

Department	International College of Liberal Arts		
Semester	Fall 2023	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA180		
Course Title	Health & Physical Education 1 (Nanba)		
Prerequisites	None		
Course Instructor	REED William	Year Available (Grade Level)	1
Subject Area	Health & Physical Education	Number of Credits	1
Class Style	Workshop	Class Methods	Face to face

(NOTE 1) Class Methods are subject to change

(NOTE 2) Depending on the class size and the capacity of the facility, we may not be able to accommodate all students who wish to register for the course"

Course Description	<p>Cap (registrant capacity): 20 students</p> <p>Nanba is the Art of Physical Finesse, teaching students traditional Japanese ways of using the body to enhance stability, flexibility, speed, and coordination. In addition to being an excellent way to release stress, it also has many practical applications which students can enjoy in sports and music. Nanba Notebooks will help students connect with themselves and nature by raising awareness and creative engagement in life.</p> <p>It is a way to tune your mind and body to be in Balance and Flow. Many things in modern life tend to pull us out of balance and out of Flow, so it is up to you to take the time and learn to live in harmony. This will enhance the quality of your life, and improve your performance in any activity. Nanba will be taught and experienced through 8 major themes:</p> <p>A) NANBA: THE ART OF PHYSICAL FINESSE Nanba is the Art of using your body the most naturally and effectively, without forcing, twisting, or disconnecting.</p> <p>B) NANBA BALANCE EXERCISES Learn 12 Nanba Balance Exercises which can help you realign, release stress, reconnect and ground your body in a few minutes time.</p> <p>C) NANBA FLOW EXERCISES Learn 7 Nanba Flow Exercises which can help you regain poise, rhythm, and natural ease in your body movements and activities.</p> <p>D) NANBA WALKING Nanba Walking is a natural and sustainable way of maintaining your health through Walking with Physical Finesse.</p> <p>E) NANBA SELF-CARE Nanba Self-Care is a way of reconnecting your body when stressed or out of alignment, and reviving your life energy.</p> <p>F) NANBA TAP STEPS Develop and enjoy simple dance rhythms to music by applying Nanba to Rhythm Tap steps, which can be done with or without shoes.</p> <p>G) NANBA IN EDO CULTURE Explore how Nanba body movements developed in many aspects of Edo Culture, in all walks of life from Samurai, to Farmers, to Craftsmen, to Merchants.</p> <p>H) NANBA IN NATURE Experience how Nanba can connect you to nature, and give you a heightened enjoyment of the seasons and lifestyle in traditional Japan.</p> <p>These themes are closely connected, and are best learned simultaneously, not in sequence. Access to an online Nanba Mandala Chart will be provided to help each student keep track of the overall picture, individual areas, and how they are connected. In the first week you will experience a preview of each of the major themes. The following weeks are dedicated to learning and experiencing each major theme and how they are connected. The last 2 weeks will be dedicated to review, further exploration, and to build Bonus Points in 4 of your chosen areas, in consultation with the Professor. Physical attendance is required both to learn and to show what you know with ongoing evaluation.</p> <p>Students are encouraged to teach what they have learned, as a way to demonstrate and increase their understanding. This reinforces learning and builds confidence.</p> <p>Nanba is the basis of the highly compact, efficient, and well coordinated movements of Japanese traditional performing and martial artists, craftsmen, and musicians. It also has roots in Japanese Yoga, and the practice of Mind and Body Unification. The principles are don' t force, don' t twist, and don' t disconnect, and they can be applied in your daily life for balance, flow, and health, as well as to sports and martial arts.</p> <p>Students have commented that Nanba gives them a better sense of natural movement, and have reported</p>
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	<p>improved performance and enjoyment of musical instruments and sports, and even release from stress. By learning to connect your body and cultivate inner energy, you will find abundant energy in daily life, and the ability to restore your energy through deep sleep.</p> <p>Nanba Walking enables you to practice the principles in your daily life, and exercise naturally as you move. You will develop a deeper appreciation of body awareness and movement in Japanese culture, while finding more natural and comfortable movements in your own body.</p> <p>This also stimulates curiosity and engagement in the culture, which can lead to improved opportunities for learning off campus and when students study overseas. It fosters open-mindedness toward other cultures through discovery of the broad applications of Nanba in daily life. Another benefit is the increased experience of Serendipity, unplanned discovery of things of value that you were not searching for. In other words, Nanba enhances your capacity for enjoyment and lucky opportunity.</p> <p>Please wear clothing comfortable for light exercise and movement and stretching. You will soon discover what feels best for you. Training is in the dojo on the mats, so please remove shoes and leave them in the shoe box outside the dojo during practice.</p> <p>Your grade will be determined by how well you demonstrate Nanba in five areas, as well as by your Nanba Da Vincian Notebook</p> <ol style="list-style-type: none"> 1) NANBA Balance Exercises 2) NANBA Flow Exercises 3) NANBA Walking 4) NANBA Self-Care 5) NANBA Applications
Class plan based on course evaluation from previous academic year	<p>ONLINE vs IN-PERSON Classes: iCLA has a beautiful Dojo on the 3F, with open air space on the deck and rooftop area. Nanba is best learned in a Dojo, because this allows access for the full experience of movements, interactive applications, and direct immediate feedback from the Instructor. Due to initial restrictions under the pandemic, we were forced to conduct our classes Online or in a Hybrid format. Despite these limitations, we discovered some important advantages to Online training by creating videos for practice and review. The classes are recorded on Zoom and available for review until the end of the semester. However, students who participate in person progress much faster, and are able to get direct feedback from the Professor, as well as from each other. It is also more fun to be together through active learning, than trying through passive learning watching a video.</p> <p>From Fall 2022 all classes have been conducted Face to Face, and you will not be able to get attendance or participate on Zoom, with exceptions made for those with delayed entry for Visa approval. We will make use of video to demonstrate what you have learned and to get feedback. We will use the Dojo, following the guidelines provided by iCLA Administration. We ask that you follow iCLA guidelines and common sense, by spraying your hands, wearing a mask, checking body temperature before you enter the Dojo, keeping good ventilation and social distance within reason in how we practice.</p> <p>One of the most effective ways to learn Nanba is by daily practice of Nanba Walking, which can shield you for the numerous mental and physical hazards of a sedentary life, and is also an enjoyable way to release stress and get to know nature and the community you live in. You will also enjoy learning the Nanba applications to sport, music, and traditional Japanese Culture.</p> <p>FAQ on Grading for Students</p> <p>College students in liberal arts colleges have a range of concerns regarding the assessment and grading of their work, including:</p> <p>Clarity: Students often want clarity regarding the expectations of the assignment and the criteria that will be used to assess their work.</p> <p>Consistency: Students are concerned about consistency in grading, mainly when assignments are graded differently by multiple professors.</p> <p>Transparency: Students want to know how their grades are calculated, and how much each assignment contributes to their final grade.</p> <p>Feedback: Students value feedback on their work, particularly constructive and specific feedback.</p> <p>With these legitimate concerns in mind, we have developed Rubrics for each course, and do our best to support our students in their learning.</p> <p>However, this is a two-way process, and within the limits of support and resources we can provide, it only works if you do your part. The grade you achieve depends on understanding and meeting the criteria set by the professor of each course, not on how much effort you made or how badly you need a good grade to maintain your GPA.</p> <p>At the beginning of the semester, you may not know what questions to ask. You may be quite busy adjusting to other courses and managing your daily life. You may feel that you don't even have time to think deeply about these questions.</p> <p>We have got you covered. While this is the first time for you to take this course, I have been teaching it twice a year for over eight years to many hundreds of students from diverse backgrounds. If you are struggling with some aspect of the course, having difficulty understanding what you are expected to do, how your work will be evaluated, or how to get the most out of the course, you are not alone.</p> <p>Based on extensive experience in designing and delivering this course, I have compiled my own list of Frequently Asked Questions (FAQ).</p> <p>At the beginning of the course, we will address FAQ related to the following concerns:</p> <p>Feedback on Individual Progress Time required for Learning How Grades are determined and Modules are Scored What materials are required to take the class Tips on accelerated learning Consequences of Missing Class, Coming Late, or Leaving Early Use of AI, Apps, Computers and Smart Phones in Class</p>

<p>Course related to the instructor's practical experience (Summary of experience)</p>	<p>I have over 20 years of experience with Nanba, having taught Nanba at College level for 12 of them, and am Certified as a Tokubetsu Nanba Shihan. I have taught Nanba primarily in Japan, but also in Australia, Singapore, the Philippines, the Netherlands, Norway, and Scotland, as well as to Executives and Corporate Teams for multinational companies in Japan. I have done two TEDx Talks on Nanba, one in Japanese at TEDxKG and one in Norway at TEDxTrondheim.</p> <p>I did an article and video on Nanba Walking for Budo Japan which received well over a million views on YouTube in one year, from which we produced a DVD on Nanba Walking, with a new DVD released in the Fall of 2022. This article led to an invitation to reenact an historical Samurai Walk from the Medieval Period in which we walking 100 km in two days, covering two mountain passes, thereby demonstrating the power of Nanba in the Samurai Walk. I will also be doing a Series on Nanba for the Magazine Gekkan Hiden in Japanese, and their English version Budo Japan. I also wrote an article for LEAD Magazine in South Africa called, Nanba Walking: Lessons in Leadership. Nanba Demonstrations have been among the most successful ways to showcase iCLA to prospective students, in some cases drawing as many as 300 people to sign up for the demonstration.</p> <p>Nanba has helped me to connect many common elements in Calligraphy, Aikido, Iaido, and even Tap Dance, unlocking the keys to energy and natural movement across disciplines and cultures.</p>
<p>Learning Goals</p>	<p>The VALUE Rubrics are applied in the Nanba Course in the following ways:</p> <p>CRITICAL THINKING Take a critical look at your habits of posture, and learn an objective way to realign your body Take a critical look at your habits of movement, and extend your movement with clear before/after results Take a critical look at your way of walking, and learn how to move with grace and poise Take a critical look at your lifestyle, and make constant improvements that result in better balance and health</p> <p>PROBLEM SOLVING Learn how to perform new movements and exercises that generate immediate results Discover how to reconnect your body and release stress Learn new rhythms and simple Tap steps that challenge and free your movement</p> <p>CREATIVE THINKING Explore the development and expression of Nanba in Edo Culture Find applications of Nanba to improved perception and performance in sports Find applications of Nanba to improved concentration and enhanced performance in music</p> <p>INTERCULTURAL COMPETENCE Understand and practice basic Nanba skills with people from various countries Discover how Nanba was applied in the Edo Period, and its applications for us today Discover how freely Nanba translates to movement in other cultures</p> <p>ORAL COMMUNICATION Students learn how to show and tell what they are doing in a technique for greater clarity Students are encouraged to observe and coach each other with help from the Sensei Many metaphors and stories are used to teach Nanba and its applications</p> <p>WRITTEN COMMUNICATION Students are encouraged to keep a Notebook to polish and practice their explanation of technique Many Japanese terms are introduced in practice which students are expected to learn and use Recommended readings and resources are offered to enhance understanding of practice</p> <p>QUANTITATIVE REASONING The Physics of Traditional Martial Arts are show to understand and apply body mechanics Students are encouraged to observe and be intelligent about quantity and quality in their lifestyle Students are shown various ways to measure their engagement in walking through metrics of quantity and</p>

	<p>quality</p> <p>1) The university's educational philosophy and objectives and the faculty objectives and goals.</p> <p>Nanba is described as the Art of Physical Finesse, teaching you how to use natural body intelligence and creativity to solve problems and stay out of danger. As a Physical Education workshop it is unique in that it can enhance your performance in sports and music performance, with proven examples for Olympic and professional performers.</p> <p>2) The academic perspectives and skills etc. the student is expected to acquire.</p> <p>Nanba teaches you how to be in touch with your body and use its natural intelligence. This awareness can contribute to multiple intelligences such as: Linguistic, Logical/Mathematical, Spatial, Bodily-Kinesthetic, Musical, Interpersonal, Intrapersonal, and Naturalist Intelligence. Students have reported less stress, better sleep, better concentration, and improved performance in sports and music.</p> <p>3) What degree of mastery will the students reach and what will they acquire after the course.</p> <p>Although Nanba is a Lifetime pursuit, the principles and exercises can easily be learned in the course of a 10 Week Workshop. Mastery is a matter of individual dedication and application. Curiosity and a desire to improve through lifelong learning will help you find the right applications for you.</p> <p>4) Relevance of the courses to the iCLA Diploma Policy (Graduation and degree awarding policy)</p> <p>1. To Value Knowledge (Having high oral and written communication skills to be able to both comprehend and transfer knowledge)</p> <p>Students are expected to be able to Show and Tell, to demonstrate and explain each of the exercises and principles that we learn.</p> <p>2. To Be Able to Adapt to a Changing World (Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adapt to a changing world)</p> <p>The skills you learn in Nanba will give you a mindset and physical finesse to be a natural creative problem solver. It is ideal preparation for a learning how to be independent and adapt to a changing world.</p> <p>3. To Believe in Collaboration (Having a disposition to work effectively and inclusively in teams)</p> <p>Nanba exercises can be performed alone or in a group, but the demonstrations and games used to teach Nanba lend themselves well to working and learning in harmony with others.</p> <p>4. To Act from a Sense of Personal and Social Responsibility (Having good ethical and moral values to make positive impacts in the world)</p> <p>Nanba returns you to yourself, and helps you live in Flow. This can contribute to greater harmony, acceptance of others, a love for nature, and appreciation of individual differences.</p>
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iCLA Diploma Policy	DP1/DP2/DP3/DP4
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iCLA Diploma Policy

(DP1) To Value Knowledge – Having high oral and written communication skills to be able to both comprehend and transfer knowledge

(DP2) To Be Able to Adapt to a Changing World – Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adopt to a changing world

(DP3) To Believe in Collaboration – Having a disposition to work effectively and inclusively in teams

(DP4) To Act from a Sense of Personal and Social Responsibility – Having good ethical and moral values to make positive impacts in the world

Active Learning Methods	Group Work/Presentation/Workshop, Fieldwork
Use of ICT in Class	UNIPA Tools, Zoom, Video.
Use of ICT outside Class	UNIPA Tools, Zoom, Video.

Expected study hours outside class	<p>The Workshop meets twice a week for ten weeks, and parts of the class may be recorded on Zoom for review. You will need to spend some time out of class practicing the exercises so that they flow smoothly. I recommend an hour a week for review and practice, as well as 30 minutes or more Nanba Walking every day.</p> <p>The emphasis will be on physical and mental improvement through practice, making use of practical principles and demonstration by showing and teaching what you know.</p> <p>Because Nanba can be applied to all of the movements and activities in daily life, you can actually practice anywhere, as much as you like.</p>
Feedback Methods	<p>Nanba principles and exercises are taught by simple demonstrations and physical feedback that lets you know immediately that you are making progress. The fastest way to learn Nanba is together with other students and the instructor, getting immediate feedback as you learn. It is difficult to learn or practice by watching a video, although video can be used demonstrations with questions, for giving feedback, as well as for review. It is only meaningful to students who have already learned it in person.</p> <p>Students learn best by learning Nanba together, and enjoy seeing the positive transformation in how they look, feel, and move in daily life.</p>

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
Demonstration and performance in the Dojo	50%	Clearly Demonstrate Mastery of each Nanba Module in Class according to performance criteria.
Submitting Nanba DaVincian Notebook covering all Modules	50%	Submit DaVincian Notebook using 7 Principles to Illustrate your understanding of each Module.

Required Textbook(s)	No textbooks are require to purchase, but selected readings will be provided in PDF form and in the YGU Library.
Other Reading Materials/URL	Videos and URLs will be provided to illustrate and enhance understanding of Nanba movements and applications.
Plagiarism Policy	<p>Plagiarism is the dishonest presentation of the work of others as if it were one' s own. Duplicate submission is also treated as plagiarism. Depending on nature of plagiarism you may fail the assignment or the course. Repeated act of plagiarism will be reported to the University which may apply additional penalties. The use of artificial intelligence (AI) or paraphrasing without proper attribution can also be considered a form of plagiarism. If you are using them, you must careful review the outputted ensure that it is properly attributed. Simply running text through a paraphrasing tool and presenting it as your own work without proper attribution is considered plagiarism.</p> <p>However, as there is no paper required for this course, this may not directly apply.</p> <p>Instead I will be looking to see that your explanations are based on understanding and an ability to show what you mean, rather than copying words you may have heard.</p>

Other Additional Notes	<p>Part of the fascination of Nanba is discovering its roots and applications in traditional Japanese Culture, the way people walked, worked, and used their bodies in Samurai Cultural Arts, from Sumo to Sword to traditional martial arts and crafts. I would encourage you to explore this as a special key to unlocking many of the mysteries of Japanese Culture.</p> <p>Because the Nanba Workshop is only 10 weeks long, and Nanba is best learned with others Face-to-Face with feedback and guidance from a Sensei, your physical and mental attendance is extremely important. Being late and skipping classes will leave holes in your learning, and will create a big gap compared to others who do attend the class.</p> <p>The Grade is based half on how well you can demonstrate Mastery of each Module in person in the Dojo, and on the quality of the DaVincian Notebook covering the 7 Principles of How to Think Like Leonardo da Vinci, but illustrating them in your Notebook with Nanba Module Content.</p> <p>I will provide specific guidelines on how to construct your DaVincian Notebook, applying the seven principles from the book How to Think Like Leonardo Da Vinci to make an illustrated notebook that will cover the content through a set process, with considerable freedom in the choice of sub-topics. It will supercharge your engagement through exercises connecting the principles to the content of the course.</p> <p>The Seven Principles of How to Think Like Leonardo da Vinci, were authored by Michael J. Gelb. I was involved in producing the Japanese language edition of this book when it came out, have taken personal training even recently in 2023 from Michael Gelb, and I use the principles actively myself in my own quest to lifelong learning. The Seven Principles, which you will apply in your Notebook and in our regular class sessions are:</p> <ol style="list-style-type: none"> 1. <i>Curiosità</i>: An insatiably curious approach to life and an unrelenting quest for continuous learning. 2. <i>Dimostrazione</i>: A commitment to test knowledge through experience, persistence, and a willingness to learn from mistakes. 3. <i>Sensazione</i>: The continual refinement of the senses, especially sight, as the means to enliven experience. 4. <i>Sfumato</i>: A willingness to embrace ambiguity, paradox, and uncertainty. 5. <i>Arte/Scienza</i>: The development of the balance between science and art, logic and imagination. "Whole-brain thinking." 6. <i>Corporalità</i>: The cultivation of grace, ambidexterity, fitness, and poise. 7. <i>Connessione</i>: A recognition of and appreciation for the interconnectedness of all things and phenomena; systems thinking.
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(NOTE 3) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	<p>Experience Nanba Fundamentals</p> <p>A preview of the what you will learn in Nanba Fundamentals.</p> <p>A) Nanba: the Art of Physical Finesse B) Nanba Balance Exercises C) Nanba Flow Exercises D) Nanba Walking</p>
Class 2	<p>Experience Nanba Applications</p> <p>A preview of the what you will learn in Nanba Applications.</p> <p>E) Nanba Self-Care F) Nanba Tap Steps G) Nanba in Edo Culture H) Nanba in Nature</p>
Class 3	<p>Nanba Fundamentals</p> <p>A) Nanba: the Art of Physical Finesse B) Nanba Balance Exercises</p>
Class 4	<p>Nanba Fundamentals</p> <p>A) Nanba: the Art of Physical Finesse B) Nanba Balance Exercises</p>
Class 5	<p>Nanba Fundamentals</p> <p>C) Nanba Flow Exercises D) Nanba Walking</p>

Class 6	<p>Nanba Fundamentals</p> <p>C) Nanba Flow Exercises D) Nanba Walking</p>
Class 7	<p>Nanba Applications</p> <p>B) Nanba Balance Exercises E) Nanba Self-Care</p>
Class 8	<p>Nanba Applications</p> <p>B) Nanba Balance Exercises E) Nanba Self-Care</p>
Class 9	<p>Nanba Applications</p> <p>C) Nanba Flow Exercises F) Nanba Tap Steps</p>
Class 10	<p>Nanba Applications</p> <p>C) Nanba Flow Exercises F) Nanba Tap Steps</p>
Class 11	<p>Nanba Applications</p> <p>G) Nanba in Edo Culture Balancing the Sacrum Hints from Sword Training</p>
Class 12	<p>Nanba Applications</p> <p>G) Nanba in Edo Culture Cord Training and Power Assist Obi and traditional clothing Hints from Sword Training</p>
Class 13	<p>Nanba Applications</p> <p>G) Nanba in Edo Culture Exercises from Sumo Training Koshi Wari Shiko</p>
Class 14	<p>Nanba Applications</p> <p>G) Nanba in Edo Culture Exercises from Sumo Training Teppo Sonkyo Mata Wari</p>
Class 15	<p>Nanba Applications</p> <p>H) Nanba in Nature 72 Seasons in Japan Seasonal Awareness and Haiku</p>

Class 16	<p>Nanba Applications</p> <p>H) Nanba in Nature Nanba Lifestyle Changes Nanba foot ware</p>
Class 17	<p>Self-Evaluation of progress and performance by Rubrics:</p> <p>1) NANBA Balance Exercises 2) NANBA Flow Exercises</p>
Class 18	<p>Self-Evaluation of progress and performance by Rubrics:</p> <p>3) NANBA Walking 4) NANBA Self-Care 5) NANBA Applications</p>
Class 19	<p>Review and Preparation for your final evaluation in five areas:</p> <p>1) NANBA Balance Exercises 2) NANBA Flow Exercises 3) NANBA Walking 4) NANBA Self-Care 5) NANBA Applications</p>
Class 20	<p>Review and Preparation for your final evaluation in five areas:</p> <p>1) NANBA Balance Exercises 2) NANBA Flow Exercises 3) NANBA Walking 4) NANBA Self-Care 5) NANBA Applications</p>