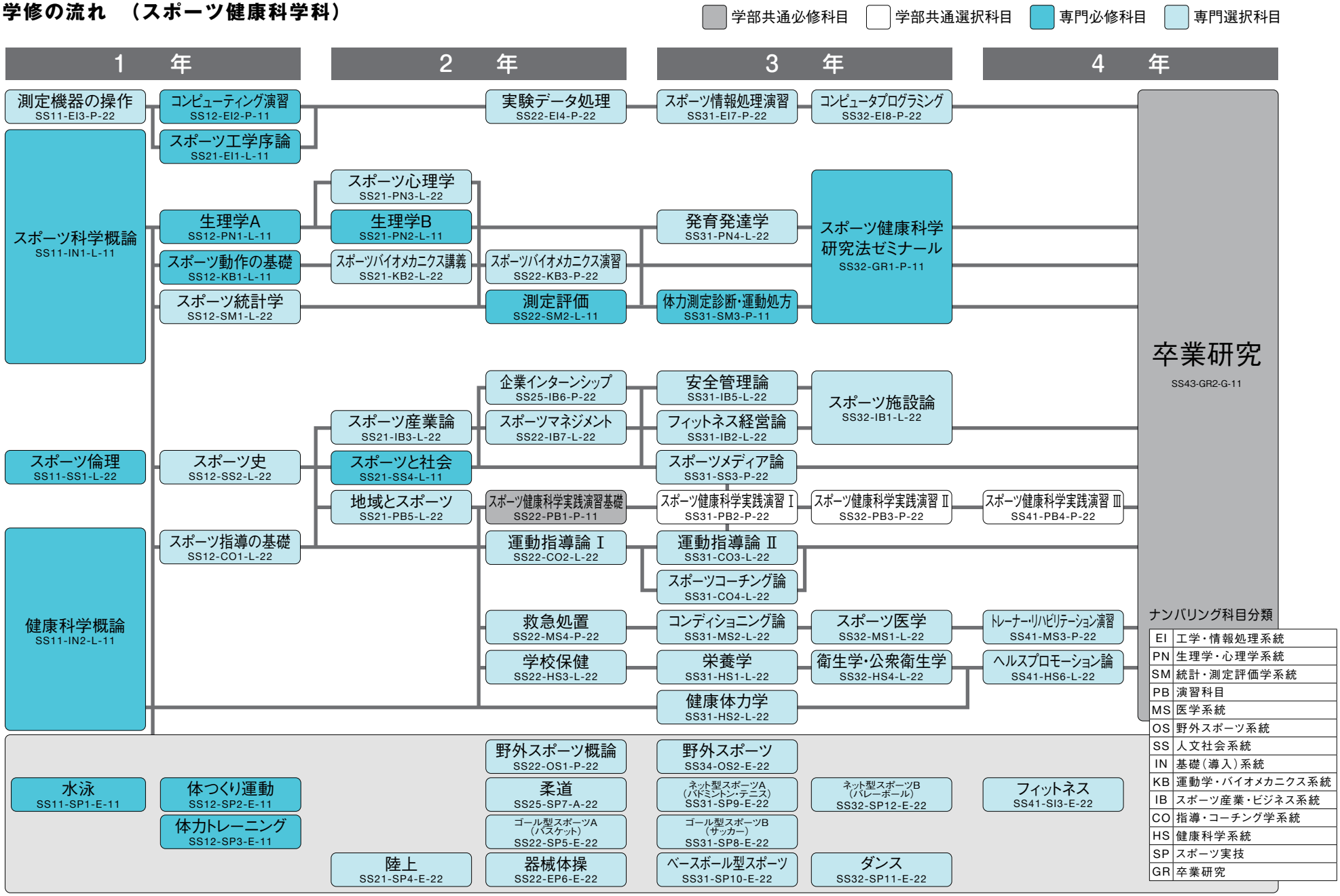学修の流れ　（スポーツ健康科学科）