

Bulletin of Department of Junior Sports Education Kobe Shinwa Women's University

No.4

2016

CONTENTS

The effects of benefit finding on stress coping and stress response	Yuko OTA, Mayako ASHIHARA	... 1
The consciousness survey about the "qualities and ability of the teacher" of the KS female university students	Masatoshi SAITO	... 9
Characteristics of timing during interceptive action under acceleration and deceleration condition for children	Masato SUGIYAMA, Kazuki MIYATSUJI Masanobu ARAKI	... 21
A Study of Life Long Sports for Middle or Advanced People —The relationship between on one leg eyes open and core control—	Teruyo SOWA, Tetsuya TAJIO	... 29
"Acquisition of throwing motions" in active learning —from the flipped classroom practice—	Tetsuya TAJIO	... 37
Degree of contribution to the lower limbs on the striking-speed in kendo	Takeshi TSUBAKI	... 43
Characteristics of choice reaction time and striking movement time among top level collegiate kendo player	Takeshi TSUBAKI, Mika SHIMOKAWA Kentaro TAKENAKA, Shigeki MAESAKA Akira MAEDA	... 49
The physical fitness characteristics of the female university students in social welfare	Kazuki MIYATSUJI	... 57

Edited by
Bulletin of Department of Junior Sports Education
Kobe Shinwa Women's University
Kobe, Japan