

Outline of Proposal for SDGs Online Cross-Registration: Online Exchange Program (OEP) focusing on SDGs							
General Information	Name of University/ Institution		Shokei Gakuin University				
	Brief Introduction of the University/Institution		SHOKEI GAKUIN UNIVERSITY (SGU) has a long history and tradition of consistently offering humanistic education based on the spirit of Christianity for more than 125 years. Throughout the university's long history, it has constantly pursued the ideal image of human being in the society of the times. Shokei Gakuin University will cultivate people who will contribute to society with hearts of love and service to others.				
	Country/Territory		Japan		City		Natori, Miyagi
	Address		4-10-1 Yurigaoka, Natori, Miyagi, Japan 981-1295		Telephone Number		+81-22-381-3304
	Fax Number		+81-22-381-3325		Official University/Institution Website		http://www.shokei.jp/english/
	UMAP Contact Person	Name		Tomoko Kobayashi, Ms.			
Organization/Office		International Exchange Center					
Email Address		international@shokei.ac.jp					
Program Information	Name of Subject		Sports Nutrition		Name of Faculty		Dr. Koichi Kawamata
	Name of Department		Department of Education				
	Program Description & syllabus		<p>This program is related to following SDGs goals. 3. Good Health and Well-being 4. Quality Education</p> <p>This program is mainly for students who are in the PE teacher course to learn a basic nutrition knowledge in relation with sports. The aims are to enable students to develop skills to provide dietary advice to maximize nutritional effect.</p> <p>Key Contents 1. History of Sports Nutrition 2. Sports Drinks 3. Sports Nutrition (Carbohydrate and Protein) 4. Sports Nutrition (Lipid and Supplements) 5. Sports Nutrition (Vitamin) 6. Sports Nutrition (Minerals) 7. Sports Nutrition (Meal styles, Estimated amount of energy) 8. Sports Nutrition (Practice: Carbohydrate and Protein) 9. Sports Nutrition (Energy) 10. Sports Nutrition (Muscle) 11. Sports Nutrition (Endurance) 12. Exercise and Diet (by Life stage) 13. Exercise and Diet (Life style related disease) 14. Diet for Junior Athletes (Loss/Gain) 15. Diet for Junior Athletes (Anemia)</p>				
	Degree Level and/or Grade		Undergraduate		Language of Instruction		Japanese
	Number of Credits to Transfer (Timing of credit issuance)	University Credits	UTCS converted into University Credits	Definition of UTCS			
		2	2	<p>The definition of UTCS is as follows: One (1) UTCS = 38 - 48 hours of student workload. This includes 10-16 academic hours of instruction. *FYI, please refer to UTCS Users' Guide on UMAP website. (http://umap.org/ucts/)</p>			
	Means of Transmission (e.g. via Zoom, etc.)	via Zoom/Teams and Student LMS			Number of Lectures		15
	Number of class Hours	2			Total Teaching Hours		30
	Independent Study Hours	60			Student's Total Workload		90
	Program Fee	None					
Requirement	Language Proficiency	We accept native English speakers and/or a certificate issued by the home institution if English is used as the medium of instruction.		No			
	GPA	None		Others (if any)		None	
Program Schedule	Length	1 term					
	From	20-Sep-23		To	31-Jan-24		
	Day of week	Every Wednesday (No class on Nov.1, Dec.27 and Jan.3)		Time of class(Standard Time)	14:30-16:00(JST)		
Participants	Number of acceptable participants	1~2					
Application Period	From	10-Jul-23		Until (Deadline)	24-Jul-23		
Certificate	The month you issue the certificate	The end of March/2024					
Others	If there are any other facts to inform, please specify.	None					