



Committee for Creation of
Institute Brochure in English

Faculty of
Health and Sport Sciences
University of Tsukuba



Faculty of Health and Sport Sciences 2019

The Mission: Faculty of Health and Sport Sciences, University of Tsukuba: Our Contribution to Society

As members of the Faculty of Health and Sport Sciences of the University of Tsukuba, we will contribute in the following ways towards helping to solve the global issues of the 21st century and help to promote human happiness, by actively contributing to the fields of physical education, sport, and health.

1. Education

Develop leaders capable of solving issues at point of need

We will foster leaders who can solve problems at various sites where physical education, sport, health, and other activities take place. This will be undertaken within an educational system that includes undergraduate and Master's Programs in cooperation, with a current education for adults program, through practical education such as problem-solving, learning and internship.

Leadership in doctoral studies in the field of physical education, sport and health

We will be the forefront in Japan's doctoral studies in the field of physical education, sport and health by working to develop researchers and highly specialized professionals with extensive expertise and interdisciplinary abilities with a global perspective.

Development of human resources through the contribution of sport and physical education

The frequent practice of sport and physical education fosters a healthy body, mind, and strong spirit. It contributes to a "globally oriented human resources endowed with intelligence, human nature, and robustness that are applicable to the world stage" as cited in the Tsukuba Standards.

2. Research

Internationally convey research findings on Japan's unique physical culture, martial arts, and sport

In light of the humanities and social research regarding the values and ethics of sport, we will undertake research on the characteristics of Japan's unique physical culture, martial arts, and sport, and encourage global dissemination of our research findings.

Promote practical research in a wide range of fields which contributes to further education

Based on fundamental research and theoretical study of physical education, sport, and health, we will promote practical research in a wide range of fields contributing to further education.

Interdisciplinary research based on cutting-edge health and sport sciences

We will promote research on cutting-edge health and sport sciences as an interdisciplinary study in order to contribute to the national policy on "promoting the health and physical fitness of the Japanese people."

3. Competitive Sport

A high-performance reinforcement base with research, practice, and education as the three pillars

Research on improving competitive sport performance and instruction based on the research results, and coaching education—with these three elements functioning as one, the high-performance reinforcement base will contribute to improving Japan's competitiveness in the sport events.

4. Social Contribution

Regional health promotion system for solving national health issues

In addition to providing people of the world with advanced health support measures that make use of the research results in sports medicine, we will create a health promotion system in collaboration with medical institutions and the local community.

Comprehensively promote "Knowledge" and "Technique" to society

While making active social contributions from an academic perspective to scientific societies, we will also promote comprehensive research results on physical education, sport, and health science to the local community; thereby supporting education according to life stages, lifelong sport, and improvement in competitive performance.

Strengthen our function as a hub for industry, government, and academic collaboration

For the above nine goals, the Faculty of Health and Sport Sciences, University of Tsukuba will become a hub for forming industry, government, and academic collaboration, and continuously present innovative ideas to achieve more productive results.

The Faculty of Health and Sport Sciences seeks to contribute to the development of scientific culture through comprehensive promotion of basic and applied research in a wide range of academic fields from the natural sciences to the humanities and social sciences as they concern physical education and sport movements while monitoring results in other fields. The Faculty also seeks to respond to modern social demands. The University of Tsukuba has offered Olympic studies classes as an academic course since 2003. Instructors include not only university faculty members, but also an IOC vice president, a JOC president, an IOC Sport and Environment Commission member, a sport photographer, NHK personnel, and Olympians who were invited to give lectures from their unique perspectives on the cultural diversity of the Olympics and future issues concerning the Olympic movement. The total number of persons who have taken Olympic studies classes over the past three years exceeds 1,000. Dr. Jacques Rogge, IOC former president and a promoter of the Olympic movement, recognized University of Tsukuba as an extremely enthusiastic site for research on and promotion of the Olympic movement. In an "Olympic no Boukyo" (Olympic Studies) class held in 2003, he conveyed this message to the students and later continued to support the class. In recognition of his contributions, the University of Tsukuba presented Mr. Rogge with an honorary doctorate in October 2006. In 2016, the same honor was conferred on Thomas Bach, the current president of the IOC.

In 2002, The Promotion of Health and Sport Scientific Research program was selected as a Twenty-First Century Center of Excellence (COE) Program on a joint application by the Physical Education Science Department and the Sports Medicine Department. The Centre for Olympic Research and Education was established in 2010 approved by IOC. This five-year program focuses on three research projects (1) development of sports and activity programs that invigorate lifestyles of young children to seniors based on their physical capabilities and characteristics; (2) development of programs to enhance human health and sports medicine research in order to establish tailor-made activity-based treatments; and (3) creation of training methods to enhance the competitive abilities of leading athletes and development of athletic rehabilitation. Through these activities, the program seeks to create a global research center that can address both basic and applied issues.



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University Information <http://www.tsukuba.ac.jp>

/ HISTORY

The University of Tsukuba was established in October, 1973, when the Tokyo University of Education, its predecessor, was relocated. With the good tradition and characteristics of the predecessor, the creation of University of Tsukuba brought about the first major university reform in Japan to meet a demand from inside and outside the universities.

Since its foundation, the principles of the University of Tsukuba, namely "New Systems for Education and Research," "New University Government," and "Open University," have attracted attention from various people, and have played a leading role in university reforms.

/ EDUCATIONAL SYSTEM

// Undergraduate Courses

The University of Tsukuba further developed its unique features and reformed its undergraduate school system to achieve a better quality of education. The University has 7 composite schools; the School of Humanities and Culture, School of Social and International Studies, School of Human Sciences, School of Life and Environmental Sciences, School of Sciences and Engineering, School of Informatics, and School of Medicine and Medical Sciences, each of which include colleges of similar disciplines. In addition to these composite schools the School of Physical Education, Health and Sport Sciences and the School of Art and Design in which students are required to acquire special abilities and qualifications, exist independently.

// Graduate Courses

The University of Tsukuba offers both master's and doctoral degree programs for education and research guidance.

The two-year master's degree programs aim at producing professionals with academic and technical expertise and offer re-education opportunities for the general public. They are not divided into the usual specialized fields and adopt an interdisciplinary education system.

The doctoral degree programs train students to become independent researchers capable of conducting original research with the aim of training highly- specialized professionals. In addition, there are evening graduate courses for working professionals in Otsuka, Tokyo: Counseling and Rehabilitation Science course and Sports and Health Promotion course and Doctoral Program (for the last three years) in Business Sciences Studies.

/ RESEARCH SYSTEM

Other than its educational organizations, the University of Tsukuba has also established research institutes, special project research groups and research centers. The research institutes have been established according to fields of research. This grouping is not based on special fields of a narrow spectrum, but on intimately related areas where communication is possible on the specialist level. Faculty members belong to one of these institutes where they conduct individual studies in accordance with their specialties, and teach in the undergraduate and graduate schools.

// AREA, STAFF and STUDENTS

Campus Area	2,465,247m ² , 4 km North to South, 1 km West to East.	
Staff	President 1, Vice Presidents 9	
	Professors 642, Associate Professors 557	
	Assistant Professors 284	
	Research Associates 304, Others and Administrative staff	
Students	Total (Male / Female)	
	Undergraduates	9778 (5948 / 3830)
	Graduates	6632 (4364 / 2268)

-As of May 1, 2013-



School of Physical Education, Health and Sport Sciences and Faculty of Health and Sport Sciences

/ HISTORY

Both the School of Physical Education, Health and Sport Sciences and the Faculty of Health and Sport Sciences at the University of Tsukuba originate from the National School of Gymnastics founded in 1878, which is the oldest institute in Japan for gymnastics and physical education. The institute was combined with Tokyo Normal School in 1885. In 1902, Normal School was reorganized as the Tokyo Higher Normal School and faculty of Physical Education was instituted in 1915. In 1924, the National Institute of Health and Physical Education was founded in Tokyo and in 1941 it was reorganized as the Tokyo College of Physical Education. After World War II, the Faculty of Health and Physical Education was established within the Tokyo University of Education in 1949.

This was the result of the amalgamation of the Tokyo Higher Normal School, the Tokyo University of Literature and Science, the Tokyo College of Physical Education and the Tokyo College of Agricultural Education. In 1960, the Institute of Sport Sciences was created as an addition to the Faculty. With the establishment of the University of Tsukuba in 1973, a new system of health, physical education and sport sciences was developed on the base consolidated by the reorganization of the former Faculty and the Institute, as well as by the recruitment of new faculty staff members.

/ RESEARCH SYSTEM

Health and Sport Sciences consists of three fields; Physical Education and Sport Studies, Health and Human Performance Studies, and Coaching Studies. Physical Education and Sport Studies includes fields such as sport culture, sport management and politics, and sport pedagogy and psychology.

Health and Human Performance Studies contains fields such as fundamental and practical researches on exercise and sport and health promotion. Coaching Studies contains fundamental methodology of sports as well as methodology of specific sports including outdoor education and dance. Research in all areas covers a wide range of topics including fundamental as well as practical research.

The Faculty of Health and Sport Sciences has more than 100 full-time research staff members consisting of professors, associate professors and assistant professors as well as contracted research associates and assistants. The Faculty also accepts foreign teachers and researchers. The staff are responsible for teaching undergraduate and graduate students, and also for carrying out various research projects. These projects are conducted in conjunction with researchers from inside and outside the institute. This puts the institute at the center of the development of physical education, health and sport sciences in Japan.

Advanced Research Initiative for Human High Performance was established in July, 2015

The Faculty of Health and Sport Sciences also publishes two research journals every year, Bulletin of Faculty of Health and Sport Sciences and Bulletin of Sport and Physical Education Center of University of Tsukuba.



写真：森田直樹/アフロスポーツ



/ ANNUAL PUBLICATIONS

Bulletin of Faculty of Health and Sport Sciences, University of Tsukuba(since 1978)
 Bulletin of Sport and Physical Education Center, University of Tsukuba(since 1979)
 Bulletin of Sport Methodology, University of Tsukuba(since 1984 to 1999)



Professor Sawao KATO



7 gold medals which Professor Sawao KATO won at the Olympic Games (Mexico 1968 and Munich 1972 Olympic)

Professor Sawao KATO has been commended to“THE ATHLETES OF THE CENTURY”.
 This commendation ceremony was held in Budapest / Hungary on June 26, 1999 as part of the 75th anniversary of A.I.P.S. (International Sport Journalist Association).



Principal of Tokyo Higher Normal School
 Kano Jigoro(1860-1938)

Research System

Faculty of Health and Sport Sciences

Physical Education and Sport Studies

Health and Human Performance Studies

Coaching Studies

Advanced Research Initiative for Human High Performance

Human Energy and Health Section

Competitive Sports Section

Education System

Undergraduate Course
 School of Physical Education, Health and Sport Sciences

Graduate School of Comprehensive Human Science

Master’s Program in Physical Education, Health and Sport Sciences

- Health and Sport Sciences
- Sport and Health Promotion
- International Development and Peace through Sport

Doctoral Programs

- Physical Education, Health and Sport Sciences
- Coaching Science
- Sports Medicine
- Human Care Sciences
- Advanced Physical Education and Sports for Higher Education

Sports and Physical Education Center

Education System

/ Undergraduate Program(four years)

School of Physical Education, Health and Sport Sciences seeks to educate students to be professional leaders with basic and comprehensive knowledge and practical skills in health and physical education.

// First and Second Year (Freshman and Sophomore)

Students are required to experience various sports and to learn basic theories and practices.

Students undergo training concerning analysis of their own issues regarding athletics practices based on scientific data. Students use their academic results to design their own study plans and training regimens and create programs and take measures to resolve their own issues.

// Third and Fourth Years (Junior and Senior)

Students choose an area of study for the completion of their graduation theses.

A. Physical Education and Sport Studies

Students study physical education and sports mainly by using cultural and social science approaches. The scope of the Physical Education and Sport Studies includes philosophy of PE and sport, history of PE and sport, budo, sociology of sport, management of PE and sport, psychology of PE, sport pedagogy, and adapted PE.

B. Health and Human Performance Studies

Students study sports and exercises mainly by using natural science approaches. The scope of the Health and Human Performance Studies includes applied anatomy, human physiology, exercise physiology, sport nutrition, biomechanics, human performance, test and measurement, sports medicine, environmental health, and health education.

C. Coaching Studies

Students study various approaches for investigating sports, characteristics of each sport, and practice and instruction methods in details. The scope of the Coaching Studies includes theory of coaching, movement theory of sport, general gymnastics, athletic gymnastics, track and field, swimming, dance, outdoor education, basketball, volleyball, handball, soccer, rugby, racket-bat sports (baseball, table tennis, badminton, and tennis), judo, kendo, and kyudo.

/ Master's Program (2 years)

The Master's Program in Physical Education, Health and Sport Sciences aims to train specialized professionals with the ability to solve various sports, physical education, and health problems in light of developments in science and technology. The program offers the following courses and research fields. Courses include Sport Culture, Management and Politics, Health and Sport Education, Health and Fitness, Athletic Conditioning, and Sport Coaching.

Research fields include Philosophy of PE and Sport, History of PE and Sport Anthropology, Sport Sociology, Theory of Budo, Management of PE and Sport, Sport Policy, Sport Industry, Sport Pedagogy, Theory of Adapted PE and Sports, Sport Psychology, Health Education, Environmental Health, Sport Physiology, Sport Biochemistry, Sport Nutrition, Physical Fitness, Health and Fitness for Active Living, Measurement and Evaluation of Sport, Sport Medicine for Wellness, Sport Medicine for Motor System, Sport Biomechanics, Applied Anatomy, General Theory of Coaching

and Training, Theory of Movement, Coaching in Gymnastics, Coaching in Sports Gymnastics, Coaching in Track & Field, Coaching in Swimming, Coaching in Volleyball, Coaching in Basketball, Coaching in Handball, Coaching in Soccer, Coaching in Football, Coaching in Rugby, Coaching in Racket and Bat Sports, Coaching in Judo, Coaching in Kendo, Coaching in Kyudo, Outdoor Pursuits and Education, and Coaching in Dance Studies.

The Master's Program in Sport and Health Promotion aims to cultivate experts who can promote sport and health in a community or organization, with the basic philosophy multiplier effects concerning sport and health.

This program consists of two courses and each course contains two fields. The Sport Promotion course contains two fields: Sport Promotion and Sport Management. Sport Promotion considers the philosophy, goals, content, issues and process of sport promotion. Sport Management considers the management of sports organizations, sport clubs and top sport. The Health Promotion course has two fields: Health Promotion and Health Management. Health Promotion considers policy issues, and the design of social planning and community systems for health. Health Management considers stress management as a health behavior, and determines the development of methods and systemization of health counseling and mental health that is adaptable to various life styles and life stages.

The Master's program in Education has two majors: School Leadership and Secondary Education. The Secondary Education major includes the Health and Physical Education course. In this course, theoretical and practical solutions are offered for training prospective HPE teachers so they may play leading roles in secondary education.

/ Master's Programme in Sport and Olympic Studies

An international centre of excellence was established to develop future global sport professionals for the Tokyo Olympic and Paralympic Games in 2020 and the world of sport. This programme is a part of the "Sport for Tomorrow" project funded by the Japanese government. It accepts 15 overseas students on full scholarships and 5 Japanese students who are expected to become leaders in the international sporting world.

Participants are taught comprehensive knowledge and management skills in English. Five fields are developed over the course of study: Olympic and Paralympic Education; Sport Management; Sport Science and Medicine; Sport for Development and Peace; Teaching, Coaching and Japanese Culture.

The aim of this programme is to develop the next generation of leaders in the sporting world including:

- Persons with high managerial and leadership skills who are creative and innovative and able to act on the international sporting stage (IOC, IPC, IFs, WADA, UN, UNOSDP, International NGOs etc).
- Professionals with practical skills who are able to apply their academic knowledge in a professional environment. The Olympic and Paralympic Education we teach is based on the philosophy of Jigoro KANO and preeminent sport scholars, in cooperation with NOC, NPC, NFs, ADA, OCOG.
- Leaders who can disperse and promote Japanese culture during the Tokyo Olympic and Paralympic Games in 2020.

More details available at: <http://tias.tsukuba.ac.jp/>

/ Joint Master's Program in International Development and Peace through Sport

This program aims to educate students who will contribute to solving social issues through sport as a tool for development and peace. The University of Tsukuba and the National Institute of Fitness and Sports in Kanoya are collaborating with the Japan Sport Council to provide an innovative academic program in English, which allows students to develop practical competence in international development and peace through sport.

Students focus on five fields: International development and peace; Education and youth development; Gender, race and ethnicity; Health and environment; Aged and adapted sport. The main focus is on fostering graduates who can:

- Assume responsibility for international development and peace through sport in Japan and overseas.
- Work actively within international organizations with specialised knowledge of the Olympic and Paralympic movement, promote international peace, friendship and the education of young people, and understand the historical development of the SFD movement.
- Understand the various systems and practical implementation of physical education in Japan, and provide support to foreign nations.
- Individual programs are adapted to the strengths and concerns of each student, with specially prescribed curricula, and tailor-made study formats.

See more details at the web site:
<http://tkjids.taiiku.tsukuba.ac.jp/en/>



写真：西村尚己/アフロスポーツ



/ Doctoral Programs

The Doctoral Program in Physical Education, Health and Sport Sciences is designed to further advance the physical, biological, and social studies of physical fitness, sports, and sports culture, based on humanities, social science, and natural science as nurturing students' research skills and opportunities to acquire a wide range of knowledge required for autonomous research activities in health and sports sciences fields. The program includes the following six research fields such as 1) Physical Education and sport culture, 2) Sport management and policy, 3) Physical education and sport education, 4) Exercise life sciences, 5) Health and human performance sciences, 6) Exercise and sport coaching science. Under the newly revised classification of these areas, designed to respond to the rapidly diversifying research fields, specific advanced research programs will be conducted based on unique methods.

The Doctoral Program in Coaching Science was established to cultivate human resources higher than the existing professionals in sports and martial arts. The program aims at training students to become doctors with assured executive ability and advanced research ability. After completion of this program they are expected to work successfully in supervising research and involving in higher education at a physical education or sport-related college. This program consists of General Theories and Separate Theories. The former is subdivided into Principles of Coaching, Theory of Training and Theory of Human Movement. The latter is subdivided into Theory of Individual Sports, Theory of Ball Games and Theory of Budo.

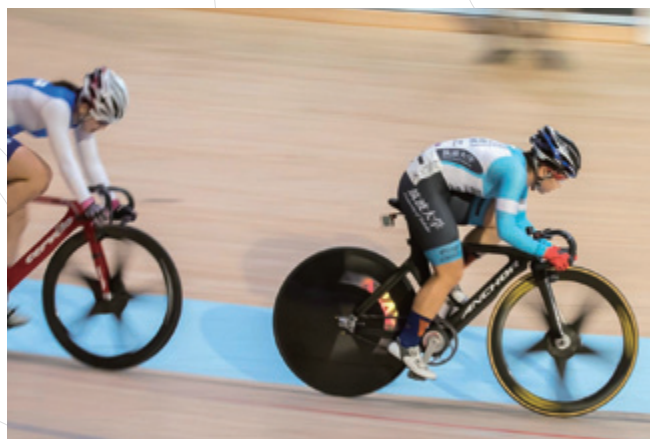
The Doctoral Program in Sports Medicine consists of four study fields (basic sports medicine, sports medicine for respective life stages, sports medicine for high performance, and sports medicine for health and diseases) that are provided in concert by instructors specializing in physical training science, medicine, and psychosomatic medicine. We train high-level professionals, such as sports doctors. For the purpose of achieving better health management, an improvement in sporting conditions, and the prevention of and rehabilitation from sports injuries, doctors engaged in the prevention of lifestyle-related diseases, kinesitherapy, etc., and kinesiologists focusing on preventive medicine.

The Doctoral Program in Human Care Science aims to integrate the theories and methods of such people-helping disciplines as education, welfare, nursing, medicine, and psychology, into human care science. The program consists of education for decency, developmental clinical psychology, clinical psychology, livelihood support science, gerontological nursing and caring, health sociology and stress management, social psychiatry and mental health, medical science and welfare, health services research, as well as health care policy and management.

The Doctoral Program in School Education Sciences aims to prepare students for academic careers with professional skills for conducting research connected with educational activities in schools. The program is designed to meet the need for dealing with complicated and turbulent problems in school education and for conducting practical research in education. The program is divided into School Curriculum and Instruction, and Education in School Subjects. The program of Education in School Subjects consists of Social Studies Education, Language Education, Mathematics Education, Science Education, Physical Education, and School Health.

/ Sports and Physical Education Center

The Center offers such services as organization of classes for required sports and physical education, giving aid to extra curricular sports activities, providing for the community service of physical fitness and sports, administration of sports facilities.



Special Research Facilities

/ Environment Control System

The environment control system consists of a main room and a sub-room; it is a low pressure simulator which can reduce the level of air pressure to a third of the normal air pressure, equivalent to an altitude of approximately 8000m, and controls air temperature ranging from 4 °C to 40°C. A motor-driven treadmill is installed in the main room. Since its establishment in 1978, extensive researches on environment and physical work capacity have been conducted. In addition, the system has been used for the training of athletes' aerobic working capacity at normoxia and hypoxia and Alpinists' acclimatization to high altitude for the prevention of mountain sickness.

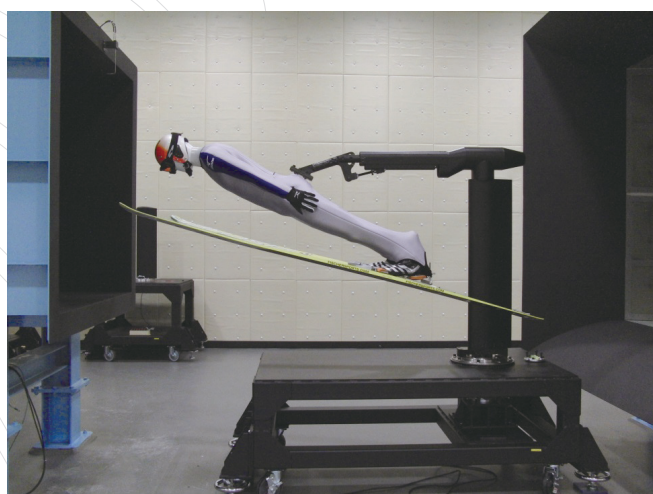
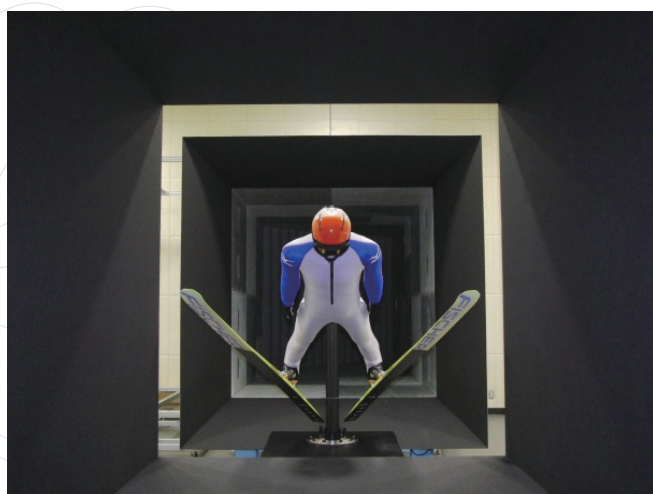
/ Swimming Flume

The swimming flume is a vertical type circulating water channel with an open water-surface as a swimming section. There are observation windows in the front, rear, and bottom. Water flow is generated by an axial impeller. Flow speed is continuously adjustable by an impeller speed controller. Major features of this flume are uniformity of water flow distribution in the swimming section by a surface regulator, and suction of bubbles surrounding the swimmer by a vacuum pump. Studies using the flume have included physiology of swimming involving measurements of maximal oxygen uptake, cardiac output and EMG, biomechanics of swimming analyzing form using the observation windows on the bottom and the side walls, and measurement of drag and lift of swimmers.



/ Wind Tunnel Testing Laboratory

This is a low-velocity and low-turbulent circular tunnel type (Gettlingen type) wind tunnel; the size of measurement section is 1.5 m (height) x 1.5 m (width). As its maximum flow velocity is 55 m/s and turbulence intensity is less than 0.1%, it exerts the world's top level performance as the wind tunnel for sports. It has been used for R&D of many sports products and technologies such as sports balls, ski jumping, competition bicycles and low-air-resistance sports wears. It has also contributed to the Japan Olympic representative. As relevant measurement systems, the facility owns the weighting scale, the force platform, the 3D motion capture system and the PIV measurement system which enable to research sports fluid dynamics and engineering multilaterally.



International Exchange Program

/ Exchange of Teaching Staff and Researchers

Modern higher education has become increasingly international in character. The faculty of Health and Sport Sciences places strong emphasis on the international exchange in order to enhance the quality of research and education related to health and sports. Since 1975 the faculty has invited many scholars and coaches from foreign countries as part-time or full time faculty members. There are various types of exchange programs which are financially supported by the Ministry of Education, Culture, Sports, Science and Technology and other foundations.

// Academic Exchange Agreement and Student Exchange

The faculty has established student exchange and/or academic exchange agreements with

Beijing Normal University(China)
The University of Queensland (Australia)
Seoul National University(Korea)
The University of Otago (New Zealand)
The Universität Leipzig (Germany)
The Eötvös Loránd University (Hungary)
Kyung Hee University (Korea)
The University of São Paulo (Brazil)
National Taiwan Normal University (Taiwan)
Chulalongkorn University (Thailand)
The Ohio State University (USA)
Manav Rachna International University (India)
Kent State University (USA)
The Dharma Gate Buddhist College (Hungary)
The Semmelweis University (Hungary)
Fu Jen Catholic University (Taiwan)
The Loughborough University (UK)
Brock University (Canada)
The Srinakharinwirot University (Thailand)
The University of Münster (Germany)
The University of Freiburg (Germany)
The University of Auckland (New Zealand)
The University of Physical Education(Hungary)
The University of New Mexico(USA)
Université de Franche-Comté(France)
The Russian State University of Physical Education, Sport, Youth and Tourism(Russia)
The TU Dortmund University (Germany)
The Utrecht University (Nederland)
National Taiwan University of Sport(Taiwan)
Victoria University(Australia)
Soochow University(China)
International Academy of Sports Science and Technology (Switzerland)
Japan International Cooperation Agency(Japan)

In addition to the exchange students from our partner universities, we accept many international students from various countries. In the fiscal year 2017, a total of 106 foreign students study in our programs.

/ Extension Program

The University of Tsukuba strives to open the university to society at large through professional in-service and community service programs.

// Professional In-Service Program

A variety of programs are offered to physical education teachers, athletic coaches, school administrators, and community recreation leaders for learning the advanced theory and practice of health, physical education, and recreation throughout the nation. Approximately 250 teachers and leaders participate in 10 programs each year.

// Community Service Programs

The faculty of Health and sport sciences is also very active in offering diverse sporting activities to the local community. A total of 800 people participate each year in such sporting activities as golf, baseball, soccer, rugby, tennis, swimming, volleyball, badminton, Kendo and Kyudo (Japanese archery).

/ Extracurricular Sport Activities

The University of Tsukuba has placed special emphasis on the importance of extra-curricular sporting activities, which aim to enhance the physical, mental, and social well-being of students throughout their university life. A variety of sports and recreational activities are offered to the students through intercollegiate athletics and intramural activities, which are sponsored by the Division of Extracurricular Sport Activities at the Sports and Physical Education Center.

// Intercollegiate Athletics

Students can now choose from among 40 intercollegiate athletic teams and 15 interest groups. Approximately half of the students enroll in one of these teams or groups. The University of Tsukuba has not only become respected across the country for the size of the program, but also for its quality and overall success.

The intercollegiate athletic program makes unique contributions by producing many distinguished athletes at the Olympic Games, World Athletic Championships, and All-Japan Championships.

Such teams as badminton, basketball, gymnastics, Judo, Kendo, Kyudo, soccer, swimming, handball, tennis, track and field, rugby and volleyball usually participate in national tournaments and are regularly ranked in the nation's top five.

// Intramurals

Intramurals offers a broad program of sporting activities both on competitive and an informal basis for men and women. A special event called "Sports Days" is held twice a year. All university classes are suspended for Sports Days in the Spring and Autumn in order to permit all students to participate.

SPEC : Sport Performance and Clinic Lab.

<http://www.taiiku.tsukuba.ac.jp/spec/>
The SPEC is composed of three zones.



/ Experimental Zone

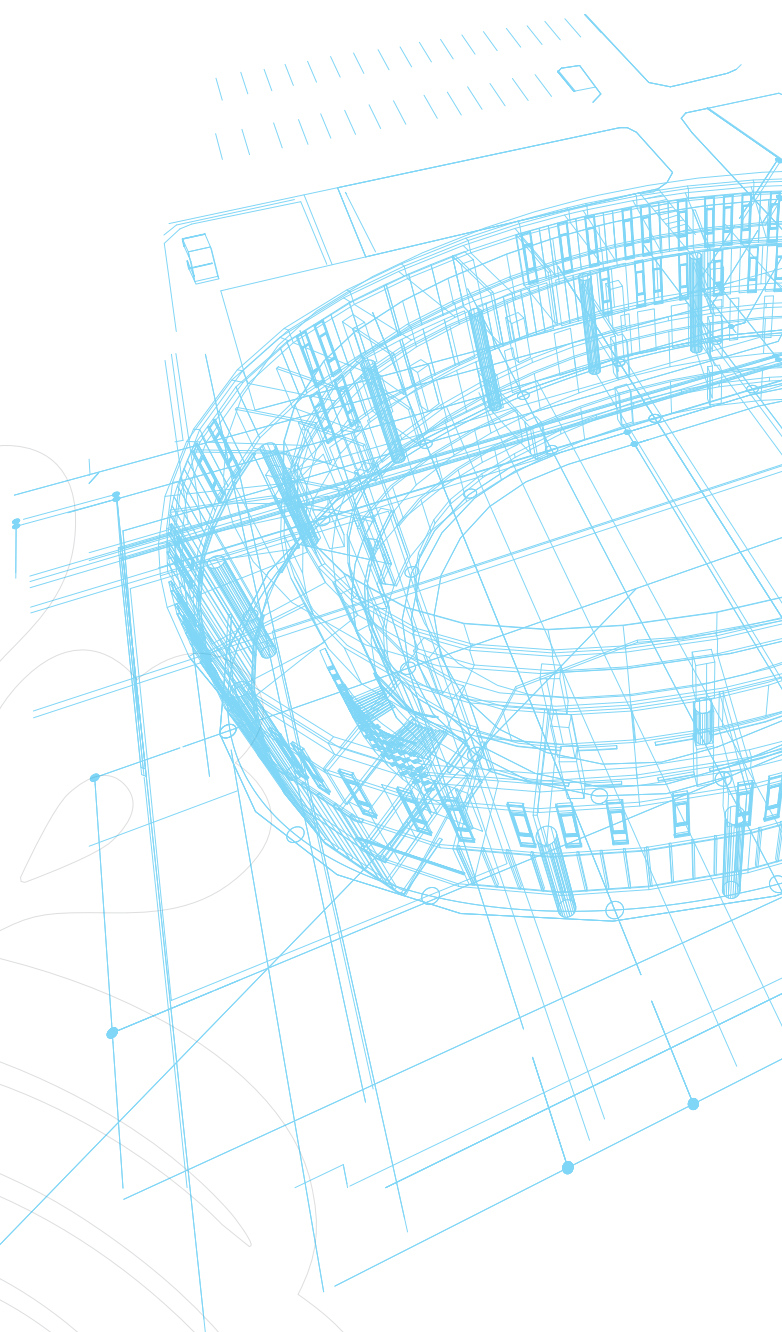
The 1st floor is called the "Experimental Zone", where we investigate performance of athletes from a biomechanical perspective and educate coaches in knowledge and skills of biomechanics and coaching.

The central arena is wide enough to analyze almost any kind of motion of sports biomechanically (with VICON for 3-D motion analysis, force plates for measurement of ground reaction forces, high speed cameras, electromyography, and so on).

In the motion analysis room, we analyze videotaped performance by a high speed camera, and compute a high advanced calculation.

In the image processing room, we edit a videotape to make an imaging document for coaching and teaching.

This zone also has a climbing wall.



/ Counseling and Common Zone

The 3rd floor is called the "Counseling and Common Zone," where we help athletes to cope with mental problem and to improve their performance. Athletes can receive mental training, counseling, sand play therapy, and so on. We foster counselors with knowledge and technique of sport psychology or exercise nutrition. Laboratories for special research projects in the field of sport science are also on this floor.

/ Rehabilitation and Training Zone

The 2nd floor is called the "Rehabilitation and Training Zone", where we support athletes in return-to-sports or improvement of performance. It is important for athletes to make a rapid and safe recovery from injury. Doctors and athletic trainers work in cooperation and support successful rehabilitation.

We also educate student athletic trainer's knowledge and techniques about sport medicine and physiology.



Faculty of Health and Sport Sciences

Research Area / Field	Professor	Associate Professor	Assistant Professor	Junior Assistant Professor
/ Physical Education & Sport Studies				
Philosophy of PE and Sport History of PE and Sports	R.Rakwal H.Sanada	K.Fukasawa A.Lyras	T.Sakamoto T.Yamaguchi C.Lee T.Obayashi X.Tian	R.Shimotake
Sport Sociology	K.Kiku S.Shimizu	J.Ohishi	K.Naruse	
Theory of Martial Sports (Budo) Management of PE and Sport	T.Sakai K.Yanagisawa N.Shimizu			
Administration and Finance of PE and Sport Leisure and Sport Industry	K.Saito	M.Nakazawa H.Saga Y.Takahashi E.Hasegawa A.Miyazaki I.Mitabe		
Sport Pedagogy		M.Saito Y.Sawae		
Special Physical Education	Y.Matsubara		A.Sugiyama	
Psychology of PE and Sport	Y.Sakairi		M.Kokubu	R.Amemiya
Total	10	11	8	2

Research Area / Field	Professor	Associate Professor	Assistant Professor	Junior Assistant Professor
/ Health & Human Performance Studies				
Health Education	Y.Nozu K.Mizukami F.Takeda S.Kuno		C.Kataoka T.Monma	K.Takeda
Environmental Health Sport Physiology	Y.Honda T.Nishiyasu T.Takemasa		N.Fujii	
Sport Biochemistry	H.Soya H.Ohmori M.Yassa		M.Okamoto T.Matsui K.Byun	
Sport Nutrition Sport Biomechanics Applied Anatomy Physical Fitness	N.Fujii T.Kizuka Y.Nabekura	N.Omi S.Koike K.Adachi S.Ono Y.Enomoto T.Okura		
Health and Physical Fitness for Active Living Measurement and Evaluation of Sport Sport Medicine for Wellness	T.Nishijima S.Maeda	K.Watanabe A.Shibata Y.Nakata		
Sport Medicine for Motor System	H.Shiraki	N.Mukai M.Takemura	T.Fukuda	Y.Warashina
Total	16	11	7	2

Research Area / Field	Professor	Associate Professor	Assistant Professor	Junior Assistant Professor
/ Coaching Studies				
General Theory of Coaching and Training	A.Kiuchi	T.Matsumoto T.Kawai S.Tanigawa H.Maemura T.Nakamura		T.Yoshida J.Seino
Theory of Movement	A.Sano		S.Motoya	
Coaching in Gymnastics	K.Hasegawa		T.Saito	A.Horiguchi
Coaching in Sports Gymnastics	Y.Watanabe	M.Kanaya	K.Kigoshi	
Coaching in Track & Field	M.Ogata	K.Ohyama Byun	Y.Sengoku	S.Sakai
Coaching in Swimming	M.Homma H.Takagi			
Coaching in Volleyball		Y.Nakanishi	N.Akiyama	
Coaching in Basketball	H.Uchiyama	K.Yoshida	E.Yamada	H.Kashiwakura
Coaching in Handball	H.Aida		H.Fujimoto	
Coaching in Soccer	T.Asai	M.Nakayama	M.Koido	Y.Hirashima
Coaching in Rugby	A.Nakagawa	T.Furukawa	S.Hong	
Coaching in Racket & Bat Sports	Y.Yamada	D.Mitsubishi T.Kawamura	T.Shimasaki T.Nara M.Suita S.Ando H.Hiraoka	Y.Nonaka
Coaching in Judo	K.Yamaguchi	H.Okada		T.Ono
Coaching in Kendo	K.Koda	K.Masuchi T.Nabeyama Y.Arita M.Matsuo		
Coaching in Kyudo				A.Kralik
Outdoor Pursuits and Education	H.Imura A.Sakamoto		H.Watanabe	M.Sakatani
Dance Studies		M.Hirayama Y.Terayama		M.Oshima
Total	16	20	15	11
Overall Total	42	42	30	15

Faculty of Health and Sport Sciences:
School of Health and Physical Education:

Chair NISHIYASU Takeshi
Provost NAKAGAWA Akira
Associate Provost SANO Atsushi
Associate Provost SAKAI Toshinobu
Chair KIZUKA Tomohiro
Chair MIZUKAMI Katsuyoshi
Chair HONDA Yasushi
Chair FUJII Norihisa
Chair AIDA Hiroshi
Chair MAEDA Seiji
Chair TAKAGI Hideki
Director YAMADA Yukio
Director SOYA Hideki

Master's Program in Health and Sport Sciences:
Master's Program in Sport and Health Promotion:

Joint Master's Program in International Development and Peace through Sport:

Doctoral Program in Physical Education, Health and Sport Science:

Doctoral Program in Coaching Science:

Doctoral Program in Sports Medicine:

Joint Doctoral Program in Advanced Physical Education and Sports for Higher Education:

Sports and Physical Education Center:

Advanced Research Initiative for Human High Performance:

// Area / Field 1

Physical Education and Sport Studies

Name

1. Title, Degree

2. Research Theme

3. Main Works (Publication & performance up to 2)

AMEMIYA Rei

1. Junior Assistant Professor, Ph.D.
2. Clinical sport psychology. Mindfulness training for health and performance enhancement
3. The role of mindfulness in performance and mental health among Japanese athletes: An examination of the relationship between alexithymic tendencies, burnout, and performance. Journal of Human Sport and Exercise, in press. Excellent Oral Presentation Award: Mediation Effect of Mindfulness on Emotional Dysregulation, Burnout, and Performance among Athletes. The 8th Asian South Pacific Association of Sport Psychology International Congress of Sport Psychology, July, 2018.

FUKASAWA Koyo

1. Associate Professor, Ph.D.
2. Publicness and solidarity in sport/ physical/ citizenship education, Semantic generation and expanding experience in sport, Integrity of sport
3. The Potentiality of Empathy with Others in Competitive Sport: A Suggestion from Nishida's 'Pure Experience' and 'I' and 'Thou'. International Journal of Sport and Health Science, 12: 47-52, 2014.
The Meaning of the Expanding Experience in Sport: A Discussion of Perception and Feeling and the Relationship between the Self and the Other. Journal of the Philosophy of Sport and Physical Education, 38(2): 117-132, 2016.

HASEGAWA Etsushi

1. Associate Professor, M.P.E., M.E.
2. Development of e-learning lesson reflection system for physical education teacher education; Application development for physical education teaching; Relationship of teacher's behavior and children's motivation in physical education
3. Theory of physical education teaching method in English-speaking countries. In Y. Okada et al.(eds), Present of pedagogy of physical education (2nd). Tokyo: Sobunkakaku, pp.75-91, 2015.
Application development to Analyze the Teaching-Learning Process in Physical Education Lessons. 2016 AIESEP International Conference, Laramie, Wyoming: USA, 2016.

KIKU Koichi

1. Professor, B.E., M.E., Ph.D.
2. Historical Sociology of Modern Sport, Political Sociology of Sport Promotion.
3. Sociological Imagination of Sport Science toward Diversity and Localization in Japan, Asia, and the Global Society. The 30th KAHPERD International Sport Science Congress Proceedings, pp.23-29, 2018.
"Depression" after Tokyo 2020?: Characteristics of Japan's Sport Policy and the 2020 Tokyo Olympics & Paralympics. MINIKOMI, 86:29-35, 2017.

KOKUBU Masahiro

1. Assistant Professor, B.S., M.S., Ph.D.
2. Perceptual-motor learning, motor control, and attention in sport and physical education
3. Fixating at far distance shortens reaction time to peripheral visual stimuli at specific locations. Neuroscience Letters 664, 15-19, 2018.
A study on the judgment accuracy of volleyball referees by the analysis of challenge system. Journal of Volleyball Sciences 19(1), 2017.

LEE Chanwoo

1. Assistant Professor, B.E, M.P.E, Ph.D.
2. History of Martial Arts and warfare in early modern period. History of traditional archery and its culture. History of Physical Education and Sport.
3. Modern History of Sports & Physical Education. Douwashoin, 2013.
Korean Traditional Archery Pyeonjeon(Fragmentary-Arrow) that is handed down in Japan. The Korean Journal of History for Physical Education, Sport, and Dance, 22(4):71-79, 2017.

LYRAS Alexis

1. Associate Professor B.P.E., M.A. and Ph.D.
2. Applied Olympism, Peacebuilding and Sustainable Development Theory and Praxis
3. Founder and President of Olympism for Humanity Alliance.
Olympism in the Service of Humanity: Olympism for Humanity Alliance's bridges between theory and practice. The Official Journal of the International Olympic Academy. Vol. 8, pages 50-53.

MATSUBARA Yutaka

1. Professor, M.P.E.
2. Supports of Physical Activities for Person with Physical and Intellectual disability. Dance Movement Therapy and Adapted Dance.
3. 88 Sports Games for Children with Developmental Disorders. Gakken, 2014.
A Study of Developmental Coordination Disorder of Children with Intellectual Disabilities. Bull.Hosen College of Childhood Education, 3: 45-54, 2012.

MITABE Isamu

1. Associate Professor
2. Teacher Education, Lesson Study in Physical Education
3. Making lesson plan based on new standards. Tanaka, Tsutsui, Shirahata, K.(eds.) Gyosei. pp.140-151, 2011.
Guideline for making standards and developing and improving assessment tool in physical education in elementary school. National Educational Institute for Policy Research. Kyouiku Shuppan. pp.65-70, 2011.

MIYAZAKI Akiyo

- 1.Associate Professor
- 2.Learning of Motor Skills in PE Classes, Olympic Education
- 3.Possibility of improvement in running and overhand throwing abilities of high school students through regular physical education classes-The importance of fundamental movements practice for appropriate motor pattern- Journal of Physical Education, Health and Sport Sciences, 28 (2) : 11-23, 2009.
Development of Lesson plan about Anti-Doping as the Theory of Physical Education in High-School.-To utilize JADA's Anti-Doping Textbook for High- School students-. The Bulletin of Health and Sport Sciences, University of Tsukuba 40:43-36, 2017.

NAKAZAWA Makoto

- 1.Associate Professor, B.P.E., M.P.E.
- 2.Marketing strategy in professional sports organizations
- 3.Antecedents and Consequences of Sponsor-Stadium Fit: Empirical Evidence from a Non-Historic Stadium Context in Japan. Sport, Business, and Management: An International Journal, 6(4), 407-423, 2016.
Innovative sport consumption experience: An empirical test in spectator and participant sports. Journal of Applied Sport Management, 8(1), 1-21, 2016.

NARUSE Kazuya

- 1.Assistant Professor
- 2.Theory and execution of lifelong sport, Sport policy of local government
- 3.A study on the concept and philosophy of lifelong sports in Japan. Journal of Policy for Physical Education and Sport 21(1), 11-19, 2012.
A transition of the budget for sports promotion about Japan after World War II. Ibaraki Journal of Health and Sport Sciences 27, 79-85, 2010.

OBAYASHI Taro

- 1.Assistant Professor, B.P.E, M.P.E
- 2.History and Anthropology of P.E and Sport in Japan, Olympic Education
- 3.Recovery from the Great Kanto Earthquake of 1923 through Sport Events in Tokyo, Japan. The International Journal of the History of Sport, Vol.33 (14):1640-1651, 2017.

OHISHI Junko

- 1.Associate Professor, B.P.E., M.P.E., Ph.D.
- 2.History of Budo(Japanese martial arts), Japanese Budo studies, Budo and Gender, Diffusion of Budo/Japanese martial arts, Budo in education
- 3.Acceptance and Transformation of Japanese swordsmanship in Eastern Asia, Monthly magazine Budo, 581, 136-143, 2015.
Females and crossed-leg sitting posture, Monthly magazine Kenso, 440, 2, 2018.

RAKWAL Randeep

- 1.Professor, Ph.D.
- 2.Emergency medicine; Brain injury; Depression and Neurodegenerative disorders; DOHaD project; Aromatherapy; Yoga; Low-level gamma radiation and health using model systems; OMICS technology
- 3.PACAP38, brain stroke and injury thorough omics technology; Diet, mother and fetus and baby and lifestyle disease in adults (DOHaD)

SAGA Hitoshi

- 1.Associate Professor, B.P.E., M.P.E.
- 2.Study on Leisure, Olympic Movement, Sport Marketing
- 3.2016 Tokyo Olympics legacy: Contribution to improve the quality and reputation of leisure and recreation, J. of Leisure and Recreation Studies, 60: 73-74, 2008.
How can future editions of the Youth Olympic Games have the greatest impact on youth? International Olympic Academy 11th International Session Proceedings: 19-21, 2011.

SAITO Kenji

- 1.Professor, B.P.E., M.E., Ph.D.
- 2.Sports Law, Sports Policy, Sports Administration
- 3.Sport Policy, Seibundou, 2011.
Enactment of the Basic Act on Sport and issue in the future, Japan Sports Law Association, No.19, pp.6-34. 2012.

SAITO Mayumi

- 1.Associate Professor, B.P.E, M.P.E.
- 2.Methodology of Adapted P.E. & Adapted Sports
- 3.Relationship between physical activity and motor performance in the Deaf school children. Bull.Facul.Health & Sci., Univ.of Tsukuba 36, 69-75. 2013.
Motor performance and visual functions of Japanese individuals with hearing impairment. Japanese Journal of Adapted Sport Science, 9 (1), 3-14. 2011.

SAKAI Toshinobu

- 1.Professor, B.P.E., M.P.E., Ph.D.
- 2.Japanese mentality as seen in its concept of swords, History of budo
- 3.A Bilingual Guide to the History of Kendo. Ski journal : Tokyo. 2010.
Touken no Rekishi to Shisou (The History and Ideals of the Sword), Nippon Budokan: Tokyo. 2011.

SAKAIRI Yosuke

- 1.Professor, M.A., Ph.D.
- 2.Self regulation training for health promotion
- 3.Asian meditation and health. The Oxford handbook of health psychology (Friedman, H.S. Ed.), Oxford University Press, pp.848-859, 2011.
Development of the Two-dimensional Mood Scale for self-monitoring and self-regulation of momentary mood states. Japanese Psychological Research, 55(4), 1-12, 2013.

SAKAMOTO Takuya

- 1.Assistant Professor, Ph.D.
- 2.Phenomenological ethics of sport integrity (inc. violence, doping etc.) : focusing on human desire, Physical education teacher: relationship between lived body and speech, Meaning of temporal experience in outdoor activities
- 3.Desire and Violence in Modern Sport. International Journal of Sport and Health Science, 15: 81-86, 2017.
Formation Process of Body Culture as "PE Teacher Identity": An Introduction to the PE Teacher Body Theory. International Journal of Sport and Health Science, 13: 23-34, 2015.

SANADA Hisashi

- 1.Professor, B.P.E., M.P.E., Ph.D.
- 2.History and Anthropology of the Olympic Games
- 3.Concept of the Intermediate Olympic Games at 1906: Continuity with the Past Olympics. International Journal of Sport & Health Science. 8: 7-14, 2010.
Artistic Competitions at Greek Olympic Games in the 19th Century. International Journal of Sport & Health Science. 7: 23-30, 2009.

SAWAE Yukinori

- 1.Associate Professor, B.P.E., M.P.E., Ph.D.
- 2.Adapted Physical Activities, Movement development for people with developmental disorders, Paralympic movement, Inclusive Sport
- 3.Current Issues and Challenges of Inclusive PE in Japan. Taiiku no Kagaku, 67(5), 335-340, 2017.
Spectators and Their Features in PyeongChang Paralympic Games. 15th ASAPE Symposium. Malaysia 2018.

SHIMIZU Norihiro

- 1.Professor, B.P.E., M.P.E.
- 2.Management system for school physical education and community sports
- 3.The ethnography of physical education teachers' beliefs. Jpn. J. Management for Phys.Edu. and Sports, 24, 25-46. 2010.
Methodological subjects on discipline of business management for physical education and sports. Jpn. J. Management for Phys.Edu. and Sports, 21, 3-14. 2007.

Staff^(2/5)

SHIMIZU Satoshi

1. Professor, B.P.E., M.E., Ph.D.
2. Sport Sociology, Body Culture Studies: Cultural and political studies on body movement
3. Tokyo, Bidding for the Olympics and the Discrepancies of Nationalism. The International Journal of The History of Sport, Routledge, 31-6: 601-617, 2014.
The Significance of Koshien Baseball in Postwar Okinawa: A Representation of "Okinawa". The International Journal of The History of Sport, 29-17:2421-2434, Routledge, 2012.

SHIMOTAKE Ryoji

1. Junior Assistant Professor, B.P.E., M.P.E.
2. Sociological study on "discipline" and "autonomy" in the extracurricular sports activities
3. Reconsidering the "students freedom" within extracurricular sports activities as an apparatus of discipline: A case study of a high school track and field club. Japan J.Phys. Educ. Hlth. Sport Sci. 60: 223-238, 2015.

SUGIYAMA Ayano

1. Assistant Professor, M.P.E.
2. Participation in physical activity in adults with autism spectrum disorders
3. Difficulty and support of leisure activity in adult with autism spectrum disorder. Japanese Journal of Clinical Developmental Psychology, 11(1), 27-31, 2016.

TAKAHASHI Yoshio

1. Associate Professor, B.E., M.E.
2. Business Administration of sport organization
3. Nadeshiko: International migration of Japanese women in world soccer. Women, Soccer and Transnational Migration, Routledge, 102-116, 2014.
Moving with the bat and the ball: the migration of Japanese baseball labour, 1912-2009. Sport And Migration Borders, boundaries and crossings, Routledge, 46-55, 2011.

TIAN Xiaojie

1. Assistant Professor, Ph.D.
2. Children's situated learning in pastoral societies in Africa; Work, play and knowledge (re)generation during childhood
3. Ethnobiological Knowledge Generation during "Herd-ing Games" in Pastoralist Maasai Society in Southern Kenya, AnthroChildren, Vol. 7, (<https://popups.uliege.be/443/2034-8517/index.php?id=2825>), 2017
Ethnobiological Knowledge Acquisition during Daily Chores: The Firewood Collection of Pastoral Maasai Girls in Southern Kenya. Journal of Ethnobiology and Ethnomedicine, Vol.13 (2), (DOI: 10.1186/s13002-016-0131-x), 2017

YAMAGUCHI Taku

1. Assistant Professor, B.P.E., M.P.S.
2. Theoretical and practical study of Cultural interface in international development and peace through sport.
3. Sport for development and peace, UNESCO expert on QPE curriculum development policy in the context of developing countries.
Inoue, Y., Heffernan, C., Yamaguchi, T., & Filo, K. (2018). Social and charitable impacts of a charity-affiliated sport event: A mixed methods study. Sport Management Review, 21(2), 202-218.

YANAGISAWA Kazuo

1. Professor, B.P.E., M.E.
2. Community sport promotion, Sport association and social network
3. Tokyo 2020 Olympic Paralympic Games and Management for Physical Education and Sport - 「Center-periphery」 System and Structural Violence-Japanese Journal of Management for Physical Education and Sports, 30(1), 1-6, 2017.
Management of Physical Education and Sports. Taishukan. 2017.

// Area / Field 2

Health and Human Performance Studies

Name

1. Title, Degree

2. Research Theme

3. Main Works (Publication & performance up to 2)

ADACHI Kazutaka

1. Associate Professor, Dr. Sci.
2. Morphology and function of musculoskeletal system, Aging of walking, Kinesiological measurement by using 'Kinect'
3. Development of Calibration Method for Motion Analysing System using KinectTM and its Application to Measure Walking Parameters, Bull. Facul. Health & Sport Sci. Univ. of Tsukuba 36, 85-92, 2013.
The Morphological Characteristics of the Two Ethnic Group of the West Africa Compared with Japanese People, The Techniques of the Body and the Morphological Characteristics of Five Ethnic Group of West Africa (Ed. J. Kawada), Kanagawa Univ. Press, 2015.

BYUN Kyeongho

1. Assistant Professor, Ph.D.
2. Sport Neuroscience
3. Positive effect of acute mild exercise on executive function via arousal-related prefrontal activations: an fNIRS study. Neuroimage 98: 336-345, 2014.
A transferable high-intensity intermittent exercise improves executive performance in association with dorso-lateral prefrontal activation in young adults. Neuroimage 169: 117-125, 2018.

ENOMOTO Yasushi

1. Associate Professor
2. Endurance Performance and Energetics
3. Running economy and gastrocnemius muscle length during running for Kenyan and Japanese elite distance runners. In: Vilas-Boas, JP et. al (eds), Biomechanics in Sports 29, Portuguese Journal of Sport Sciences, 11 (Suppl. 2), 483-485. 2011.
Biomechanical analysis of the medalists in the 10,000 metres at the 2007 World Championships in Athletics. New Studies in Athletics. 23 (3), 61-66. 2008.

FUJII Naoto

1. Assistant Professor, Ph.D.
2. Peripheral Mechanisms Governing Heat Loss Responses; Cardiovascular & Respiratory Control During Exercise
3. Aging attenuates adenosine triphosphate-induced, but not muscarinic and nicotinic, cutaneous vasodilation in men. Microcirculation. 2018 Jul;25(5):e12462.
Effects of work-matched supramaximal intermittent vs. submaximal constant-workload warm-up on all-out effort power output at the end of 2 minutes of maximal cycling. Eur J Sport Sci. 2018 in press

FUJII Norihisa

1. Professor, B.Eng., M.Eng., Ph.D.
2. Analysis and computer simulation in sport biomechanics
3. Kinetics of throwing arm joints during a distance throw by skilled Japanese elementary school boys. Sports Biomechanics. 15, 314-328, 2016.
The function of the adductors and iliopsoas during the maximal running velocity phase of sprinting. Japan J. Phys. Educ. Hlth. Sport Sci. 62, 1-19, 2017.

FUKUDA Takashi

1. Assistant Professor
2. Mechanism of a traumatic brain concussion in American football
3. Epidemiology of collegiate American football injuries-longitudinal injury surveillance for 10 years, 1999 through 2008-. Football Science. 9:70-78, 2012.
Impact on the head during collisions between university American football players - focusing on the number of head impacts and linear head acceleration -. Journal of physical fitness and sports medicine. 6 (4): 241-249, 2017.

HONDA Yasushi

1. Professor, B.H.S., M.D., M.P.H., Dr. P.H., Ph.D.
2. Environmental Epidemiology, Epidemiologic Methods
3. Green space and deaths attributable to the urban heat island effect in Ho Chi Minh City. *American Journal of Public Health* 2018 Apr;108(S2):S137-S143.
Mortality risk attributable to high and low ambient temperature: A multi-country study. *The Lancet*. 25;386(9991):369-75, 2015.

KATAOKA Chie

1. Assistant Professor, B.P.E., M.P.E., M.Ed., Ph.D.
2. School Health Education; Preventive Education of Youth Risk Behavior
3. Relationship Between Youth Risk Behaviors and Small Screen Time among Japanese High School Students. *Jpn J School Health*, 59: 172-179, 2017.
Relationships Between Prevalence of Youth Risk Behaviors and Sleep Duration among Japanese High School Students. *Jpn J Public Health*, 61: 535-544, 2014.

KIZUKA Tomohiro

1. Professor, B.P.E., M.P.E., Ph.D.
2. Test and evaluation of neuromuscular function
3. Effects of Visual Error Timing on Smooth Pursuit Gain Adaptation in Humans, *Journal of Motor Behavior*, 49(2), 229-234, 2017.
Motor imagery and electrical stimulation reproduce corticospinal excitability at levels similar to voluntary muscle contraction, *Journal of NeuroEngineering and Rehabilitation*, 11, 94-, 2014.

KOIKE Sekiya

1. Associate Professor, B.Eng., M.Eng., Ph.D.(Eng)
2. Sports Engineering, Sports Biomechanics
3. Modelling error distribution in the ground reaction force during an induced-acceleration analysis of running in rear-foot strikers. *Journal of Sports Sciences*, 2017 (published online).
Main contributors to the baseball bat head speed considering the generating factor of motion dependent term, *Procedia Engineering* Vol. 147, 197-202, 2016.

KUNO Shinya

1. Professor, B.P.E., M.P.E., Ph.D.
2. Aging and muscle characteristics, Health Policy
3. Effects of a lifestyle-based physical activity intervention on medical expenditure in Japanese adults: A community-based retrospective study. *BioMed*, 6 pages, 2016.
Effects of daily walking on intermuscular adipose tissue accumulation with age: a 5-year follow-up of participants in a lifestyle-based daily walking program. *Eur J Appl Physiol*, 118(4), 785-793, 2018.

MAEDA Seiji

1. Professor, Ph.D.
2. Sports Medicine
3. Deficiency of the hepatokine selenoprotein P increases responsiveness to exercise in mice through upregulation of ROS and AMPK in muscle. *Nat Med*. 23: 508-516, 2017.
Effects of endothelin-related gene polymorphisms and aerobic exercise habit on age-related arterial stiffening: a 10-year longitudinal study. *J Appl Physiol*. 124: 312-320, 2018.

MATSUI Takashi

1. Assistant Professor, Ph.D.
2. The role of brain glycogen in exercise-enhanced human performance (endurance capacity and cognitive function)
3. Astrocytic glycogen-derived lactate fuels the brain during exhaustive exercise to maintain endurance capacity. *Proc Natl Acad Sci U S A*, 114: 6358-6363, 2017.
Brain glycogen decreases during intense exercise without hypoglycemia: The possible involvement of serotonin. *Neurochem Res*, 40: 1333-1340, 2015.

MIZUKAMI Katsuyoshi

1. Professor, M.D., Ph.D.
2. Stress management, Mental health, Geriatric Psychiatry and Psychology, prevention of dementia
3. Screening Tool for Older Persons' Appropriate Prescriptions in Japanese: Report of the Japan Geriatrics Society Working Group on "Guidelines for medical treatment and its safety in the elderly". *Geriatr Gerontol Int*. 16(9):983-1001, 2016.
Influences of pneumonia complication on the prognosis in patients with autopsy confirmed Alzheimer's disease, dementia with Lewy bodies, and vascular dementia. *Psychogeriatrics*. 16(5): 305-314, 2016.

MONMA Takafumi

1. Assistant Professor, Ph.D.
2. Physical activities, psychosocial factors, and health
3. Sleep disorder risk factors among student athletes. *Sleep Med*, 44, 76-81, 2018.
Physical activities impact sense of coherence among community-dwelling older adults. *Geriatr Gerontol Int*, 17, 2208-2215, 2017.

MUKAI Naoki

1. Associate Professor, M.D., Ph.D.
2. Sport medicine (Orthopedics)
3. Change of cortical bone after ovariectomy at beagles. *J. Jpn. Soc. Bone Morphom.*, 8:159-163, 1998.
The change of bone metabolism markers associated with long-distance running. *Jpn. J. Phys. Fitness Sports Med.*, 48, 179-186, 1999.

NABEKURA Yoshiharu

1. Professor, B.P.E., Ph.D.
2. Exercise physiology, Energy metabolism of exercise, Marathon
3. Estimation of accumulated oxygen deficit from accumulated blood lactate concentration during supramaximal running in middle-distance runners. *J. Phys. Fit. Sports Med.*, 6, 359-363, 2017.
Effects of Marathon Running on Aerobic Fitness and Performance in Recreational Runners One Week after a Race. *J. Sports Med*. 2017.

NAKATA Yoshio

1. Associate Professor, Ph.D.
2. Sports Medicine
3. Randomized trial of amino acid mixture combined with physical activity promotion for abdominal fat reduction in overweight adults. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy* 11: 23-33, 2018.
Weight loss maintenance for 2 years after a 6-month randomised controlled trial comparing education-only and group-based support in Japanese adults. *Obesity Facts* 7(6): 376-87, 2014.

NISHIJIMA Takahiko

1. Professor, B.P.E., M.S., Ph.D.
2. Statistics and Data Science for Sport Performance and Motor Ability.
3. Relationships between secular change in physical fitness and exercise and sports activities in Japanese youth. *International Journal of Sport and Health Service*, 1(1), 110-118, 2003.
Secular change of physical and motor ability in Japanese youth in 1964-97. *International Journal of Sport and Health Science*, 1(1), 164-170, 2003.

NISHIYASU Takeshi

1. Professor, B.Eng., M.E., Ph.D.
2. Exercise Physiology and Environmental Physiology
3. Modulation of the control of muscle sympathetic nerve activity during incremental leg cycling. *Journal of Physiology*. 586(11): 2753-66, 2008.
Comparison of hyperthermic hyperpnea elicited during rest and submaximal, moderate intensity exercise. *Journal of Applied Physiology*. 104(4): 998-1005, 2008.

Staff^(3/5)

NOZU Yuji

1. Professor, B.P.E., Ph.D.
2. Youth risk behavior, Development of health education programs
3. Relationship Between Youth Risk Behaviors and Small Screen Time among Japanese High School Students. *Jpn J School Health.*, 59: 172-179, 2017.
Relationships Between Prevalence of Youth Risk Behaviors and Sleep Duration among Japanese High School Students. *Jpn J Public Health.*, 61: 535-544, 2014.

OHMORI Hajime

1. Professor, B.A., M.P.E., Ph.D.
2. Effects of exercise on the physiological and metabolic functions of the brain, muscle and other peripheral tissues
3. Taurine supplementation attenuates delayed increase in exercise-induced arterial stiffness. *Applied Physiology, Nutrition, and Metabolism*, 41(6): 618-623, 2016.
Combined effect of branched-chain amino acids and taurine supplementation on delayed onset muscle soreness and muscle damage in high-intensity eccentric exercise. *Journal of the International Society of Sports Nutrition*, 10: 51-62, 2013.

OKAMOTO Masahiro

1. Assistant Professor, B.P.E., M.P.E., Ph.D.
2. Exercise-induced beneficial effects on brain, especially, learning and memory related hippocampal neurogenesis and function.
3. Mild exercise increases dihydrotestosterone in hippocampus providing evidence for androgenic mediation of neurogenesis. *Proc Natl Acad Sci USA*, 109: 13100-13105, 2012.
Reduction in paracrine Wnt3 factors during aging causes impaired adult neurogenesis. *FASEB J*, 10: 3570-3582, 2011.

OKURA Tomohiro

1. Associate Professor, B.P.E., M.P.E., Ph.D.
2. Development of health-care programs for active and successful aging in older people, Measurement and evaluation of health-related physical fitness in middle-aged and older adults
3. Study protocol and overview of the Kasama Study: Creating a comprehensive, community-based system for preventive nursing care and supporting successful aging. *J Phys Fitness Sports Med* 6:49-57, 2017.
Physical fitness, physical activity, exercise training and cognitive function in older adults. *J Phys Fitness Sports Med* 2: 275-286, 2013.

OMI (DOI) Naomi

1. Associate Professor, Ph.D., National Registered Dietitian
2. Nutrition assessments and nutrition support for athletes, Effect of exercise and nutritional intakes on bone metabolism, Prevention of osteoporosis, Nutritional education for young people
3. The Impact of Different Amounts of Calcium Intake on Bone Mass and Arterial Calcification in Ovariectomized Rats. *J Nutr Sci Vitaminol*, 61:391-399, 2015.
The Preventive Effect of Calcium Supplementation on Weak Bones Caused by the Interaction of Exercise and Food Restriction in Young Female Rats During the Period from Acquiring Bone Mass to Maintaining Bone Mass. *CALCIFIED TISSUE INTERNATIONAL*, 98 : 94-103, 2016.

ONO Seiji

1. Associate Professor, B.P.E., M.P.E., Ph.D.
2. Visual oculomotor systems and motor control
3. Response Properties of MST Parafoveal Neurons during Smooth Pursuit Adaptation. *Journal of Neurophysiology*, 116: 210-217, 2016.
Electrical microstimulation of the superior colliculus in strabismic monkeys. *Investigative Ophthalmology & Visual Science*, 57 (7): 3168-3180, 2016.

SHIBATA Ai

1. Associate Professor, Ph.D.
2. Health Promotion, Health and Behavioral Epidemiology, Applied Exercise Science
3. Objectively-Assessed Patterns and Reported Domains of Sedentary Behavior Among Japanese Older Adults. *J Epidemiol.* [Advance publication] Released October 27, 2018.
Associations of sedentary behavior and physical activity with older adults' physical function: an isotemporal substitution approach. *BMC Geriatr.* 2017 Dec 6;17(1):280.

SHIRAKI Hitoshi

1. Professor, B.P.E., M.P.E.
2. Sports medicine (Athletic training, Athletic rehabilitation)
3. Emg analysis of upper extremity muscles during isokinetic testing of the shoulder joint. *Jpn. J. Phys. Fitness Sports Med.* 57: 101-110, 2008.
Frontal-plane knee displacement index as a screening tool for risk of anterior cruciate ligament injury. *Jpn. J. Phys. Fitness Sports Med.* 57: 553-562, 2008.

SOYA Hideaki

1. Professor, B.E., M.P.E., Ph.D.
2. Molecular and cellular mechanisms underlying exercise induces beneficial effects on brain functions and health
3. Brain glycogen decreases during Prolonged exercise. *J Physiol*, 589: 3383-3393, 2011.
Neuronal activity drives localized blood-brain-barrier transport of Serum insulin-like growth factor-I into the CNS. *Neuron*, 67: 834-846, 2011.

TAKEDA Fumi

1. Professor, B.A., M.P.H., Ph.D.
2. Health and psychosocial environment, Occupational health
3. How Possibly Do Leisure and Social Activities Impact Mental Health of Middle-Aged Adults in Japan?: An Evidence from a National Longitudinal Survey. *PLOS ONE*, 10(10), e0139777, 2015.

TAKEDA Kohei

1. Junior Assistant Professor, Ph.D.
2. Exercise physiology of skeletal muscle
3. Expression of ammonia transporters Rhbg and Rhcg in mouse skeletal muscle and the effect of 6-week training on these proteins. *Physiological Reports*, 3 (10) : e12596, 2015.
Nrf2 deficiency does not affect denervation-induced alterations in mitochondrial fission and fusion proteins in skeletal muscle. *Physiological Reports*, 4 (24) : e13064, 2016.

TAKEMASA Tohru

1. Professor, Ph.D., D. Med. Sci.
2. Exercise physiology of skeletal muscle
3. Black tea high-molecular-weight polyphenol-rich fraction promotes hypertrophy during functional overload in mice. *Molecules*, 22 (4), E548, 2017.
Enzymatically modified isoquercitrin supplementation intensifies plantaris muscle fiber hypertrophy in functionally overloaded mice, *Journal of the International Society of Sports Nutrition*; 14 (32). eCollection, 2017.

TAKEMURA Masahiro

1. Associate Professor, B.P.E., M. Phty (sports).
2. Sports physiotherapy, Sports injury prevention, Video analysis of sports injury
3. Association of ground hardness with injuries in rugby union. *Br. J. Sports Med.*, 41: 582-587, 2007.
Injury characteristics in Japanese collegiate rugby union through one season. *Football Science*, 6: 39-46, 2009.

WARASHINA Yuki

1. Junior Assistant Professor, B.P.E., M.P.E., Ph.D.
2. Conditioning and injury prevention in badminton
3. Descriptive epidemiology of shoulder pain in Japanese badminton players. *Journal of Research in Exercise Epidemiology* 17(1): 29-36, 2015.
Risk Factors for Shoulder Pain in Japanese Badminton Players: A Quantitative-Research Survey. *Journal of Sports Science* 6(2): 84-93, 2018.

WATANABE Koichi

1. Associate Professor, M.D.
2. Sport internal medicine, Anti-doping
3. The utility of the condition check sheets during altitude training and the difference of the physical condition by experience. The journal of Japanese Society of Clinical Sports Medicine 19(1), 20-28, 2011.

YASSA Michael A.

1. Professor, Ph.D.
2. Cognitive Neuroscience, Sports Neuroscience
3. Aerobic fitness associates with mnemonic discrimination as a mediator of physical activity effects: Evidence for memory flexibility in young adults. Scientific Reports. 7:5140, 2017.
Acute moderate exercise improves mnemonic discrimination in young adults. Hippocampus 27(3):229-234, 2017.

// Area / Field 3

Coaching Studies**Name****1. Title, Degree****2. Research Theme****3. Main Works (Publication & performance up to 2)****AIDA Hiroshi**

1. Professor, Ph.D.
2. Methodology of Team Sports handball
3. A highly skilled handball coach and his mastery of instruction: case study of a coach who has won 17 national championships for high school and college championships. The Japanese Journal of Handball Research 4: 11-19, 2015.
Individual offense and defense tactics at the goal: a qualitative study based on the narratives of goalkeepers and shooters who excelled at the international level. Japan J. Phys. Educ. Hlth. Sport Sci. 53: 61-74, 2008.

AKIYAMA Nakaba

1. Assistant Professor, Ph.D.
2. Volleyball Coaching Studies
3. Technical items of attack after serve-reception in volleyball that are related to the outcome of the game - By selecting top level university men's teams as the subject -. Journal of Volleyball Sciences, 18(1): 1-5, 2016.
An experimental study on the game performance enhancement of the setter in men's volleyball: using the "Performance Evaluation Criteria for Setters". Japan J. Phys. Educ. Hlth. Sport Sci., 54(2): 381-398, 2009.

ANDO Shintaro

1. Assistant Professor, B.P.E., M.P.E.
2. Theory of table tennis
3. A biomechanical study on movement of forehand top spin stroke in table tennis. International Journal of Table Tennis Sciences, 3, 172-173. 1995.
A study on tactics of doubles matches in table tennis. Bull. Sport Methodol., Univ. of Tsukuba, 13, 1-8. 1997.

ARITA Yuji

1. Associate Professor, B.P.E., M.P.E.
2. Coaching of kendo
3. The Creation of 'Budo' (the Way of Force) and 'Kendo' (the Way of the Sword): The Transition from 'Gekken' (Geki-ken) and 'Kenjutsu' to 'Kendo' Regarding the Lecture Records of Hiromichi Nishikubo. Ibaraki Journal of Health and Sport Science, 27, 1-23. 2010.
A Practical Deliberation on the Application of Fumikomi After Learning Okuri-Ashi for Kendo Beginners. Res. J. Budo, 44(3), 107-119. 2012.

ASAI Takeshi

1. Professor, B.P.E., M.P.E., Ph.D.
2. Sports Coaching, Sciences and Technology.
3. Flow structure of knuckling effect in footballs, Journal of Fluids and Structures, 27, 727-733, 2011.
Fundamental aerodynamics of a new volleyball, Sports Technology, 3 (4), 235-239, 2012.

FUJIMOTO Hajime

1. Assistant Professor
2. Methodology of Team Sports handball, Development of offense and defense group tactic
3. The attack play in numerical inferiority 5:6 situations for Men's top-level handball teams: Comparison between Japanese college teams and world top-level national teams. The Japanese Journal of Handball Research, 2, pp. 23-28, 2014.
Die Forschung zur kinaesthetischen Vermoeglichkeit des Mannschaftsleiters zur Auffassung des situativen Gefuehls beim Ballspiel - anhand des Handballspiels als belegendes Beispiel. Japan Journal of Sport Movement and Behaviour, 29, pp. 45-61, 2017.

Staff^(4/5)

FURUKAWA Takuo

1. Associate Professor, B.P.E., M.P.E.
2. Theory and strategy of rugby coaching, Theory and methodology of sports training
3. Game Aspect of Sevens Rugby at World Top-level in Recent Years: Examination through Comparison with Fifteen-a-side Rugby. *Football Science*, 9, 25-34, 2012. Practical applications and possibility of GPS technology in rugby coaching. *The Japan Journal of Coaching Studies*, 26(2), 187-196, 2013.

HASEGAWA Kiyonao

1. Professor B.P.E., M.P.E.
2. Coaching of gymnastics for all
3. My view of coaching: Possibility of coaching in non-competitive sports. *The Japan Journal of Coaching Studies*, 67-71, 2017. Meanings attached to participation in an exercise class as identified in stories of earthquake victims: Examining cases of refugees who evacuated from Futaba, Fukushima Prefecture, to Tsukuba, Ibaraki Prefecture. 139-148, 2016.

HIRAOKA Hiroaki

1. Assistant Professor
2. Judo athlete condition
3. Effects of weight loss on immune function in judo athletes during training camp. *Journal of Japanese society of clinical sports medicine*. Vol.26, No.1, 100-108, 2018. Effects of weight loss on the psychological condition of male national and university judoists before the competition. *Sport Science Research*. Vol.15, 88-99, 2018.

HIRASHIMA Yusuke

1. Junior Assistant Professor
2. Coaching Soccer, Objective rating
3. Quantification of the degree of difficulty in making a save for a soccer goalkeeper. *Japan J. Phys. Educ. Hlth. Sport Sci.* 59: 805-816, 2014. Verification of a regression equation to predict the probability of a football goalkeeper's failure to stop shots at goal. *Japan J. Phys. Educ. Hlth. Sport Sci.* 63: 315-325, 2018.

HIRAYAMA Motoko

1. Associate Professor, B.P.E, M.P.E.
2. Methodology of Dance
3. The rite of spring" preformed and directed at The New National Theater, Tokyo November. 2008, and awarded The Ministry of Education, Culture, Sports, Science and Technology's Art Encouragement Prize for New Artists (Host: Ministry of Culture) "Revelation" invited by Bolshoi Theater Ballet for directing and choreography. Mar. 2006.

HOMMA Miwako

1. Professor, B.P.E., M.P.E., Ph.D.
2. Coaching and training in synchronized swimming
3. Sculling and unroll-body-action techniques in the thrust movement of synchronised swimming based on three-dimensional motion analysis. Bruce Mason (ed.), *Proceedings of the XIIth International Symposium for Biomechanics and Medicine in Swimming*, 147-152, 2014. Estimating Hydrodynamic Forces Acting on the Hand during Sculling in Synchronized Swimming. *Proceedings of the 34th International Conference on Biomechanics in Sports*, Tsukuba, 2016.

HONG Sungchan

1. Assistant Professor, Ph.D.
2. Sports Engineering, Coaching Science
3. Effect of a soccer ball's surface texture on its aerodynamics and trajectory, *Journal of Sports Engineering and Technology*, 2018. Aerodynamic and surface comparisons between Telstar 18 and Brazuca, *Journal of Sports Engineering and Technology*, 2018.

HORIGUCHI Aya

1. Junior Assistant Professor, B.P.E., M.P.E
2. Coaching of gymnastics for all
3. A consideration of the technique of the double knee circle in the straight-line of the wheel gymnastics from the phenomenological-morphological movement theory of sports. *The Japan Society of Gymnastics for All*. 13, 20-29, 2017.

IMURA Hitoshi

1. Professor, M.P.E.
2. Effect of outdoor pursuits
3. The Origin of Outdoor Education in Japan. *Japan Outdoor Education Journal*, 10-1: 85-97, 2006. Historical Background and Meaning "Outdoor Education" and Its First Use in Japan. *Japan Outdoor Education Journal* 10-1: 99-111, 2006.

KANAYA Mariko

1. Associate Professor, B.P.E., M.P.E.
2. Technique in gymnastics
3. Training system for female artistic gymnasts in Japan: Focus on the training sites and coaches for top gymnasts, IWAG2016 (International Women's Artistic Gymnastics conference), Gothenburg, Sweden, 2016. Review of the subject content in university physical education: From the viewpoint of the phenomenological-morphological movement theory in sport, *International Association for the Philosophy of Sport Conference*, Oslo, Norway, 2018.

KASHIWAKURA Hidenori

1. Junior Assistant Professor, B.P.E., M.P.E
2. Theory of Basketball Coaching

KAWAI Toshinobu

1. Associate Professor, B.P.E., M.P.E.
2. Theory of Sports Coaching, Theory of Sports Intelligence.
3. The Strategic Intelligence Activities of the Japanese Olympic Committee (JOC) for the 20th Olympic Winter Games, Torino 2006. *Japan J. Sport Coaching*, 4(2): 82-89, 2006. Study on the international competitive level of Japanese winter sport: View from the "Medal Share" in the Winter Olympic Games. *Bull. Inst. Health & Sport Sci., University of Tsukuba*, 29: 5-52, 2006.

KAWAMURA Takashi

1. Associate Professor, B.P.E., M.P.E.
2. Biomechanics of baseball, Baseball coaching
3. Comparison of kinematics of upper limb motion in the baseball batting between high and low groups in the bat speed. *Japan J. Phys. Educ. Hlth. Sport Sci.* 53: 423-438, November, 2008. The control ability of baseball pitchers in games. *Bulletin of Sport and Physical Education Center of University of Tsukuba*. 26: 15-21, 2004.

KIGOSHI Kiyonobu

1. Assistant Professor
2. Methodology of Individual Sports / Track & Field
3. A study of leg recovery motion and sprint speed in male elementary school students: which motion should be learned, forward swing of the thigh or flexion of the knee in the recovery leg. *Japan J. Phys. Educ. Hlth. Sport Sci.* 61: 743-753, 2016. Method for evaluating the characteristics of counter movement in jump exercise. *Japan J. Phys. Educ. Hlth. Sport Sci.* 60: 139-149, 2018.

KIUCHI Atsushi

1. Professor, Ph.D.
2. Practical education-research of physical education and sport in colleges and universities
3. Encouragement of health-promoting intervention studies in college physical education. *Japan Journal for Health, Physical Education, Recreation and Dance in Universities*, 9: 3-22, 2012. Effects of a behavioral science-based physical education program on the physical activity-related variables of college freshmen: Project FYPE. *Japan Journal of Physical Education, Health and Sport Science*, 54: 145-159, 2009.

KODA Kunihide

- 1.Professor, B.P.E.
- 2.System and construction of technique in kendo
- 3.Activity Patterns and Athletes' Perception of Use of Left Trapezius Muscles during the Upswing of the Kendo Shomen-Uchi. Research Journal of Budo. 41(3):13-21, 2009.

KOIDO Masaaki

- 1.Assistant Professor
- 2.Theory and methodology of soccer coaching
- 3.Practical wisdom related to member selections in team sports: A case study of the college football short-term tournament

KRALIK Andrea

- 1.Junior Assistant Professor
- 2.The Way of Wieving Foreigner Teachers in the Field of Budo
- 3.Research on Overseas Seminar -Focusing Heki school teachers- (Presentation in 50th Budo Conference and the 2nd International Budo Conference)
The Effects of Goal Setting and Self-talk Strategies on Performance and Motivation of Japanese Kyudo Participants (Sport and Olympic-Paralympic Studies Journal)

MAEMURA Hirohiko

- 1.Associate Professor, Ph.D.
- 2.Coaching and Training Science
- 3.Relationship between morphological characteristics of hip adductors and long sprint performance in female sprinters. Japan Journal of Studies in Athletics Vol.16, 19-26, 2018.
Muscle morphological characteristics of the trunk and lower extremities in long-distance runners: a comparison with 400-m sprinters. Research quarterly for athletics Vol.3, 13-19, 2017.

MASUCHI Katsuyuki

- 1.Associate Professor, M.P.E., B.P.E.
- 2.A study on improve performance of Judo Player.
- 3.Physiological and mental condition of male university judoka during camp training period, Bulletin of the Association for the Scientific Studies on Judo,Kodokan, 15,103-114,2015.
Isokinetic trunk muscle strenght of male judo athlete's: change in auscle contraction force accompanying change in angle velocity. Reasearch journal of Budo, 43(1), 19-26, 2010.

MATSUMOTO Tsuyosh

- 1.Associate Professor, B.P.E., M.P.E.
- 2.Theory of coaching tactics
- 3.American Football development in Japan. A study of National Football League strategies.International Journal of Sport Management 11: 248-271, 2010.
A study of the game characteristics of flag football. Bull Inst. Health & Sport Sci., Univ. of Tsukuba 33: 69-76, 2010.

MATSUO Makinori

- 1.Associate Professor B.P.E., M.P.E.
- 2.Japanese Archery, Kyudo, History of Kyudo
- 3.Hajimeteno Kyudo, Seibundo-shinkosha, 2016.
Chapter IV The History and Spirit of Kyudo.In : The Budo and Sports Science Research Institute (Ed.) The History and Spirit of Budo,International Budo University,pp.63-81,2010.

MITSUHASHI Daisuke

- 1.Associate Professor
- 2.Tennis Coaching studies
- 3.A study of the characteristics of forehand stroke techniques and tactics in tennis players- Compared at competition level -. Japan Journal of Sport Movement and Behaviour.(25) 29-43, 2012.

MOTOYA Satoshi

- 1.Assistant Professor, B.P.E., M.P.E.
- 2.Methodology of gymnastics for All
- 3.A practical study regarding proposed gymnastics using elastic ropes: focusing on psychological modification and exercise intensity. The Japan Journal of Coaching Studies, 31(2), 253-262, 2018.
A study on the bounding movement in a seated position on a G-ball: Focusing on electromyographic activities of erector spinae. The Japan Journal of Coaching Studies, 24(1), 49-56, 2010.

NABEYAMA Takahiro

- 1.Associate Professor, B.P.E., M.P.E.
- 2.Coaching of kendo
- 3.A study on visual function of kendo players (1) -Approach from sports vision test-. Japanese Academy of Budo, 32, 22-30. 2000.
A study on visual function of kendo players(2) -Comparison with those of other sports players-. Japanese Academy of Budo, 33, 40-44. 2000.

NAKAGAWA Akira

- 1.Professor, M.E. Ph. D.
- 2.Rugby Coaching Studies
- 3.Change in ball continuity situations in breakdown in world-class rugby. -Focusing on the number of players involved and time required to get the ball out-. Football Science, 14, 1-10. 2017.
Present status and perspective of studies using notational analysis of game performance in rugby sevens. The Bulletin of Faculty of Health and Sport Sciences, 40, 1-9. 2017.

NAKAMURA Tsuyoshi

- 1.Associate Professor
- 2.Movement Theory of Sports Phenomenological - morphological theory of sport movement
- 3.Zur Problematik des Trainings der Sprunggrätsche (Vortrag), Jahrestagung des dvs-Kommission Gerätturnen (Tagungsthema: Vielfalt und Vernetzung im Turnen), Universität Augsburg, 5-7. September 2016.
Die Lehrmethode zur Förderung des Herausbekommens des Kniffs, Dimensionen des Bewegungslernens im Turnen, Schriften der Deutschen Vereinigung für Sportwissenschaft, Band 242, pp.35-43, 2015.

NAKANISHI Yasumi

- 1.Associate Professor, B.P.E., M.P.E.
- 2.Coaching methodology in volleyball
- 3.Game analysis on the side out rate in volleyball game (9) - Game structure in men's volleyball -. Bull. Sport Methodol., Univ. of Tsukuba, 15, 63-70. 1999.
A study on the blocking system in volleyball games (1). Bull. Sport Methodol., Univ. of Tsukuba, 16, 43-49. 2000.

NAKANO Misa

- 1.Junior Assistant Professor,MA (Physical Education)
- 2.Studies on the training and coaching of athletics

NAKAYAMA Masao

- 1.Associate Professor, B.P.E., M.P.E., Ph.D.
- 2.Coaching Soccer
- 3.Comparison of Attacking Plays in Soccer Games between Japanese and Spanish U12 Players. Football Science, 13: 1-17, 2017.
Comparative Analysis of Attack-Related Game Aspects in the Japanese University Football League, Japanese J-League, and UEFA Champions League.Football Science, 12, 58-66, 2015.

Staff^(5/5)

NARA Takaaki

1. Assistant Professor
2. Research on pitching motion of professional baseball and an amateur baseball player
3. Comparison of pitching mechanics in baseball game between professional pitcher and university pitcher. Bulletin of Sport and Physical Education of University of Tsukuba (33): 1-10, 2011.
On the Effect of Difference in Athletic Environment in Junior-High School Days on the Athletic Competence for University Baseball Players -Comparison between Junior-High School's clubs and hard-ball baseball clubs-. Japan Journal of Sport Coaching 7:12-25, 2009.

NONAKA Yuki

1. Junior Assistant Professor, Ph.D
2. Theory of table tennis coaching
3. Characteristic of the game of the world top-level woman choppers in table tennis: Focusing on the using technique. Japan J. Phys. Educ. Hlth. Sport Sci. 62: 241-262, June, 2017.
A study on the strengthening process of world top-level women table tennis choppers: focusing on the technical training of 7 active players. Japan J. Phys. Educ. Hlth. Sport Sci. 63:753-768, 2018.

OGATA Mitsugi

1. Professor, M.P.E., Ph.D.
2. Training for athletes, Sports management
3. Method for evaluating the characteristics of counter movement in jump exercises. Japan Journal of Physical Education, Health and Sport Sciences, 63, 139-149, 2018.
Recovery process after intensive jump exercise : focusing on the relationship between muscle soreness and performance. The Journal of Sports Medicine and Physical Fitness, 64, 117-124, 2015.

OHYAMA BYUN, Keigo

1. Associate Professor, B.P.E, M.P.E.
2. Methodology of track and field, EMG based functional anatomy of human movement
3. A biomechanical analysis of the men's shot put at the 2007 World Championships in Athletics. New Studies in Athletics 23, 53-62, 2008.
Isometric knee flexion is reinforced in the dorsiflexed ankle position through the function of biarticular gastrocnemius. In Electrophysiology and Kinesiology, Monduzzi Editore, Bologna, pp351-355, 2000.

OKADA Hirotaka

1. Associate Professor, B.P.E., M.P.E.
2. Sport methodology in judo
3. Effects of maximal intermittent training under simulated high-altitude hypoxia condition of the aerobic and the anaerobic working capacities in judo players. Japanese Academy of Budo, 32(1), 70-81, 1999.
A comparative study of actual situations and consciousness in Japanese and French judo participants. Japanese Academy of Budo, 33(1), 31-39, 2000.

ONO Takashi

1. Junior Assistant Professor
2. A study on improve performance of Judo Player.

SAITO Taku

1. Assistant Professor
2. A study on morphological of exercise
3. Morphological study on the pushing off -technique of Handspring forward and salto forward stretched in the Vault of female player. The Japan Journal of Sport Methodology 21(2), 147-155, 2008.
Structural-systematic study of Salto sideward tucked, piked or stretched with 1/2 turn in the Floor Exercises. Japan Journal of Sport Movement and Behaviour, 24, 17-28, 2011.

SAKAI Shin

1. Junior Assistant Professor, B.P.E., M.P.E.
2. Biomrchanics of competitive swimming start motion
3. Kinetic analysis of start motion on starting block in competitive swimming. In ISBS-Conference Proceedings Archive, 34 (1): 960-963, 2016.
Contribution of hand and foot force to take-off velocity for the kick-start in competitive swimming. Journal of Sports Sciences, Volume 35 (6): 565-571, 2017.

SAKAMOTO Akihiro

1. Professor, M.P.E., M. Ed
2. Outdoor experiential therapy
3. A case study of the effects of long-term camping therapy on an adolescent showing destructive aggression at junior high school. Journal of Clinical Studies for Mind and Body, 12(1), 29-40, 2010.
Using the Landscape Montage Technique on truant students in long-term camping therapy: Focusing on the type of construction. Journal of Clinical Studies for Mind and Body, 10(1), 25-40, 2008.

SAKATANI Mitsuru

1. Junior Assistant Professor, B.P.E., M.P.E.
2. Effect of Outdoor Education, Effect and safty measures of Skiing.
3. THE DIFFERENCE OF FLOW EXPERIENCES BETWEEN SKIERS AND SNOWBOARDERS IN JAPAN. 7th International Congress on Science and Skiing. 143 - 144, 2016.
The Current Status of Safety Measures of Backcountry Ski Tours -Examination in Relation to the Provision of Backcountry Ski Tours-. Journal of Ski Science, 11(1):103 - 111, 2014.

SANO Atsushi

1. Professor, B.P.E., M.P.E., Ph.D
2. Phaenomenological - morphological theory of sport movement
3. A phenomenological analysis of the "body wisdom of passing" in soccer players, Japan J. Phys. Educ. Hlth. Sport Sci. 62: 169-186, June, 2017.
The structure of the momentum basketball games sensed by point guard players with excellent competitve ability. Japan J. Phys. Educ. Hlth. Sport Sci. 62: 705-721, December, 2017.

SEINO Jun

1. Junior Assistant Professor
2. Sports Nutrition Coaching Studies
3. Necessity of nutritional support in the top sports scenes. The Japanese Journal of Sports Nutrition, 9, 16-30, 2016.
Quality and ability of sports dietitian desired by top sports scenes. The Japanese Journal of Strength & conditioning journal, 23(6), 3-11, 2016.

SENGOKU Yasuo

1. Assistant Professor, Ph.D
2. Training Science in Swimming
3. Analysis of oxygen uptake kinetics and heart rate kinetics in competitive swimmers - On- and Off-kinetics response at lactate threshold intensity-. In: Japanese Society of Science in Swimming and Water Exercise (eds.), XIIIth International Symposium on Biomechanics and Medicine in Swimming Proceedings, Impress R&D, 320-324, 2018.
Comparison of the training load during High Intensity Interval Resisted Training programed by different exercise duration, In: Mason B(eds.), Biomechanics and Medicine in Swimming XII, Australian Institute of Sports, 328-332, 2014.

SHIMASAKI Tatsuya

1. Assistant Professor
2. Rugby Coaching Studies
3. Attack aspects from ruck in rugby game of world top-level in recent years. The Japan Journal of Coaching Studies, 26(2):133-143, 2012.

SUITA Masashi

1. Assistant Professor, B.P.E., M.P.E.
2. Coaching methodology in badminton

TAKAGI Hideki

1. Professor, B.P.E., M.P.E., Ph.D.
2. Biomechanics and Hydrodynamics in Swimming and Water exercise
3. The Segmental Movements in Front Crawl Swimming. Bertram Müller, Sebastian I. Wolf, Gert-Peter Brueggemann, Zhigang Deng, Andrew McIntosh, Freeman Miller, William Scott Selbie (Eds.), Handbook of Human Motion, Springer International Publishing, 2017-06. Numerical and experimental investigations of human swimming motions. Journal of Sports Sciences, 34(16), 1564-1580, 2015.

TANIGAWA Satoru

1. Associate Professor, Ph.D.
2. Theory and methodology of sports training
3. Isometric Mid-Thigh Pull Correlates with Strength, Sprint and Agility Performance in Collegiate Rugby Union Players. Journal of Strength & Conditioning Research, 30, 2016. Identifying the characteristics of top-level male volleyball players' jump performance by examining their stretch-shortening cycle exercise. Japan J. Phys. Educ. Hlth. Sport Sci. 62, 2017.

TERAYAMA Yumi

1. Associate Professor, B.P.E., M.P.E.
2. Theory and Practice of Dance, Dance education
3. "Physical expression" in the field of "expressive activity and dance" -Reconsideration from the perspective of the formation of "intentional movements"-. Journal of the Philosophy of Sport and Physical Education, 39(2), 95-108, 2017. The Techniques about the Experienced Dance Teacher of Physical Education: A Case Study of Dance class. The bulletin of Faculty of Health and Sport Sciences, University of Tsukuba, 35, 81-89, 2012.

UCHIYAMA Haruki

1. Professor, B.P.E., M.E., Ph.D.
2. Philosophy of coaching, Principles of competitive sports, Theory of performance in basketball
3. A study of the norm for supporting play by athletes in team sports: focusing on Michael Jordan's "authority." J. phys. Educ. Hlth. Sport Sci., 59: 591-608, 2014. The essential role of coaches. J. phys. Educ. Hlth. Sport Sci., 58: 677-697, 2013.

WATANABE Hitoshi

1. Assistant Professor, B.P.E., M.P.E.
2. Theory of Outdoor Pursuits and Outdoor Education
3. A study on change of the beginner's attitude toward basic trekking equipment during multiple outing session in practical class on trekking. Japan Outdoor Education Journal, 18(2): 67-79, 2016. Physiological and Psychological Effects of the Indoor Rock Climbing as an Adventure Based Program. Japan Society of Sport Coaching, 5(1): 1-12, 2006.

WATANABE Yoshio

1. Professor, B.P.E., M.P.E.
2. Seminar in Theory of Artistic Gymnastics (M)
3. Theory of artistic gymnastics

YAMADA Eiko

1. Assistant Professor
2. Handball Coaching / Study regarding proper technical and tactical trainings for various ages in handball
3. "Orange Plan" Dutch Development Project in Women's Handball. The Japanese Journal of Handball Research/7/in press, 2018. Kinaesthetic Ability in Ball Game Analysis-focusing on the ability of goalkeeper in handball-. Japan Journal of Sport Movement and Behavior/30/pp.1-20, 2018.

YAMADA Yukio

1. Professor, Ph.D.
2. Tennis Coaching studies
3. Research of the core techniques of the volley in tennis by literature search. Japan Journal of Sport Movement and Behaviour. 25-41, 2010. The difference between top ranked players and lower ranked players in the tennis Worldrankings - analysed from the method of entering tournaments -. Japan Journal of Sport Movement and Behaviour. 29-47, 2011.

YAMAGUCHI Kaori

1. Professor
2. Sport methodology in judo

YOSHIDA Kenji

1. Associate Professor, B.P.E., M.P.E.
2. Theory of Basketball Coaching
3. A Study on building team offense in basketball. Jpn. Institute of Health and Sport Science University of Tsukuba, 33(1), 127-149, 2010.

YOSHIDA Takuya

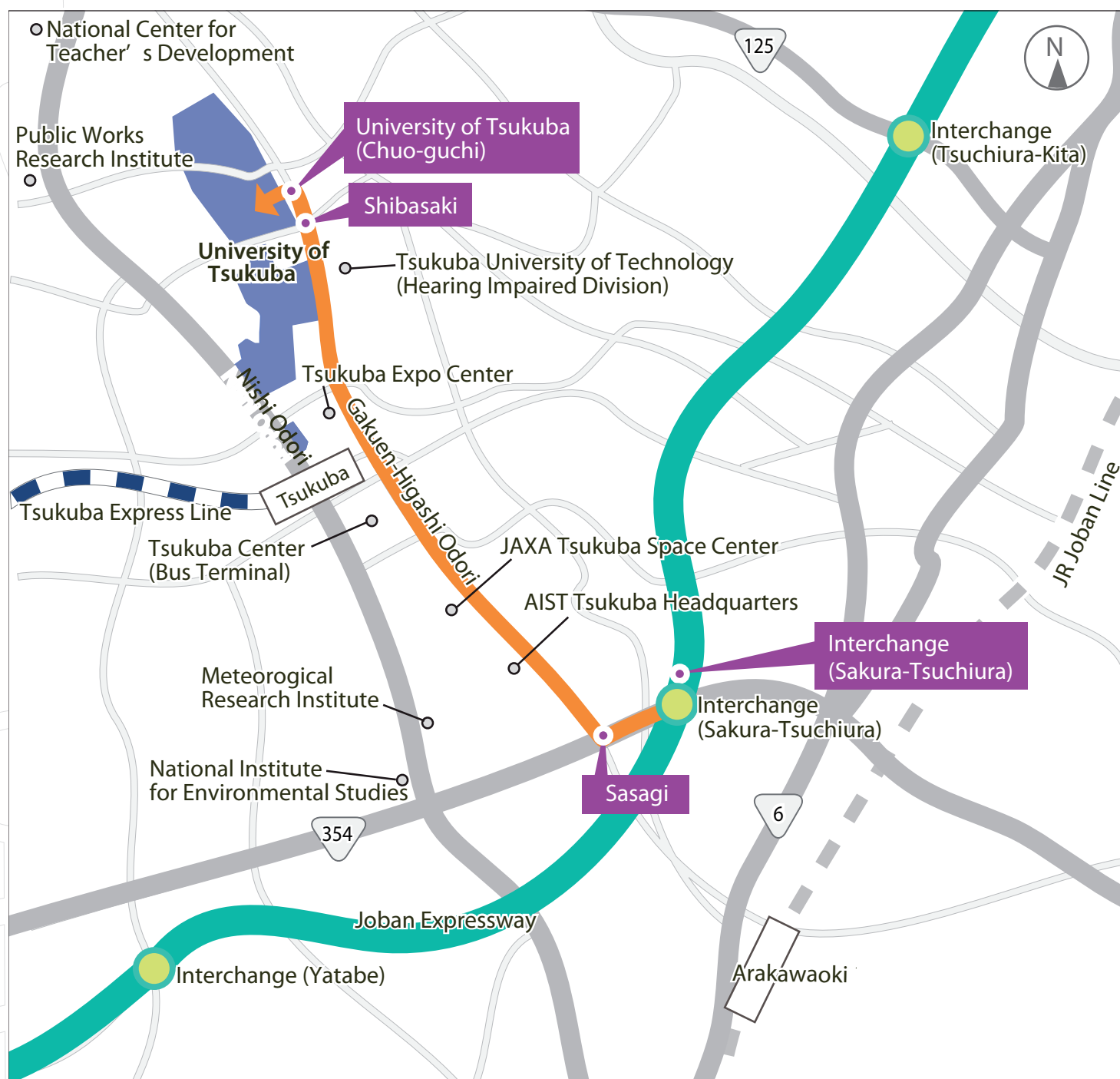
1. Junior Assistant Professor, Ph.D.
2. Plyometric training
3. Times-series relationship to achieve performance on rebound drop jump. Jpn J Phys Fitness Sports Med, 65(5): 479-489, 2016. Effect of short-interval intracortical inhibition in motor cortex during pre-set on rebound drop jumping performance. Jpn J Phys Fitness Sports Med, 65(4): 401-413, 2016.

Campus Map and Location

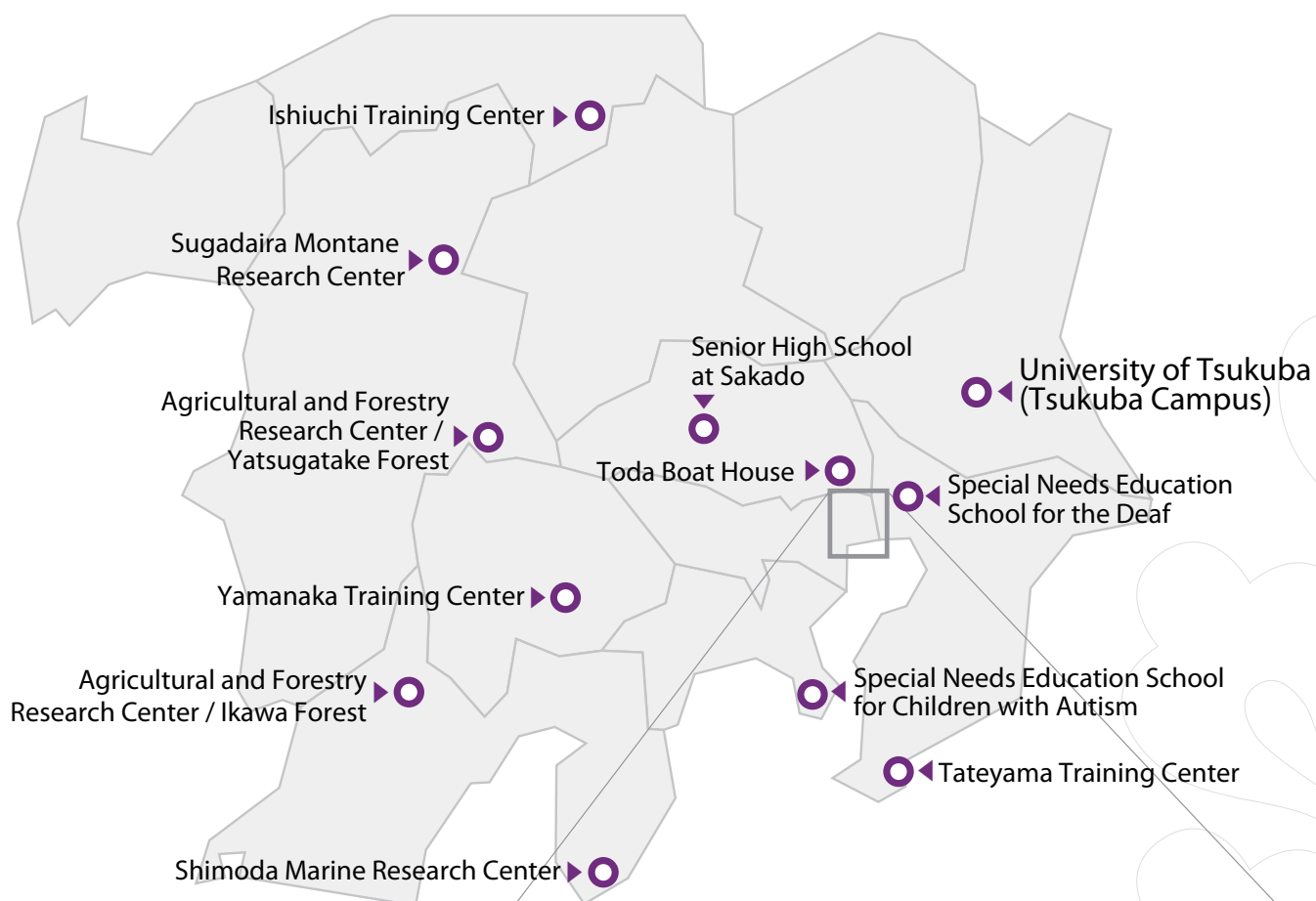
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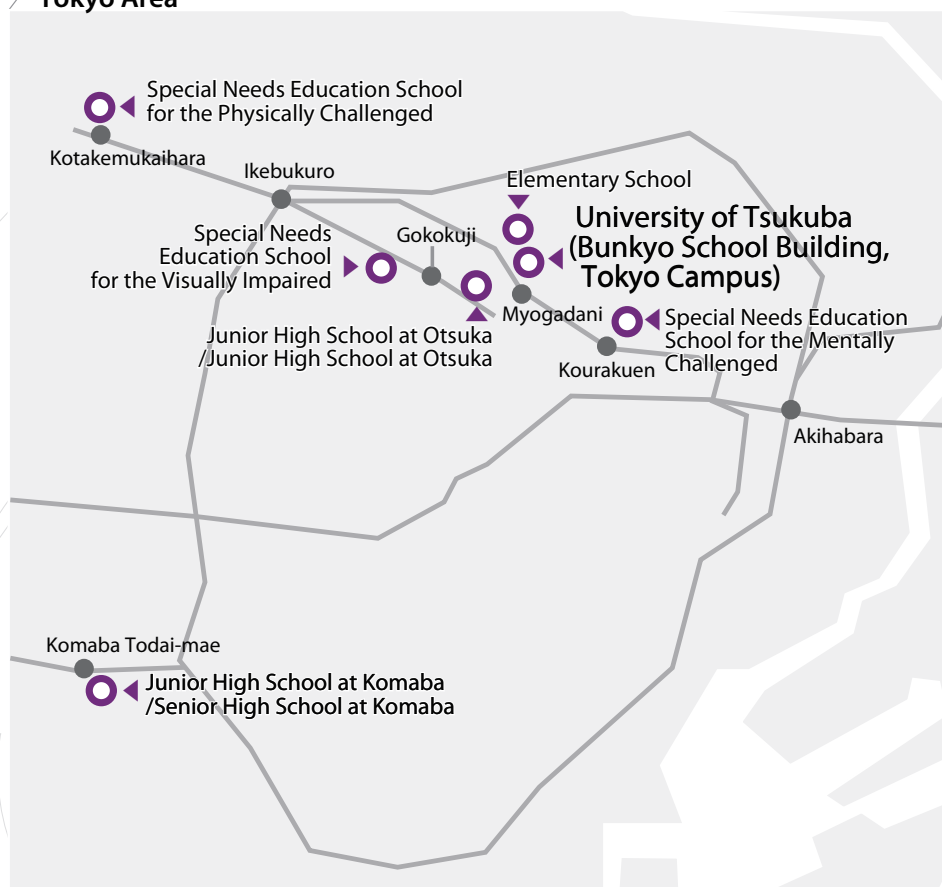
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