGIMORI Shinkichi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Aim and learning goals | Through this course, students are expected to deepen their understanding not only of the Japanese culture, but also of their own cultural way of thinking, reasoning, and behavior.                                                                                                                                                                                                                                                                                                                                                                |
| Description            | In this class, we will discuss about the foreign students' questions on Japanese customs and behavior. Through the students' presentations, discussion, and lectures, the students will be able to deepen the understanding of the Japanese cultural social psychology.<br>.                                                                                                                                                                                                                                                                       |
| Textbooks              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Relevant readings      | I will assign appropriate learning materials in the class.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Assessment and grading | Attendance (30points: First absence: -5points, other absences: -10points)<br>Discussion (20points: contribution to the class discussion)<br>Presentation(30 points)<br>Final report (20points)                                                                                                                                                                                                                                                                                                                                                     |
| Schedule               | 1 .Orientation<br>Self-introduction and explanation of students' presentation<br>2. - 3. Lectures on the Japanese way of thinking and behaviour.<br>The theme addresses such topics as "why Japanese people are hesitant to talk with foreigners?"<br>(e.g., the communication patterns of the Japanese), "how Japanese people express aggressiveness?", "bullying in Japanese schools", etc., according to the students' curiosity.<br>4. – 14. Students' presentation, discussion, and commentary lectures.<br>15. Final remarks and discussion. |
| Additional self-study  | Students are encouraged to review appropriate academic books and articles concerning their own research questions.                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Keywords               | cultural social psychology, Japanese customs, mindset, cross cultural understanding                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Message for students   | Through inquiring of cultural comparison, I hope you will also deepen your understanding of your own culture.                                                                                                                                                                                                                                                                                                                                                                                                                                      |

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| Course title           | <b>Introduction to Psychology: From Biological Perspective</b>                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Instructor             | IKEDA Kazunari                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Aim and learning goals | In this course, students are encouraged to learn about the mind, behavior, and brain, and organize psychological ideas through presenting their own thoughts in oral and written formats.                                                                                                                                                                                                                                                                                                          |
| Description            | In psychology, causal relations regulating mind and behavior are scientifically sought. If persons feel goodwill toward somebody as a psychological and physiological entity, for instance, their explicit and implicit reactions can be analyzed with various measures, e.g., questionnaires, eye movements, and brain waves. This course would introduce participants to basic and applied knowledge in psychology.                                                                              |
| Textbooks              | No textbook is used in this lesson whereas the following books might be referenced.                                                                                                                                                                                                                                                                                                                                                                                                                |
| Relevant readings      | Nolen-Hoeksema, S., et al. (2014). Atkinson & Hilgard's Introduction to Psychology, 16th ed. Cengage Learning EMEA.<br>Breedlove, S. M. & Watson, N. V. (2013). Biological Psychology, 7th ed. Sinauer Associates.<br>Cacioppo, J. T., Tassinary, L. G., & Berntson, G. G. (2017). Handbook of Psychophysiology, 4th ed. Cambridge University Press.                                                                                                                                               |
| Assessment             | 60%: Weekly comment (150 words or beyond × 11 weeks) (Based on learned contents and related resources, participants are asked to write an essay with 150 words or beyond after the class.)<br>40%: Presentation (3 weeks) (Participants are asked to make presentations on preferred topics by using PowerPoint.)                                                                                                                                                                                  |
| Schedule               | 1. Orientation<br>2. Basic concepts in psychology<br>3. Mind and body<br>4. Topics in mental health<br>5. Presentations on topics chosen from class 2-4<br>6. Topics in visual perception<br>7. Topics in hearing perception<br>8. Topics in consciousness<br>9. Visit to an EEG laboratory<br>10. Presentations on topics chosen from class 6-8<br>11. Topics in emotion<br>12. Topics in learning and memory<br>13. Topics in personality<br>14. Presentations on topics chosen from class 11-13 |
| Additional self-study  | Students are recommended to explore academic resources based on their critical mind.                                                                                                                                                                                                                                                                                                                                                                                                               |
| Keywords               | mind, behavior, brain                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Notes                  | <ul style="list-style-type: none"> <li>Weekly classes will be held face-to-face using WebClass. You can access the information of this class by clicking "Introduction to Psychology" on the WebClass timetable.</li> <li>Class materials and assignments will be posted on WebClass by the day before the class, so the registered students should refer to the class materials for attending the class and then submit their answers to the assignments after the class.</li> </ul>              |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

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|------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Course title           | <b>Cultural Studies A</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Instructor             | IHATA Takaaki                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Aim and learning goals | 1.To study and consider aspects of society and culture, comparing those of various countries (depending on students' backgrounds).<br>2.To engage in discussions with students to understand aspects of culture more deeply.<br>3.To examine what is meant by culture in a broad sense.<br>4.Dialog is the main mode of learning.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Description            | This course considers culture in terms of the social lives and experiences of people living in particular cultures, mainly (but not only) the UK. It provides a brief introduction to the history, diversity, language and other important features of culture in the UK and other countries.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Textbooks              | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Relevant readings      | None                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Assessment             | Mini-presentation- 30% (6th class)<br>Active participation in class -30%<br>Short Presentation – 40% (12-13th classes)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Schedule               | 1 Introduction to the class, Group Brainstorm on Culture<br>2 Geography and climate, and relationship to culture<br>3 Brief Timeline of UK History 1 (prior to the Norman Conquest), Discussions and Comparisons<br>4 Brief Timeline of UK History 2 (1066-1603), Discussions and Comparisons<br>Explanations of mini presentation<br>5 Brief Timeline of UK History 3 (1604-), Discussions and Comparisons<br>6. Mini presentation, "the easiest language for non-native speakers to learn"<br>7.Linguistic Diversity<br>8.Ethnic and Religious Diversity<br>9. Illustrations of Sikhs living in the UK, "Bend it like Beckham"<br>10. Families, Explanation of Final presentations<br>11. Games and Play, review of preparation for final presentations<br>12. Fashion + Concepts of beauty<br>13. Short Presentations 1, Q+A<br>14. Short Presentations 2, Q+A, Revision, Feedback |
| Additional self-study  | Advice will be given in class.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Keywords               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

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| Course title           | <b>Cultural Diversity of Japan A - Matsuri</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Instructor             | ARISAWA Shino                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Aim and learning goals | To gain multiple perspectives on Japan's <i>matsuri</i> (religious festivals) through lectures, fieldwork, workshops, and discussions with students from various countries.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Description            | This course delves into <i>matsuri</i> (祭) – religious festivals in Japan. We will explore both large-scale events that attract millions of tourists for grand processions and smaller festivals exclusive to local communities. Weekly lectures will cover key aspects of <i>matsuri</i> , including religion, community, tourism, music, and dance. Students will analyse the uniqueness of Japan's <i>matsuri</i> and identify commonalities with festivals from other regions. In addition to classroom activities, we will visit <i>matsuri</i> around Tokyo to experience firsthand their roles in contemporary society. To further explore the evolution of tradition, students will exchange ideas about their observations and experiences, culminating in presentations on their findings. We will also examine the evolution of <i>matsuri</i> , exploring how they have adapted to contemporary society. To further explore the evolution of tradition, students will engage in a group project to create their own new <i>matsuri</i> by blending traditional elements with modern concepts. |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Relevant readings      | To be introduced in class. Students are encouraged to search for additional resources for their projects.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Assessment and grading | Essay ①: Kurayami Matsuri fieldwork – 1,000 words (30%)<br>Essay ②: Sanja Matsuri fieldwork – 1,000 words (30%)<br>Essay ③: New Matsuri Creation Project – 1,000 words (30%)<br>Participation in class activities: (10%)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Schedule               | <b>Tentative</b><br>1. Introduction - What is <i>matsuri</i> ?<br>2. <i>Mikoshi</i> – sacred palanquin<br>3. <i>Dashi</i> - float<br>4. Matsuri music and dance (introduction)<br>5. Matsuri music and dance (workshop)<br>6. <b>4 May: Fieldwork - Kurayami Matsuri in Fuchu</b><br>7. *Fieldwork trip to Kurayami Matsuri is equivalent to 2 class sessions<br>8. Reflections on Kurayami Matsuri<br>9. <b>Sat 17 or Sun 18: Fieldwork - Sanja Matsuri in Asakusa</b><br>10. *Fieldwork trip to Sanja Matsuri is equivalent to 2 class sessions<br>11. Reflection on Sanja Matsuri<br>12. Matsuri in modernisation<br>13. New matsuri creation project (planning and preparing)<br>14. New matsuri creation project (presentations)                                                                                                                                                                                                                                                                                                                                                                     |
| Additional self-study  | To be instructed in class.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Keywords               | <i>Matsuri</i> , festival, religion, music, dance, gender, community, tourism, fieldwork                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Notes                  | Class materials will be distributed via Teams.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Message for students   | You will discover more about Japan's <i>matsuri</i> than what guidebooks tell you.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

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| Course title           | <b>Traditional Performing Arts of Japan</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Instructor             | ARISAWA Shino                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Aim and learning goals | The aim of this course is to provide an overview of various performing arts of Japan. Students will develop an understanding of the historical, social, and cultural contexts, as well as the performance elements of music, dance, and theatre.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Description            | Each week, the course will focus on a specific genre from traditional performing arts, as outlined in the schedule. We will delve into the history and socio-cultural backgrounds of these arts, gaining insights into musicians, the audience, and the transmission of art to the present day. Throughout the course, students will analyse various performance aspects, such as musical scales, rhythms, vocal styles, instrumental techniques, dance movements, and theatrical characteristics. Additionally, we will explore the evolution of these artforms alongside contemporary developments. Workshops on instruments, such as <i>shamisen</i> , <i>shakuhachi</i> and <i>koto</i> will be conducted. Towards the end of the semester, participants will engage in a new theatrical creation project, incorporating new ideas into traditional elements to create and present original <i>kabuki</i> , <i>bunraku</i> , or <i>noh</i> performances. |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Relevant readings      | <ol style="list-style-type: none"> <li>1. Nakamura, Masayuki, translated by Jeffrey Hunter. 2009. <i>A bilingual Guide to Japanese Traditional Performing Arts</i> (英訳付き 1冊でわかる日本の古典芸能)</li> <li>2. Tokita, Alison McQueen and David W. Hughes eds. 2007. <i>The Ashgate Research Companion to Japanese Music</i>. Aldershot, Hants: Ashgate.</li> <li>3. Johnson, Henry. 2024. <i>Handbook of Japanese Music in the Modern Era</i></li> <li>4. Website of the Japan Arts Council (for theatre genres)<br/> <a href="http://www2.ntj.jac.go.jp/dglib/modules/learn/">http://www2.ntj.jac.go.jp/dglib/modules/learn/</a> </li> </ol>                                                                                                                                                                                                                                                                                                                          |
| Assessment             | <p>Essay ①: Theatrical genres - 1,000 words (30%)</p> <p>Essay ②: Instrumental genres - 1,000 words (30%)</p> <p>Essay ③: New theatrical creation project - 1,000 words (30%)</p> <p>Participation in class activities: (10%)</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Schedule               | <b>Tentative</b> <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. <i>Kabuki</i> theatre</li> <li>3. <i>Noh</i> theatre</li> <li>4. <i>Ningyō-jōruri</i> puppet theatre (Bunraku)</li> <li>5. Guest speaker's seminar "Women in the Japanese Jazz Scene"</li> <li>6. <i>Gagaku</i>: Imperial court music and dance</li> <li>7. <i>Shamisen</i> workshop by guest musicians</li> <li>8. <i>Sakuhachi</i> hands-on workshop by a guest musician</li> <li>9. <i>Koto</i> lecture &amp; demonstration</li> <li>10. <i>Koto</i> hands-on workshop ①</li> <li>11. <i>Koto</i> hands-on workshop ②</li> <li>12. New theatrical creation project - preparing &amp; practicing</li> <li>13. New theatrical creation project - presentations</li> <li>14. Summary</li> </ol>                                                                                                                                                                          |
| Additional self-study  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Keywords               | Japan, traditional music, theatre, tradition, modernity and innovation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Message for students   | No special musical knowledge or skill is required to enroll in this course.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

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| Course title           | <b>Cross-Cultural Practice of Expressive Arts</b>                                                                                                                                                                                                                                                                                    |
| Instructor             | HANAKE Ayako                                                                                                                                                                                                                                                                                                                         |
| Aim and learning goals | This course aims to explore the roles of language and the body in communication through the process of preparing and performing a theatrical piece that incorporates both linguistic and physical expression.                                                                                                                        |
| Description            | Students will create and perform a multilingual theatrical production based on familiar themes.<br>The performance will address relatable topics, constructing a narrative that conveys meaningful messages to the audience.<br>This narrative will be expressed using multiple languages and physical movement.                     |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                    |
| Relevant readings      |                                                                                                                                                                                                                                                                                                                                      |
| Assessment and grading | Contribution to the creation of the performance: 50%<br>Final report: 50% (Evaluation based on the depth of reflection on the performance)                                                                                                                                                                                           |
| Schedule               | Sessions 1–3:<br>Explore and determine the theme of the performance<br><br>Sessions 4–6:<br>Investigate the theme through physical expression<br><br>Sessions 7–9:<br>Organize findings into a structured narrative<br><br>Sessions 10–13:<br>Develop the narrative into a performance<br><br>Session 14:<br>Perform the final piece |
| Additional self-study  | You are also encouraged to research and think about similar works with interest.                                                                                                                                                                                                                                                     |
| Keywords               | Expressive Arts, performance, theatre                                                                                                                                                                                                                                                                                                |
| Notes                  | No prior experience in theater or other stage performances is required for enrollment.<br>Priority enrollment will be given to international students. If there are more Japanese applicants than available slots, a lottery will be conducted. All prospective students must attend the first class session.                        |
| Message for students   |                                                                                                                                                                                                                                                                                                                                      |

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| Course title           | <b>Japanese Martial Arts - Judo</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Instructor             | KUBOTA Hiroshi                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Aim and learning goals | In this course, students will come to understand some fundamental techniques of Judo.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Description            | This lesson is designed for beginners. You will learn Japanese traditional behavior through practicing Judo: how to put on Kimono, walk on Tatami, make Japanese bow, etc. You will also come to understand some fundamental techniques of Judo. Simultaneously, we will consider the educational implication of Judo.                                                                                                                                                                                                                                                                          |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Relevant readings      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Assessment and grading | The attendance attitude 60%<br>Judo skill test 20%<br>Report 10%                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Schedule               | 1) Orientation<br>2) History and characteristics of Judo<br>3) Fundamental skills (Ukemi, Taisabaki, etc.)<br>4) Throwing techniques [Nage waza] (part 1)<br>5) Throwing techniques (part 2)<br>6) Throwing techniques (part 3)<br>7) Groundwork techniques [Katame waza] (part 1)<br>8) Groundwork techniques (part 2)<br>9) Groundwork techniques (part 3)<br>10) Forms for throw (formal exercise, part 1)<br>11) Forms for self-defense (formal exercise, part 2)<br>12) Practical techniques (combinations)<br>13) Practical techniques (counter attack)<br>14) Skill tests and evaluation |
| Additional self-study  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Keywords               | <i>Kano Jigoro</i> , JUDO                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Notes                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Message for students   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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| Course title           | <b>Aquatic Sports - Swimming</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Instructor             | MORIYAMA Shin-Ichiro                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Aim and learning goals | This course aims to have students learn how to swim according to the official rules and understand the water safety.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Description            | <p>This is a course designed for beginners, however, competitive swimmers are also welcome. The class will be conducted in accordance with the individual swimming skill.</p> <p>This is an intensive course held on Saturday afternoons from mid-June to July.</p> <p>An orientation will be held in April.</p> <p>Learning objectives are following.</p> <ul style="list-style-type: none"> <li>• Be able to demonstrate improved skill performance in swimming strokes (front crawl, backstroke, breaststroke and butterfly stroke) including breathing during swimming.</li> <li>• Be able to swim faster and more beautifully.</li> <li>• Be able to understand water safety.</li> </ul> <p>What you need to prepare:<br/>A swimsuit, towels, and goggles for swimming, a T-shirt and writing materials.<br/>If you have questions, feel free to contact the instructor by email or visiting his office.</p>                                                                                                                                                                                                                                                                                                                                                                                                   |
| Textbooks              | No specific textbook is required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Relevant readings      | To be Introduced in class suitably.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Assessment and grading | Swimming skill test (30%) and a fraction of in-class contribution attitude (including class attendance) in class (70%)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Schedule               | <p>Tentative (To be confirmed in the first class)</p> <ol style="list-style-type: none"> <li>1. <b>The introductory guidance will be given for individual student by email. Please email the instructor by April 20th if you are interested to participate in this course.</b><br/><b>Email: moriyama@u-gakugei.ac.jp.</b></li> <li>2. <b>Lecture for swimming at the lecture room</b> and review students' swimming stroke skills in the swimming pool.</li> <li>3. Practice floating in the prone position from the wall and freestyle leg kick.</li> <li>4. Practice freestyle leg kick and arm stroke.</li> <li>5. Practice floating in the spine position from the wall and backstroke leg kick.</li> <li>6. Practice backstroke leg kick and arm stroke.</li> <li>7. Practice breaststroke leg kick and arm stroke</li> <li>8. Practice butterfly leg kick and arm stroke</li> <li>9. Combine all strokes and turn.</li> <li>10. Review students' swimming stroke skills.</li> <li>11. Practice swimming with fully-clothed</li> <li>12. Practice aquatic sports (1)</li> <li>13. Practice aquatic sports (2)</li> <li>14. Performance exam</li> </ol> <p><b>✕It is planned to collaborate with sports fitness class in Japanese collegiate students sometimes.</b><br/>Contact: moriyama@u-gakugei.ac.jp</p> |
| Additional self-study  | Watching web sites for swimming technique.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Keywords               | Swimming, fully-clothed                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Notes                  | <p>In case you have some health problem, you need to submit a medical certificate that describes your health condition as well as doctor's permission for swimming.</p> <p>The schedule may change depending on the weather.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Message for students   | <p>Let's enjoy swimming!</p> <p>Remove accessories and wrist watches for your safety and other's safety.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |