

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

No.6

2018

CONTENTS

Behavior change program to develop healthy sleep habits using wearable device
.....Mayako ASHIHARA, Hazuki IIDA ... 1

A Basic Study of Swimming instruction in Physical education
... Mitsunori KAWAKAMI, Tetsu NAKASEKO, Miyako NAGAHASHI ... 9

Effects of training on ball speed and spinning frequency of the serve in tennis
— A case study of the according to play style —
..... Masako TAKAHASHI, Masahiro SAKAI, Masayuki SHIROTA, Shunsuke MURAKAMI,
Mirai MIZUTANI, Mai KAMEDA, Hiroo TAKAHASHI, Akira MAEDA, Takeshi TSUBAKI ... 25

The effect of lateral ladder training on foot working ability in basketball
..... Takeshi TSUBAKI, Saya TOKUNAGA, Masayuki SHIROTA ... 35

The comparative study on dance images of female university students in physical education
between 2012 and 2016
..... Mitsuko TERAJ, Mayako ASHIHARA ... 45

Effect of exercise training on serum adipocytokine levels in normal rats
..... Akira NAKATANI, Kenichi MORI, Naomi HIRANO,
Takeshi TSUBAKI ... 55

A Study on Teaching Contents of Childcare Worker Training Courses based on the Physical
Play Experiences of Childhood
.....Yuko HATANO, Go SAKAE ... 63

Suggestion to the gait training for the elderly people
..... Kazuki MIYATSUJI ... 73

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

神戸親和女子大学ジュニアスポーツ教育学科紀要

第6号

二〇一八年二月発行

ジュニアスポーツ教育学科紀要

第6号

2018年2月

神戸親和女子大学