

## Liberal Arts and Sciences Course Categories and Content

Course Category		Content
Common Basic Courses		Courses in this category introduce the basic knowledge (general skills and the ability to identify and solve problems) that all students should acquire, regardless of their field of specialization. The purpose is to shift their learning attitude toward "independent and self-directed learning" and help them become "courageous intellectuals" who will build and lead a better future society.
Introduction to Skills for Academic Success		These courses introduce students to university, what it means to study at a university, and what kind of knowledge they need to make learning at a university fulfilling. They forge the core upon which they will develop the attitude to be an independent learner.
First Year Seminar		Through multifaceted intellectual training in a small-group seminar style, students learn the excitement of truth-seeking and cultivate the ability to research, think, write, and speak, which is essential for independent learning.
Language and Culture	English	These courses improve students' communication skills in English, the common language of the academic world and essential for being active in the international community. Thus, students open a window to the rest of the world.
	Second Foreign Languages	By studying foreign languages other than English, students increase understanding and develop an open mind towards a variety of different cultures. They build the foundation to use multiple foreign languages, which is essential for working together to build a better future society beyond national borders.
	Japanese	International students acquire basic skills for independent learning during their study in Japan by improving their Japanese language skills and deepening their understanding of Japanese culture and society.
Health and Sports Science	Lecture	These courses teach students about health and basic knowledge of lifelong sports and self-discipline.
	Practicum	By engaging in sports, students develop basic skills for lifelong sports communication skills, leadership and teamwork building skills.
Data Science		To master data analysis skills, which serve as a platform to create new value in society, students acquire basic knowledge and general analysis skills.
Liberal Arts Courses		As well-educated "courageous intellectuals", students use their specialized knowledge to solve problems facing human society and build a happy future. To achieve this goal, students acquire the following important qualities: "an open-minded attitude to different disciplines and cultures", "an interest in a broad range of knowledge that transcends disciplines", and "a perspective that relativizes oneself and one's field of specialty".
Global Liberal Arts		Encounters with foreign cultures serve as an opportunity for students to learn to recognize the diversity of values in the world and acquire knowledge of contemporary international relations and culture. Through these experiences, students build a foundation to grow into individuals who can play an active role in international society, with cultural and social tolerance and the ability to develop their own arguments.
Contemporary Liberal Arts		Recognizing the issues facing modern society, students develop interdisciplinary and comprehensive skills to analyze them. They also develop skills to understand the relationship between their field of study and other fields, so that they can recognize the role that specialized knowledge plays in society. They also acquire a perspective that relativizes their own specialized field. (Note 1)
Problem / Project Based Learning Seminar		In the 3rd and 4th years of their undergraduate program, after deciding what major they will pursue, students in different fields and academic years form interdisciplinary teams and share self-led experiences. They think and work together to identify and solve problems. By taking part in these activities, students acquire leadership and teamwork skills, openness toward different fields of study, and the ability to solve problems by cooperating with diverse people.
Basic Courses for Specialized Fields		In these courses, students acquire the most basic knowledge and skills that will serve as a foundation to study specialized fields.
Basic Courses in Humanities and Social Sciences		Students develop the foundation needed to study specialized fields in the humanities and social sciences by learning basic knowledge and skills.
Basic Courses in Natural Sciences		Students develop the foundation needed to study specialized fields in the natural sciences by learning basic knowledge and skills.

Note 1 Courses are divided into three sub-categories: Humanities and Social Sciences, Natural Sciences, and Interdisciplinary/Integrated Arts and Sciences. Students can specify which courses they should take according to their department. Some courses (including some undergraduate specialized courses that were previously designated as "open courses") are to be taken in the 3rd and 4th years of undergraduate school, after achieving a prerequisite level of specialized study.