Notice of the Training Room Usage Seminar

The various types of equipment in the gymnasium's training room must be used in the correct manner, otherwise they will not only be counterproductive for improving physical fitness but may also cause serious injuries. Therefore, those who wish to use the training room must attend the training room usage seminar as follows.

1 Date and Time
Thursday, October 15th, 2026, 3:00 p.m. to 4:00 p.m.
Monday, October 19th, 2026, 3:00 p.m. to 4:00 p.m.

2 Place
Minami-Osawa Campus Gymnasium Training Room

3 Who can apply
Students who wish to use the training room.
Those who have attended the seminar in the past may use the training room without taking this seminar.

4 Lecturer
Kazunobu Fukuhara
Assistant Professor, Department of Health Promotion Science

5 Content of the Seminar
(1) Basic knowledge of training
(2) How to use the equipment and tips for use
(3) How to use the training room

6 How to apply
Please sign up through Kibaco.
※Application will stop when it reaches 30 participants.

7 Application Acceptance period
From Tuesday, September 1st to Wednesday, September 30th, 2026, 5:00 p.m.

8 Other Notifications
(1) A user card will be issued to those who attend the class.
(2) All applicants are required to attend the class, and those who arrive more than 15 minutes late will not be permitted to participate.
(3) Participants are required to bring their own shoes and wear appropriate training attire. If you forget your shoes, you will not be allowed to participate.

Student Affairs Division