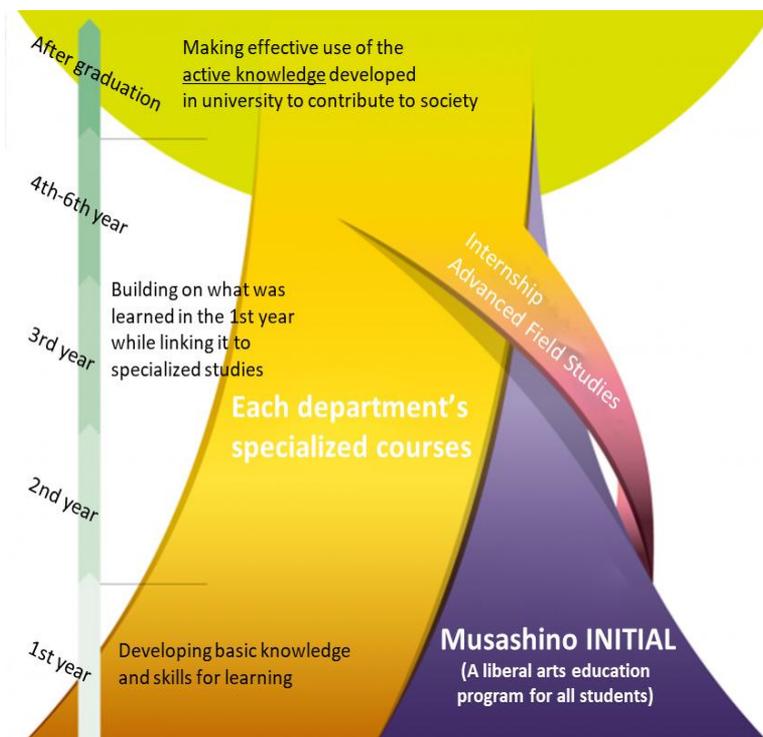## What is Musashino INITIAL?

Activate Your Knowledge

In Musashino INITIAL, students will experience the vastness of learning, their powerlessness, and the dynamic expansion of knowledge, as well as the difficulty of delving into questions and expressing them in words. This will lead to productive learning and "active knowledge."

Programs that lead to "active knowledge" by connecting with specialized studies

In the first year of study, all students at Musashino University take Musashino INITIAL, a university-wide common foundation program for all students. This program is designed to prepare students for the future in 2050, when they will be active as the core of society, and to help them become crucial human resources who can take charge of and solve the world's problems. Once you enter society, you will face a variety of issues in your society. You are expected to find clues on your own, ask "why?", collect and analyze information, and propose (give form to) the answer that best suits you. In order to take these actions independently, it is necessary to "broaden your perspective" to become aware of problems, "acquire the skills" to collect and analyze information, and "take action" to give shape to the answers. Integrating the study into the department's specialized courses will result in "active knowledge" that will give you the power to play an active role in society.

Please note that most courses in Musashino INITIAL are conducted in Japanese, so ensure that you check the syllabus for the detailed information of each course.

Overview of Musashino INITIAL Subjects

Mind and Body	Buddhist Studies	To study the university's founding spirit, to acquire high ethical standards and compassion, and to consider your own way of life
	Health and Physical Education *	To learn the methods and significance of correct physical movements through practical skills, and to introduce "body knowledge" for the lifelong promotion of physical and mental health
Deepen your learning/ Build up your strength	Academic Skills	To learn the manners and skills you should acquire as a university student when writing academic reports and essays
	Informatics	To acquire the ability to incorporate and utilize AI (Artificial Intelligence) and the latest tools on your own
	Japanese and Japanese Culture *	To acquire the ability to write Japanese sentences that convey what you want to say without causing misunderstanding, and learn ethical attitudes and manners in writing.
		To learn basic knowledge about Japanese society and culture in anticipation of living in Japan for an extended period of time.
	Foreign Languages *	English (required), Chinese, Korean, Spanish, French, and German (elective) are offered. They will open your eyes to the world

Deepen your questions/ Communicate your thoughts	Creating Happiness Program（CHP）	To learn the principles of the SDGs and acquire a proactive learning attitude and practical skills with an awareness of their own problems
	Field Studies *	To see and experience society, feel the usefulness of your own specialized studies, and use this as an opportunity to make career choices for the future.
	Advanced Field Studies *	To experience real-world problems and provide solutions to realize the principles of the SDGs
	Musashino Liberal Arts Courses	To acquire a broad intellectual perspective appropriate for university study through exposure to new research being conducted in various fields, including the humanities, arts, social sciences, and natural sciences
	Internships *	To provide students with an opportunity to think about their own careers and post-graduation paths through work experience

* The School of Distance Learning Faculty of International Data Science does not offer courses in the following groups; "Health and Physical Education" "Japanese Culture" "Field Studies" "Advanced Field Studies" "Internships". Furthermore, within the category of "Foreign languages", only English is available.

（1）Buddhist Studies（*KENGAKU*）

In the *KENKAKU* course, students study the founding spirit of the university, acquire a high sense of ethics and compassion, and reflect on their own way of life. The main focus of the *KENGAKU* courses is the study of Buddhism, and both courses emphasize the dual approach of "study (scholarship)" and "action (practice). In addition, students will not only study Buddhism as a doctrine or culture, but will also be constantly aware of how Buddhist knowledge can be used to solve various problems facing modern society. We believe that this is the reason why our founder, Dr. Junjiro Takakusu, placed the spirit of Buddhism in the educational philosophy of our university, which is in line with his deepest intentions.

Introduction to Buddhism	Students will study the life and thoughts of the founder of our university, Junjiro Takakusu, as well as the life and basic doctrines of Buddha on which the founding spirit of our university is based.
Studies on Buddhism	Based on the life of Buddha and the basic doctrines of Buddhism, which were studied in the "Introduction to Buddhism," students will deepen their study from the viewpoint of whether Buddhism can contribute to solving various problems facing modern society.
Buddhist Well-being *	Musashino University's brand statement is "Creating Peace and Happiness for the World." The students will learn about "happiness," the central concept of Musashino University's brand statement, from the perspective of Buddhism, the founding spirit of our university, as well as various concepts related to happiness. The course will also consider what students can do to "create happiness for the world".
Buddhism (As Awareness of Myself) *	Through the acquisition of basic knowledge of Buddhism, we aim to find clues to reflect on the self by considering "how the self should be," and to think deeply about human beings from a comprehensive perspective while exploring the nature of the human mind.
The Principle of Living Together (Dependent-Arising Theory of Buddhism) *	We will study the wisdom of Buddhism and Indian thought on how to harmonize diverse and conflicting elements while respecting their individual diversity, and how to bring them together as "one." The course will consider the ideal state of the individual in the modern age and the connection between the individual and society from the perspective of " The Principle of Living Together (Dependent-Arising Theory of Buddhism)" based on Buddhism.
Modern Society and Buddhism *	Students will learn about the contemporary significance of Buddhism and how Buddhist thought, culture, tradition, etc. can provide a perspective on the problems of modern society. Students will be encouraged to take a proactive approach to the problems of contemporary society and to consider the potential of Buddhism to contribute to their solution.
Buddhism Camphor *	In this course, students will learn how Buddhism (especially Japanese Buddhism), the founding spirit of our university, has spread throughout the world and how it is viewed by the world from various perspectives. In addition, students will consider the significance and potential of Buddhism from a global perspective.
Comprehensive Buddhism *	After the death of Shakyamuni Buddha, the founder of Buddhism, Buddhism spread throughout the world, and the course of study will be expanded to include the teachings of the Jodo Shinshu sect, which is closely related to our university, to consider Buddhism (way of life) from a comprehensive perspective.

"Buddhist Studies/Practice Submajor Program"*

In this course, students will study Buddhism, which is the foundation of the founding spirit, from the two approaches of "*Gaku* (study)" and "*Gyo* (practice)," which are considered to be two sides of Buddhist learning.

The distinctive feature of this course is the pursuit, through the study of Buddhism, of the possibility that Buddhist perspectives and traditions can play a single effective role in resolving the various issues facing contemporary society. The establishment of this course was prompted by the fact that the Buddhist way of looking at things is attracting the attention of thinkers, businessmen, and activists around the world today. The course is open to students from all departments except the Department of Well-Being, which has a large overlap of specialties. A "Course Completion Certificate" will be issued to students who have completed the designated courses (at least 12 credits in total) upon graduation from the university.

* The School of Distance Learning Faculty of International Data Science does not offer a submajor program. Furthermore, the following courses are not available.

Buddhist Well-being/ Buddhism (As Awareness of Myself)/ The Principle of Living Together (Dependent-Arising Theory of Buddhism)/

Modern Society and Buddhism/ Buddhism Camphor/ Comprehensive Buddhism

（2）Health and Physical Education

(Elective for first-year students in all faculties)
"Sports and Science of Physical Conditioning"   *** Not offered**

The "Sports and Science of Physical Conditioning" course offers Oriental Conditioning (*Zazen*/Yoga) and Muscle Training" and *Aikido*, as well as a variety of sports. Through physical activities, students will learn deep breathing, mental concentration, and relaxation, and they will train in mental and psychological aspects such as mental richness, perseverance, tolerance, and cooperation. They will also increase muscle strength and health through weight training.

*In half of the classes, all students take *zazen*, yoga, and muscle training. The other half of the class consists of one of the 6 elective courses (muscle training, basketball, volleyball, tennis, *aikido*, and field sports).

［*Zazen*］
Students will practice posture, eye and mouth conditions, how to fold their hands, and where to place their awareness and learn the fundamentals of zazen: *choshin* (body), *chosoku* (breath), and *choshin* (mind).

［**Yoga**］
The course will focus on the principles of breathing, the function of the sense of sight, and the role of the somatic senses (deep sensation and touch), and will help students to face their own bodies through the input, integration, and output of the senses, to enhance "awareness," and to acquire postural and mental stability through theory and practice.

［**Muscle Training**］
Muscle strengthening and cardiopulmonary function improvement are practiced, using conditioning machines (approximately 50 machines) to strengthen the structures and tissues that are the source of posture and body movement.

［*Aikido*］
Students will learn how to use their bodies rationally based on deep breathing and relaxation. Through mastery of techniques, students learn to unify body and mind and respect self and others.

［**Sports**］
Students will learn to uplift various mental effects from physical activity as well as knowledge and overview of sports science.

（3）Informatics

All students, regardless of their background, will learn the fundamentals of AI application as a required course. In addition, students can elect to take the "AI Submajor Program" as a sub-major (minor). This course is designed to nurture human resources who can integrate their main major and AI.

Unlike learning that focuses on how to use specific software, students learn tips on how to use new tools that emerge one after another, basic programming skills to be able to create the tools they want by themselves, and knowledge to protect themselves in the Internet society. In addition, with the increasing use of AI (Artificial Intelligence) in many fields in the future, it will be important to understand the relationship between AI and the specialized fields you study. Musashino University offers a course on the fundamentals of AI compulsory for all students, and we encourage you to think about how AI can be used in the fields in which you will be active in the future. These studies will be a powerful weapon for you no matter what field you enter in the future.

(Compulsory for first-year students in all faculties)
"Introduction to Data Science" and "Introduction to Artificial Intelligence"
Learn "Mathematical, Data Science, and AI" Skills Essential for Current and Future College Students

The course corresponds to the newly proposed model curriculum in the fields of mathematics, data science, and AI. In the Introduction to Data Science, students learn the basic knowledge and skills to not only collect but also utilize the data that practically abounds in society. In the Introduction to Artificial Intelligence, students practically learn the basic knowledge and skills necessary to utilize AI, such as its structure, social significance, and future possibilities.

(First-year elective*)
"Introduction to Information Technique"   *** Not offered**

Improve your ability to make proposals through logical thinking and design thinking

Students learn how to analyze vast amounts of data from multiple perspectives, logically communicate planning ideas assembled from this analysis, and link them to realization. Students will practically learn the basics through exercises using real annual sales data from actual stores.
 *Compulsory first-year course only for the Faculty of Entrepreneurship

(First-year elective*)
"Introduction to Programming"   *** Not offered**

Acquire the ability to create your own tools that you want to use

Students learn how to think, and use techniques and tools to produce their software for their purposes. This will be an exciting class for liberal arts students because they can learn from hands-on experience.
*Compulsory first-year course only for the Faculty of Entrepreneurship

"AI Submajor Program"

For all undergraduate students (excluding those in the Faculty of Data Science) who wish to become experts in practical problem-solving in the real world by utilizing specialized tools in data science and machine learning, students who have completed the designated courses (12 credits in total) will be certified for course completion.

A "Course Completion Certificate" will be issued to students who have earned the 12 credits stipulated in the AI Submajor Program.

AI Submajor Program

* The School of Distance Learning Faculty of International Data Science does not offer a submajor program. Furthermore, the following courses are not available.

Introduction to Information Technique/ Introduction to Programming

（4）Creating Happiness Program（CHP）

The SDGs, which stands for Sustainable Development Goals, were adopted at the United Nations Summit in September 2015, and are a set of goals common to the international community that the 193 member countries of the United Nations have set forth to achieve over the 15-year period from 2016 to 2030 in order to create a sustainable society. The basic principle of the SDGs, "leave no one behind," is shared by the founding spirit of Musashino University. Therefore, the SDGs-based class "CHP" is designed to help each student develop an awareness of the issues and an attitude of independent learning and practice.

Introduction to SDGs	Students will ask the question what happiness for the world is as well as acquire basic learning skills such as group work and team building.
Studies on SDGs 1, 2, 3	The class will delve into each of the 17 goals (169 targets) of the SDGs. Students will become aware of global issues, consider their relationship with the world, and develop an awareness of their issues.
Special Studies on SDGs	To "create peace and happiness for the world", students will learn various academic perspectives and ideas, as well as participate in practical training, discussions, and group work to deepen their understanding and consideration of happiness, Students will also deepen their understanding and reflection on "Happiness" through practical training, discussion, and group work.

（5）Field Studies

Field Studies *** Not offered**

Students choose from more than 70 programs in Japan and overseas and learn practically outside the university. Musashino University offers unique learning opportunities, such as spending a month planning a project to revitalize a local community or gaining work experience in a unique municipality.

Advanced Field Studies *** Not offered**

A wide variety of programs are available, including programs for industry-academia-government-academia collaboration in cooperation with companies, local governments, and organizations, as well as programs to deepen understanding of learning through visits to domestic and overseas study-related facilities. There are two types of programs: a cross-departmental type that is not restricted by departmental specialty, and a department-specific type that enhances expertise by practically demonstrating acquired specialized learning outside of the university. Both types of programs are off-campus courses designed to foster Happiness Creators who can provide solutions to social issues and give shape to happiness in the world by clearly understanding the connection between the specialized education they receive in their senior year and society in order to realize the SDGs indicators.