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 societal 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 Bokyo" (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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Campus Map and Location 25
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 Health and Physical Education 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.

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**University Information** [http://www.tsukuba.ac.jp](http://www.tsukuba.ac.jp)

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**/ AREA, STAFF and STUDENTS**

<table>
<thead>
<tr>
<th>Campus Area</th>
<th>2,465,247㎡, 4 km North to South, 1 km West to East.</th>
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<td>President 1, Vice Presidents 9</td>
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<tr>
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<td>Professors 642, Associate Professors 557</td>
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<td></td>
<td>Assistant Professors 284</td>
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<td>Research Associates 304, Others and Administrative staff</td>
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<tr>
<td>Graduates</td>
<td>6632(4364 / 2268)</td>
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-As of May 1, 2013-
Both the School of Health and Physical Education 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.

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.
/ 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 AJPS (International Sport Journalist Association).

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

/ Undergraduate Program (four years)
School of Health and Physical Education 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 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/
/ 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 kinesitherapists 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 (Gettigen 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.
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.

http://www.taiiku.tsukuba.ac.jp/spec/
/ 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 trainers’ knowledge and techniques about sport medicine and physiology.
# Faculty of Health and Sport Sciences

## / Physical Education & Sport Studies

<table>
<thead>
<tr>
<th>Research Area / Field</th>
<th>Professor</th>
<th>Associate Professor</th>
<th>Assistant Professor</th>
<th>Junior Assistant Professor</th>
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<tbody>
<tr>
<td>Philosophy of PE and Sport</td>
<td>R.Rakwal</td>
<td>K.Fukasawa</td>
<td>T.Yamaguchi</td>
<td>R.Shimotake</td>
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<td>Sport Sociology</td>
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<td>T.Obayashi</td>
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<td>Theory of Martial Sports (Budo)</td>
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<td>J.Ohishi</td>
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<td>Management of PE and Sport</td>
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<td>K.Naruse</td>
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<td>Leisure and Sport Industry</td>
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<td>H.Saga</td>
<td>F.Kaneko</td>
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<td>Sport Pedagogy</td>
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<td>Y.Takahashi</td>
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<td>Special Physical Education</td>
<td>Y.Matsubara</td>
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<td>Psychology of PE and Sport</td>
<td>Y.Sakairi</td>
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<td>R.Amemiya</td>
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## / Health & Human Performance Studies

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<td>Health Education</td>
<td>Y.Nozu</td>
<td>S.Hashimoto</td>
<td>C.Kataoka</td>
<td>T.Monma</td>
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<td>Environmental Health</td>
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<td>Sport Physiology</td>
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<td>Sport Biochemistry</td>
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<td>Sport Nutrition</td>
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<td>Sport Biomechanics</td>
<td>H.Ohmori</td>
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<td>Applied Anatomy</td>
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<td>K.Tokuyama</td>
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<td>T.Nishijima</td>
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<td>S.Maeda</td>
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<tr>
<td>Sport Medicine for Wellness</td>
<td>K.Watanabe</td>
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<tr>
<td>Sport Medicine for Motor System</td>
<td>S.Miyakawa</td>
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</tr>
</tbody>
</table>

Total: 10 12 7 2

## / Health and Human Performance Studies

### / Physical Education & Sport Studies

- Philosophy of PE and Sport: R. Rakwal, K. Fukasawa, T. Yamaguchi, R. Shimotake
- Sport Sociology: K. Kiku, S. Shimizu
- Management of PE and Sport: K. Yanagisawa, N. Shimizu
- Sport Pedagogy: K. Kiku, S. Shimizu
- Special Physical Education: Y. Matsubara, K. Saito, Y. Sawae

Total: 10 12 7 2

### / Health & Human Performance Studies

- Health Education: Y. Nozu, K. Mizukami, F. Takeda, S. Kuno
- Environmental Health: Y. Nozu, K. Mizukami, F. Takeda, S. Kuno
- Sport Physiology: Y. Nozu, K. Mizukami, F. Takeda, S. Kuno
- Sport Biochemistry: Y. Nozu, K. Mizukami, F. Takeda, S. Kuno
- Sport Nutrition: Y. Nozu, K. Mizukami, F. Takeda, S. Kuno
- Sport Biomechanics: Y. Nozu, K. Mizukami, F. Takeda, S. Kuno
- Physical Fitness: Y. Nozu, K. Mizukami, F. Takeda, S. Kuno
- Measurement and Evaluation of Sport: T. Nishijima, S. Maeda, K. Watanabe, A. Shibata
- Sport Medicine for Wellness: T. Nishijima, S. Maeda, K. Watanabe, A. Shibata
- Sport Medicine for Motor System: S. Miyakawa, N. Mukai, T. Fukuda, Y. Warashina

Total: 18 11 6 3
<table>
<thead>
<tr>
<th>Research Area / Field</th>
<th>Professor</th>
<th>Associate Professor</th>
<th>Assistant Professor</th>
<th>Junior Assistant Professor</th>
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<tr>
<td>General Theory of Coaching and Training</td>
<td>A. Kiuchi</td>
<td>T. Matsumoto</td>
<td>T. Yoshida</td>
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<td>Theory of Movement</td>
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<td>T. Nakamura</td>
<td>S. Motoya</td>
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<td>Coaching in Gymnastics</td>
<td>K. Hasegawa</td>
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<td>Coaching in Sports Gymnastics</td>
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<td>Coaching in Track &amp; Field</td>
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<td>Coaching in Volleyball</td>
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<td>Coaching in Basketball</td>
<td>H. Aida</td>
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<td>Coaching in Soccer</td>
<td>T. Asai</td>
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<td>Coaching in Rugby</td>
<td>A. Nakagawa</td>
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<td>Coaching in Racket &amp; Bat Sports</td>
<td>Y. Yamada</td>
<td>D. Mitsuhashi</td>
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<td>Coaching in Judo</td>
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<td>Coaching in Kendo</td>
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<td>Coaching in Kyudo</td>
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<td>Outdoor Pursuits and Education</td>
<td>H. Imura</td>
<td>M. Matsuo</td>
<td>H. Watanabe</td>
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<td>Dance Studies</td>
<td>A. Sakamoto</td>
<td>M. Hirayama</td>
<td>Y. Terayama</td>
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<td>11</td>
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</table>
Staff

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

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:

STAFF

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

FUKASAWA Koyo
1. Associate Professor, Ph.D.
2. Semantic generation and expanding experience in sport, Publicness and solidarity in sport and physical education, Integrity of sport

HASEGAWA Ettsuki
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

KANEKO Fumihiro
1. Assistant Professor, B.A., M.A., M.Sc., Ph.D.
2. A History of Sport Policy in Post War United Kingdom

KIKU Koichi
1. Professor, B.E., M.E., Ph.D.
2. Historical Sociology of Modern Sport, Political Sociology of Sport Promotion.

KOKUBU Masahiro
1. Assistant Professor, B.S., M.P.E., Ph.D.
2. Perceptual-motor learning, motor control, and attention in sport and physical education

LEE Chanwoo
1. Assistant Professor, B.E, M.P.E, Ph.D.

LYRAS Alexis
1. Associate Professor B.P.E., M.A. and Ph.D.
3. Founder and President of Olympism for Humanity Alliance.

MATSUBARA Yutaka
1. Professor, M.P.E.
2. Supports of Physical Activities for Person with Physical and Intellectual disabilities. Dance Movement Therapy and Adapted Dance.

Director YAMADA Yukio

Director SOYA Hideki

Director YAMADA Yukio

Director SOYA Hideki

Director YAMADA Yukio

Director SOYA Hideki

Director YAMADA Yukio
MITABE Isamu
1. Associate Professor
2. Teacher Education, Lesson Study in Physical Education

MIYAZAKI Akiyo
1. Associate Professor
2. Learning of Motor Skills in PE Classes, Olympic Education

NAKAZAWA Makoto
1. Associate Professor, B.P.E., M.P.E.
2. Marketing strategy in professional sports organizations

NARUSE Kazuya
1. Assistant Professor
2. Theory and execution of lifelong sport, Sport policy of local government

OBAISHI Taro
1. Assistant Professor, B.P.E, M.P.E
2. History and Anthropology of P.E and Sport in Japan

OHISHI Junko
1. Associate Professor, B.P.E., M.P.E., Ph.D.

RAKWAL Randee
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; IMICS technology
3. PACAP38, brain stroke and injury thorough omics technology; Diet, mother and fetus and baby and lifestyle disease in adults (DOHaD)

SAKAIRI Yosuke
1. Professor, M.A., Ph.D.
2. Self regulation training for health promotion

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

SAKAI Yousuke
1. Professor, B.P.E., M.P.E., Ph.D.
2. History and Anthropology of the Olympic Games

SANADA Hisashi
1. Professor, B.P.E., M.P.E., Ph.D.
2. History and Anthropology of the Olympic Games

SAWAE Yukinori
1. Associate Professor, B.P.E., M.P.E., Ph.D.
2. Supports of Movement Development for Children with Developmental Disorders and Paralympic Education Programme

SHIMIZU Norihito
1. Professor, B.P.E., M.P.E.
2. Management system for school physical education and community sports
SHIMIZU Satoshi
1. Professor, B.P.E., M.E., Ph.D.
2. Sport Sociology, Body Culture Studies: Cultural and political studies on body movement

SHIMOTAKE Ryoji
1. Junior Assistant Professor, B.P.E., M.P.E.
2. Sociological study on “discipline” and “autonomy” in the extracurricular sports activities

SUGIYAMA Ayano
1. Assistant Professor, M.P.E.
2. Participation in physical activity in adults with autism spectrum disorders

TAKAHASHI Yoshio
1. Associate Professor, B.E., M.E.
2. Business Administration of sport organization

UBAIDULLOEV Zubaidullo
1. Associate Professor, Dr.
2. Sport and International Relations: Sport and Politics; Sport and Foreign Policy; Sport Diplomacy; Sport and Peace (International Cooperation and Peace through Sport).

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.

YANAGISAWA Kazuo
1. Professor, B.P.E., M.E.
2. Community sport promotion, Sport association and social network

ADACHI Kazutaka
1. Associate Professor, Dr. Sci.
2. Morphology and function of musculoskeletal system, Aging of walking, Kinesiological measurement by using Kinect

BYUN Kyeongho
1. Assistant Professor, Ph.D.
2. Sport Neuroscience

ENOMOTO Yasushi
1. Associate Professor
2. Endurance Performance and Energetics

FUJII Naoto
1. Assistant Professor, Ph.D.
2. Peripheral Mechanisms Governing Heat Loss Responses; Cardiovascular & Respiratory Control During Exercise

FUJII Norihisa
1. Professor, B.Eng., M.Eng., Ph.D.
2. Analysis and computer simulation in sport biomechanics

FUKUDA Takashi
1. Assistant Professor
2. Mechanism of a traumatic brain concussion in American football
HASHIMOTO Sayuri
1. Associate Professor, Ph.D.
2. Research of health exercise behavior and health counseling.

HONDA Yasushi
1. Professor, B.H.S., M.D., M.P.H., Dr. P.H., Ph.D.
2. Environmental Epidemiology, Epidemiologic Methods

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

KIZUKA Tomohiro
1. Professor, B.P.E., M.P.E., Ph.D.
2. Test and evaluation of neuromuscular function

KOIKE Sekiya
1. Associate Professor, B.Eng., M.Eng., Ph.D.(Eng)
2. Sports Engineering, Sports Biomechanics
4. 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

MAEDA Seiji
1. Professor, Ph.D.
2. Sports Medicine

MATSUI Takashi
1. Assistant Professor, Ph.D.
2. The role of brain glycogen in exercise-enhanced human performance (endurance capacity and cognitive function)

MIYAKAWA Shumpei
1. Professor, M.D., Ph.D.

MIZUKAMI Katuyoshi
1. Professor, M.D., Ph.D.
2. Stress management, Mental health, Geriatric Psychiatry and Psychology, prevention of dementia

MONMA Takafumi
1. Junior Assistant Professor, Ph.D.
2. Physical activities, psychosocial factors, and health

MUKAI Naoki
1. Associate Professor, M.D., Ph.D.
2. Sport medicine (Orthopedics)

NABEKURA Yoshiharu
1. Professor, B.P.E., Ph.D.
2. Exercise physiology, Energy metabolism of exercise, Marathon

NISHIJIMA Takahiko
1. Professor, B.P.E., M.S., Ph.D.
2. Statistics and Data science for Sport Performance and Motor Ability.
Staff

NISHIYASU Takeshi
1. Professor, B.Eng., M.E., Ph.D.
2. Exercise Physiology and Environmental Physiology

NOZU Yuki
1. Professor, B.P.E., Ph.D.
2. Youth risk behavior, Development of health education programs

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

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.

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

OMI (DON) 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

ONO Seiji
1. Associate Professor, B.P.E., M.P.E., Ph.D.
2. Visual oculomotor systems and motor control

SHIBATA Ai
1. Associate Professor, Ph.D.
2. Health Promotion, Health and Behavioral Epidemiology, Applied Exercise Science

SHIRAKI Hitoshi
1. Professor, B.P.E., M.P.E.
2. Sports medicine (Athletic training, Athletic rehabilitation)
3. Enzymatically modified isoquercitrin supplementation promotes hypertrophy during functional overload in young people

SHIRAI Hideaki
1. Professor, B.E., M.P.E., Ph.D.
2. Molecule and cellular mechanisms underlying exercise induces beneficial effects on brain functions and health

TAKEDA Fumi
1. Professor, B.A., M.P.H., Ph.D.
2. Health and psychosocial environment, Occupational health

TAKEDA Kohei
1. Junior Assistant Professor, Ph.D.
2. Exercise physiology of skeletal muscle

TAKEMASA Tohru
1. Professor, Ph.D., D. Med. Sci.
2. Exercise physiology of skeletal muscle

TAKEMURA Masahiro
1. Associate Professor,B.P.E., M. Phyt.sport (sports).
2. Sports physiotherapy, Sports injury prevention, Video analysis of sports injury
<table>
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<tr>
<th>Name</th>
<th>Position, Degree</th>
<th>Research Theme</th>
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<tr>
<td><strong>WATANABE Koichi</strong></td>
<td>Associate Professor, M.D.</td>
<td>Sport internal medicine, Anti-doping, The utility of the condition check sheets during altitude training and the difference of the physical condition by experience.</td>
<td>The journal of Japanese Society of Clinical Sports Medicine 19(1), 20-28, 2011.</td>
</tr>
</tbody>
</table>
KANAYA Mariko
1. Associate Professor, B.P.E., M.P.E.
2. Technique in gymnastics
3. Characteristics of Physical Education Curriculum of Sport and Physical Education Center in University of Tsukuba.
A study on the evaluation methods of the skill acquirement in artistic gymnastics, APCOCs 2014(Asia-Pacific conference on Coaching), Sapporo, Japan, 2014.

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.

KAWAMURA Takashi
1. Associate Professor, B.P.E., M.P.E.
2. Biomechanics of baseball, Baseball coaching

KIGOSHI Kiyonobu
1. Assistant Professor
2. Methodology of Individual Sports / Track & Field

KIUCHI Atsushi
1. Professor, Ph.D.
2. Practical education-research of physical education and sport in colleges and universities

KODA Kunihide
1. Professor, B.P.E.
2. System and construction of technique in kendo

KOIDO Masaki
1. Assistant Professor
2. Theory and methodology of soccer coaching
3. Practical wisdom related to member selections in teams - sports: A case study of the college football short-term tournament
KRALK Andrea
1. Junior Assistant Professor
2. The Way of Viwing 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)

NASUKE Katsuyuki
1. Associate Professor, M.P.E, B.P.E.

MATSUMOTO Tsyoshi
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 Meth.
do!, Univ. of Tsukuba, 15, 63-70, 1999

Nakanishi Yasunori
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

Nakamura Masayo
1. Associate Professor, B.P.E., M.P.E., Ph.D.
2. Coaching Soccer
3. Comparative Analysis of Attack-related Game Aspects in the Japanese University Football League, Japanese J-

Nara Takaaki
1. Assistant Professor
2. Research on pitching motion of professional baseball and an amateur baseball player

Ogata Mitsuji
1. Professor, M.P.E, Ph.D.
2. Training for athletes

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

Okayama Hirota
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
Staff

ONO Takashi
1. Junior Assistant Professor
2. A study on morphological exercise

SAITO Taku
1. Assistant Professor
2. A study on morphological exercise

SAKAI Shin
1. Junior Assistant Professor, B.P.E., M.P.E.
2. Biomecnics of competitive swimming start motion

SAKAMOTO Akihito
1. Professor, M.P.E., M.Ed
2. Outdoor experiential therapy

SAKATANI Mitsuru
1. Junior Assistant Professor, B.P.E., M.P.E.
2. Effect of Outdoor Education, Effect and safty measures of Skiing.

SANO Atsushi
1. Professor, B.P.E., M.P.E., Ph.D.
2. Phaenomenological - morphological theory of sport movement

SENGOKU Yasuo
1. Assistant Professor, Ph.D.
2. Training Science in Swimming
3. Comparison of the training load during High Intensity Interval Resisted Training programed by different exercise duration. In: Mason (Eds.), Biomechanics and Medicine in Swimming XII, Australian Institute of Sports, 328-332, 2014.

SHIMASAKI Tatsuya
1. Assistant Professor
2. Rugby Coaching Studies

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

TANIGAWA Satoru
1. Associate Professor, Ph.D.
2. Theory and methodology of sports training

TERAYAMA Yumi
1. Associate Professor, B.P.E., M.P.E.
2. Theory and Practice of Dance, Dance education

TSUBAKIMOTO Shozo
1. Professor, B.P.E, M.S.(Univ.of the Philippines)
2. Coaching theory & pedagogy of swimming

WANABE Hitoshi
1. Assistant Professor, B.P.E., M.P.E.
2. Theory of Outdoor Pursuits and Outdoor Education

WANABE Yoshio
1. Professor, B.P.E., M.P.E.
2. Seminar in Theory of Artistic Gymnastics (M)
3. Theory of artistic gymnastics
<table>
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<tr>
<th>Name</th>
<th>Position</th>
<th>Research Area</th>
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| YAMADA EIKO   | Assistant Professor | 1. Handball Coaching / Study regarding proper technical and tactical trainings for various ages in handball  
| YAMADA Yukio   | Professor, Ph.D.   | 1. Tennis Coaching studies  
                              3. The difference between top ranked players and lower ranked players in the tennis World rankings - analysed from the method of entering tournaments -. Japan Journal of Sport Movement and Behaviour. 29-47, 2011. |
| YAMAGUCHI Kaori | Professor         | 1. Sport methodology in judo |
| YOSHIDA Kenji  | Associate Professor, B.P.E., M.P.E. | 1. Theory of Basketball Coaching  
| YOSHIDA Takuya | Junior Assistant Professor, Ph.D. | 1. Plyometric training  
Campus Map and Location

Tsukuba Campus  http://www.tsukuba.ac.jp/en/access/tsukuba_access
Tokyo Campus   http://www.tsukuba.ac.jp/en/access/tokycampus-access

/Tsukuba Campus/

University of Tsukuba
(Tsukuba
Chuo-guchi)

National Center for Teacher’s Development

Tsukuba University of Technology
(Hearing Impaired Division)

Public Works
Research Institute

Gakuen-Higashi Odori

University of Tsukuba

Tsukuba Expo Center

JAXA Tsukuba Space Center

AIST Tsukuba Headquarters

Meteorological
Research Institute

National Institute
for Environmental Studies

Tsukuba Center
(Bus Terminal)

Tsukuba Express Line

Interchange (Sakura-Tsuchiura)

Interchange
(Tsukuba-Kita)

Interchange
(Yatabe)

Joban Expressway

Shibasaki

Sasagi

UTVLVCB@BDDFTT@FOHQEG