

Class Form (Style)	Details	For classes held once a week, the number of credits per semester	Course Category
Lecture	Classes based on instructions provided from the instructors.	2 hours (actual 90 minutes) x 8 weeks / 1.0 credits	Introduction to skills for academic success Data Science (Lecture) Entrepreneurship Some courses of Contemporary Liberal Arts
		2 hours (actual 90 minutes) x 15 weeks / 2.0 credits	Health and Sports Science (Lecture) Global Liberal Arts Contemporary Liberal Arts Basic Courses in Humanities and Social Sciences Basic Courses in Natural Sciences (except for Laboratory Courses)
Exercise	Classes that a limited number of students can enroll in and that consist mainly of student-driven study.	2 hours (actual 90 minutes) x 8 weeks / 1.0 credits	Language and Culture (An introduction to the multilingual world) Data Science (Exercise)
		2 hours (actual 90 minutes) x 15 weeks / 1.0, 2.0 credits	First Year Seminar Language and Culture Some courses of Contemporary Liberal Arts Problem/Project Based Learning Seminar
Practical Training	Classes that principally involve students participating in hands-on practical activities, examining items or materials, or practicing techniques or special procedures.	2 hours (actual 90 minutes) x 15 weeks / 1.0 credits	Health and Sports Science (Practicum)
Experiments	Classes comprising lab work or the like.	4 hours (actual 180 minutes) x 15 / weeks 2 credits	Basic Courses in Natural Sciences (Laboratory in Physics, Laboratory in Chemistry, Laboratory in Biology, Laboratory in Earth Science)