



Committee for Creation of
Institute Brochure in English
Faculty of
Health and Sport Sciences
University of Tsukuba

Faculty of Health and Sport Sciences 2022

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.



Contents

University Information	3
School of Physical Education, Health and Sport Sciences and Faculty of Health and Sport Sciences	4
Education System	6
Special Research Facilities	9
International Exchange Program	10
SPEC : Sport Performance and Clinic Lab.	11
Faculty of Health and Sport Sciences	13
Staff	15
Campus Map and Location	25

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 10 Professors 599, Associate Professors 559 Assistant Professors 688 Junior Assistant Professors 31, Others and Administrative staff	
Students	Total(Male / Female) Undergraduates 9797(5949 / 3848) Graduates 6785(4408 / 2377) - As of May 1, 2020 -	



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.



写真：YUTAKA / アフロスポーツ



/ 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.

/ 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 School
School of Physical Education, Health and Sport Sciences

Graduate School of Comprehensive Human Science

Graduate School Master's Program

- Physical Education, Health and Sport Sciences
- Sports and Health Promotion
- Joint Master's Program in International Development and Peace through Sport
- Tsukuba International Academy for Sport Studies (TIAS): Master's Programme in Sport and Olympic Studies
- Secondary Education, Health and Physical Education

Graduate School Doctoral Program

- Physical Education, Health and Sport Sciences
- Coaching Science
- Sports Medicine
- Human Care Science
- Joint Doctoral Program in Advanced Physical Education and Sports for Higher Education
- Sport and Wellness Promotion

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, 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, Psychology of PE and Sport, Sport Biochemistry, Sport Nutrition, Physical Fitness, Health and Physical Fitness for Active Living, Measurement and Evaluation of Sport, Sport Medicine for Wellness, Sport Medicine for Motor System, Sport Biomechanics, 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 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 Wellness 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 Stress Management. Health Promotion considers policy issues, and the design of social planning and community systems for health. Stress 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 three subprograms: Subprogram in International Education, Subprogram in School Education for the Next Generation, Subprogram in Education Sciences. Subprogram in School Education for the Next Generation includes the Secondary education area which includes the Health and Physical Education field. 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 world of sport. This programme is renewal one of TIAS (Tsukuba International Academy for Sport) programme which was a part of the "Sport for Tomorrow" project funded by the Japanese government.

It accepts 8 overseas students and Japanese students who are expected to become leaders in the international sporting world as TIAS2.0

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; 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 spread and promote Japanese culture through Olympic and Paralympic Movement.

More details available at: <http://tias.tsukuba.ac.jp/tias2/>



写真：西村尚己/アフロスポーツ



写真：月刊陸上競技

/ 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 three study fields (medical conditioning, athletic training, and sports translational research) 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 Public Health intends to develop advanced level public health experts and specialists with multi-disciplinary knowledge and research skills in public health expertise and related areas to solve the diverse health problems facing the aging society and global health. The program consists of global public health, sport sciences and nutrition, health care policy and management, health sociology, health services research, livelihood supports science, environmental health and sciences, epidemiology and statistical methodology, as well as health promotion sciences.

The Doctoral Program in Joint Doctoral Program in Advanced Physical Education and Sports for Higher Education aims to develop physical education leaders who are fully equipped with practical skills in both education and research in physical education, i.e., those who can be the leaders in quality assurance of physical education in higher education. We organized a course-work-centered doctoral curriculum comprising the following subject groups: (1) practical teaching skills, (2) practical research skills, (3) advanced instructor training, and (4)

doctoral dissertation research skills. In the 2016 academic year, the University of Tsukuba and the National Institute of Fitness and Sports in Kanoya (NIFS) have launched a joint doctoral program to train high-caliber instructors in the physical education and sport science at higher educations.

The Doctoral program in Sport and Wellness Promotion is a highly specialized program that aims to possess advanced-level expertise and management ability to solve critical domestic and international issues in the field of sports wellness. This night graduate school program for working adults will provide education to develop the ability to solve problems more effectively and flexibly on a global level with human resources in various fields to solve problems and cutting-edge research techniques.

/ 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

/ Hypobaric Chamber

The hypobaric chamber consists of a main room and a sub-room; it is a low pressure simulator which can reduce the level of air pressure down 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 assessing the influence of hypobaric hypoxia on physical work capacities have been conducted. In addition, the system has been used for the training of athletes' aerobic capacities at normoxia and hypoxia and Alpinists' acclimatization to high altitude for the prevention of mountain sickness.

/ Swimming Flume

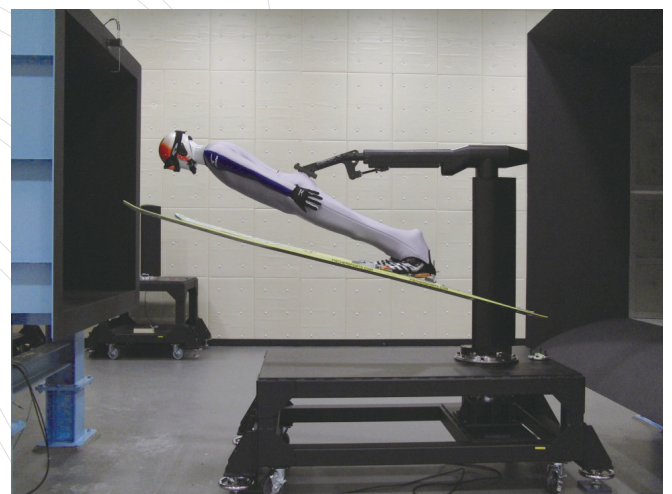
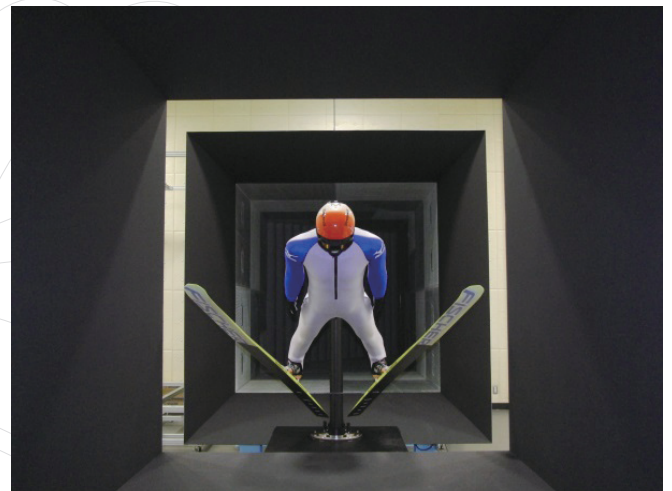
The swimming flume is a vertical type circulating water channel with an open water-surface as a swimming section. There are observation windows in the front, rear, and bottom. Water flow is generated by an axial impeller. Flow speed is continuously adjustable by an impeller speed controller. Major features 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, and EMG, biomechanics of swimming using 3-D motion capture system via the observation windows on the bottom and the side walls, and measurement of drag and propulsive force of swimmers.



/ SportFluid Engineering Laboratory : FLULA

The wind tunnel is used for research and development of sportswear such as high-speed competition bicycles and ski, and measurement and evaluation of the aerodynamic force acting on sports balls. It has also contributed to the Japan's top players such as ski jumping and track race. The maximum flow velocity of the tunnel is 55 m/s, the size of the blower outlet was 1.5 m x 1.5 m, the flow velocity distribution was within $\pm 0.5\%$, and the turbulence was 0.1% or less, it exerts the world's top level performance as the wind tunnel for sports.

The measurement systems associated with this wind tunnel include the force platform, the 3D motion capture system, and the 2D PIV measurement system.



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 Universitat Leipzig (Germany)
 The Eötvös Loránd University (Hungary)
 The University of São Paulo (Brazil)
 National Taiwan Normal University (Taiwan)
 Chulalongkorn University (Thailand)
 The Ohio State University (USA)
 Manav Rachna International University (India)
 Fu Jen Catholic University (Taiwan)
 The Loughborough University (UK)
 Brock University (Canada)
 The Srinakharinwirot University (Thailand)
 The University of Münster (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)
 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 2019, a total of 112 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

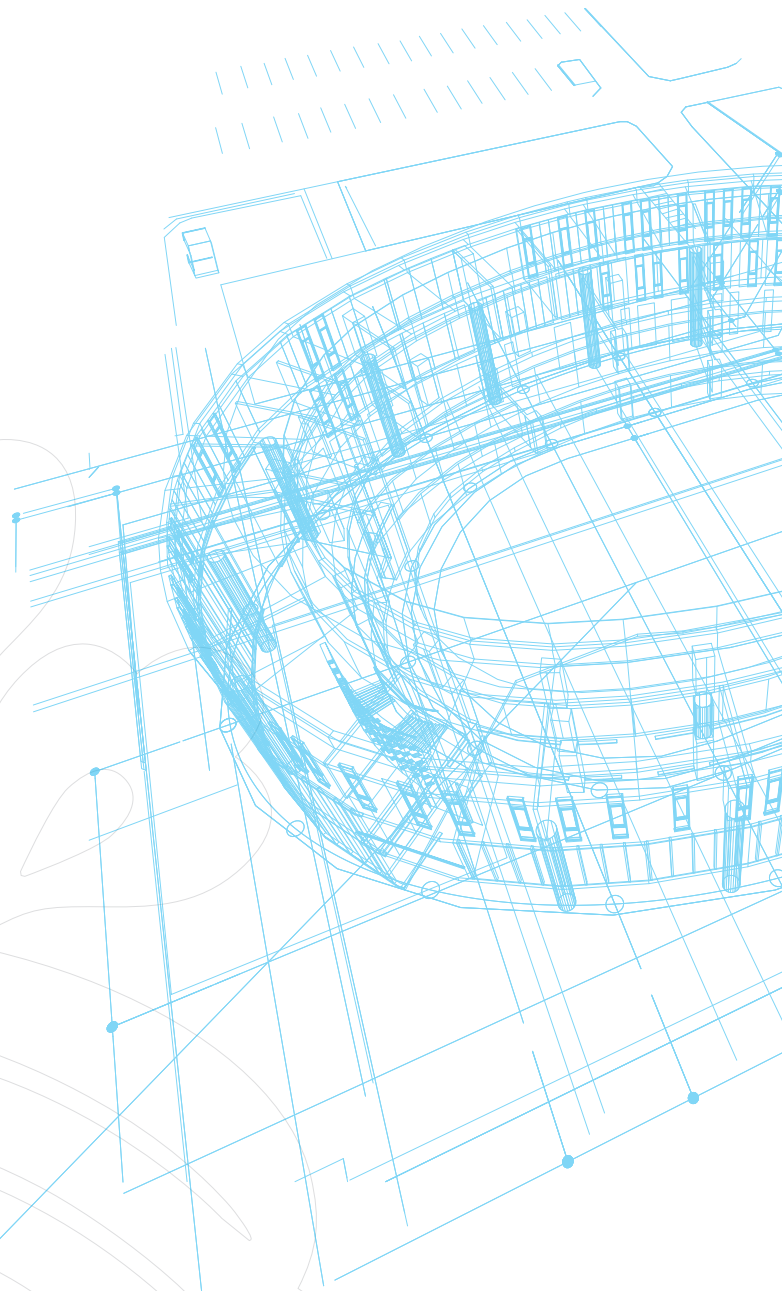
The 1st floor is called the “Experimental Zone”, where we investigate performance of athletes from a biomechanical perspective and educate coaches in knowledge and skills of biomechanics and coaching.

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 consult with athletes on their health-related problems and help improve their performance. Athletes can receive psychological skills training (mental training to enhance performance), sport counseling/psychotherapy, sand play therapy, amongst other services by certificated psychologists and trainees. We have cultivated the necessary knowledge and techniques of the field of sports psychology in our sports psychologists and mental training specialists. In addition, sports nutrition specialists and trainees will offer athletes support through personalized consultations based on specialized knowledge and skills to enhance performance through nutrition. Laboratories for special research projects in the field of sports science are also located 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	R.Rakwal K.Fukasawa		T.Sakamoto	
History of PE and Sports	H.Sanada	A.Lyras	T.Yamaguchi C.Ohkuma T.Obayashi X.Tian H.D. Penelope R.Shimotake	
Sport Sociology	K.Kiku S.Shimizu			
Theory of Martial Sports (Budo) Management of PE and Sport	T.Sakai N.Shimizu	J.Oishi	E.Daigo C.Lee K.Naruse	T.Hayashida
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 M.Saito		
Sport Pedagogy	T.Sato			T.Saito
Special Physical Education	Y.Matsubara		A.Sugiyama Y.Sawae S.Nagata M.Kokubu R.Amemiya	
Psychology of PE and Sport	Y.Sakairi			
Total	11	9	15	2

Research Area / Field	Professor	Associate Professor	Assistant Professor	Junior Assistant Professor
/ Health & Human Performance Studies				
Health Education	K.Mizukami F.Takeda		C.Kataoka T.Monma	
Environmental Health Sport Physiology	T.Nishiyasu T.Takemasa		N.Fujii	
Sport Biochemistry	H.Soya H.Ohmori		M.Okamoto T.Matsui	J.Seino
Sport Nutrition Sport Biomechanics	N.Fujii S.Koike	N.Omi (Doi)	H.Sagayama S.Hong N.Sado	
Applied Anatomy Physical Fitness	T.Kizuka Y.Nabekura	K.Adachi S.Ono Y.Enomoto		
Health and Physical Fitness for Active Living Measurement and Evaluation of Sport Sport Medicine for Wellness	T.Okura T.Nishijima S.Maeda S.Kuno	K.Watanabe A.Shibata Y.Nakata	T.Tsuji K.Kosaki	
Sport Medicine for Motor System	H.Shiraki H.Takahashi	N.Mukai M.Takemura T.Fukuda		D.Kim
Total	16	10	10	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	H.Matsuo	T.Yoshida
Theory of Movement	A.Sano		Y.Shintake	
Coaching in Gymnastics	K.Hasegawa		S.Motoya	A.Horiguchi
Coaching in Sports Gymnastics	Y.Watanabe	M.Kanaya	T.Saito	
Coaching in Track & Field	M.Ogata	K.Ohyama Byun	K.Kigoshi	
Coaching in Swimming	M.Homma H.Takagi	Y.Sengoku	T.Tsunokawa	H.Sakaue
Coaching in Volleyball		Y.Nakanishi N.Akiyama K.Yoshida H.Fujimoto		H.Kashiwakura
Coaching in Basketball	H.Uchiyama		E.Ikeda	
Coaching in Handball	H.Aida		E.Yamada	Y.Hirashima
Coaching in Soccer	T.Asai M.Nakayama		M.Koido	
Coaching in Rugby		T.Furukawa D.Mitsubishi T.Kawamura	T.Shimasaki T.Nara M.Suita S.Ando Y.Nonaka H.Hiraoka	T.Jindo
Coaching in Racket & Bat Sports				
Coaching in Judo	K.Yamaguchi	H.Okada K.Masuchi T.Nabeyama Y.Arita M.Matsuo		
Coaching in Kendo	K.Koda			
Coaching in Kyudo				
Outdoor Pursuits and Education	A.Sakamoto		H.Watanabe	A.Otomo
Dance Studies		M.Hirayama Y.Terayama		M.Oshima
Total	14	22	16	8
Overall Total	41	41	41	12

Faculty of Health and Sport Sciences:	Chair NISIYASU Takeshi
School of Health and Physical Education:	Provost KIZUKA Tomohiro
Master's Program in Health and Sport Sciences:	Chair SAKAI Toshinobu
Master's Program in Olympic and Paralympic Education:	Chair FUKASAWA Koyo
Joint Master's program in International Development and Peace through Sport:	Chair SATO Takahiro
Master's and Doctoral Program in Sports and Wellness Promotion:	Chair KUNO Shinya
Doctoral Program in Physical Education, Health and Sport Science:	Chair FUJII Norihisa
Doctoral Program in Coaching Science:	Chair AIDA Hiroshi
Doctoral Program in Sports Medicine:	Chair MAEDA Seiji
Joint Doctoral Program in Advanced Physical Education and Sports for Higher Education:	Chair SAKAMOTO Akihiro
Sports and Physical Education Center:	Director SHIRAKI Hitoshi
Advanced Research Initiative for Human High Performance:	Director SOYA Hideki

// 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. 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. <i>Journal of Human Sport and Exercise</i> , 14, 456-468, 2019. The effects of passion and mindfulness on the intrinsic motivation of Japanese athletes. <i>Personality and Individual Differences</i> , 142, 132-138.
DAIGO Ebe 1. Assistant Professor, Ph.D. 2. Audience and spectator development, Charity sports, Dance education 3. Using a sport Event to create a sense of Community: Charity Sport Event Manager Perspectives. <i>Event Management</i> , 24, 57-73, 2020. Abilities and Structure of Dance Appreciation: Based on Dance Critics Interviews. <i>Research in Dance and Physical Education</i> , 4, 1-16.
FUKASAWA Koyo 1. 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'. <i>International Journal of Sport and Health Science</i> , 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. <i>Journal of the Philosophy of Sport and Physical Education</i> , 38(2): 117-132, 2016.
HAGGIS Devena Penelope 1. Assistant Professor, Ph.D. 2. Sport and Material Culture; Sport History and Anthropology 3. Haggis, D.P. & de Soysa, L., Tokyo 2020 and the Internationalization of Sport Education. <i>The International Journal of Sport and Society</i> , 2018, pp. 17-29. Haggis, D.P. & Vasilache, S., The Olympic Games as a Multicultural Environment and Their Relationship with Social Media. In <i>Social Computing & Social Media: Design, Human Behaviour & Analytics</i> (Meiselwitz, G. Ed.), 11th International Conference, SCSM2019, Held as Part of the 21st HCI International Conference, Proceedings Part I, 506-523.

HASEGAWA Etsushi

1. Associate Professor, M.P.E., M.E.
2. Development of e-learning lesson reflection system for Physical Education Teacher Education; Teacher's behavior and childrens' motivation in physical education
3. Theory of physical education teaching method in English-speaking countries. In Y. Okade et al.(eds), *Present of pedagogy of physical education* (2nd). Tokyo: Sobunkikaku, pp75-91, 2015.
 Application development to Analyze the Teaching-Learning Process in Physical Education Lessons. 2016 AIESEP International Conference, Laramie, Wyoming: USA, 2016.

HAYASHIDA Toshihiro

1. Junior Assistant Professor

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 KASPERD 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. Motor learning, Motor control, Attentional focus, Fixation and eye movement, Coordination of perception and action, Decision making in sport
3. An experimental study on the latency and velocity of vergence eye movements in university basketball players. *Osaka Research Journal of Physical Education*, 58: 1-12, 2020.
 Fixating at far distance shortens reaction time to peripheral visual stimuli at specific locations. *Neuroscience Letters*, 664: 15-19, 2018.

Lee Chungmi

1. Assistant Professor, Ph.D.
2. Sport consumer behavior and organizational behavior
3. The Importance of Brand Association in Sport League: The J.League Somin Kim; Chungmi Lee; Takahashi Yoshio *Sport and Olympic-Palalympic Studies Journal*/4(1)/pp.101-110, 2019-10

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.

NAGATA Shinichi

1. Assistant Professor, Ph.D.
2. Therapeutic Recreation and Adapted Sports
3. Nagata, S., Townley, G., Brusilovskiy, E., & Salzer, M. S. (2020). Community participation differences between adults with or without serious mental illness. Psychiatric Services, 71(11), 1191-1194. doi: 10.1176/appi.ps.201900608.
Nagata, S., McCormick, B., & Austin, D. (2020). Physical activity as treatment for depression in recreation therapy: Transition from research to practice. Therapeutic Recreation Journal, 54(1), 77-91. doi:10.18666/TRJ-2020-V54-11-9745

NARUSE Kazuya

1. Assistant Professor
2. Theory and execution of lifelong sport, Sport policy of local government
3. Introduction Process and Philosophy of the Lifelong Sport Policy in the Ministry of Education, Science and Culture. Journal of Policy for Physical Education and Sport 28(1), 19-33, 2019.
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.

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.

OHKUMA Chanwoo

1. Assistant Professor, B.E, M.P.E, Ph.D.
2. History of Martial Arts and warfare in early modern period. History of Physical Education and Sport. History of traditional archery and its culture.
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

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 through 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, Ph.D.
2. Methodology of Adapted P.E. & Adapted Sports
3. Influence of Regular, Vigorous Physical Activity on the Accuracy of Stepping Movements in Individuals with Hearing Loss. Int. J. Sport Health Sci. 17, 2019.
Students with Disabilities in Brazil, Japan, South Korea, and the United States. Implications for Inclusion and Social Justice in Physical Education. Inclusive Physical Activities: pages 287-308, Information Age Publishing, Inc. 2017

SAITO Takuma

1. Junior Assistant Professor, M.P.E
2. Curriculum of ballgame, Transfer of ballgame skills
3. Why the learner can not receive the ball in the goal type game: Through the analysis of female students who have no goal competition experience. Bulletin of the College of Education Ibaraki University, Special issue: 157-165, 2014.
Game categories and the similarities of behavior in each category through analysis of student's self-evaluation. Japanese journal of physical education, 60(2): 511-525, 2015.

Staff^(2/6)

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 (inc. violence, doping etc.): focusing on human desire, Sports and Physical education: relationship between lived body and speech
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.

SATO Takahiro

1. Professor, Ph.D.
2. Instruction Theory in PE

SAWAE Yukinori

1. Assistant 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.

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. Shimizu, S.: Tokyo, Bidding for the Olympics and the Discrepancies of Nationalism. The International Journal of The History of Sport, Routledge, 31-6: 601-617, 2014.
Shimizu S.: The Significance of Koshien Baseball in Post-war Okinawa: A Representation of "Okinawa". The International Journal of The History of Sport, 29-17: 2421-2434, Routledge, 2012.

SHIMOTAKE Ryoji

1. Assistant Professor, B.P.E., M.P.E.
2. Sociological study on "discipline" and "autonomy" in the extracurricular sports activities
3. Ryoji Shimotake: 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.
Ryoji Shimotake: An Introduction to the Historical Sociology of the "Coach Discourse" in Extracurricular Sport Activities: Focusing on "Discipline" and "Autonomy" as Educational Technique. Japan Journal of Sport Sociology. 27(1): 59-73, 2019.

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, AnthropolChildren, 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.

YONENOH Hiroto

1. Assistant Professor, Ph.D.
2. Social/evolutionary simulation, human subject experiment
3. Hiroto Yonenoh, Eizo Akiyama. "Selection of opponents in the prisoner's dilemma in dynamic networks: an experimental approach". Journal of Theoretical Biology, Vol. 351, pp. 25-36. 2014.

// 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.

ENOMOTO Yasushi

1. Associate Professor
2. Endurance Performance and Energetics
3. Enomoto Y, Suzuki Y, Yokozawa T, Okada, H: 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.
Enomoto, Y., Kadono, H., Suzuki, Y., Chiba, T., Koyama, K.: 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. Evidence for TRPV4 channel induced skin vasodilatation through NOS, COX, and KCa channel mechanisms with no effect on sweat rate in humans. Eur J Pharmacol. 2019 Sep 5;858:172462.
Carotid chemoreceptors have a limited role in mediating the hyperthermia-induced hyperventilation in exercising humans. J Appl Physiol. 2019 Feb 1;126(2):305-313.

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. Associate Professor, Ph.D.
2. Athletic training, Sports injury, Sport-related concussion
3. Epidemiology of collegiate American football injuries-longitudinal injury surveillance for 10 years, 1999 through 2008-. Football Science. 9:70-78, 2012.
Magnitude and frequency of head impact among university American football players. J Phys Fitness Sports Med, 8(1): 1-13, 2019

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.

IWAMA Keisuke

1. Junior Assistant Professor

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. Yogo Teachers' Participation in Team-Teaching in Health Education Class : Focus on Each Stage of Preparations, Instruction and Evaluation. Jpn J School Health., 61: 147-156, 2019.
Relationship Between Youth Risk Behaviors and Small Screen Time among Japanese High School Students. Jpn J School Health., 59: 172-179, 2017.

KIM Da Yoon

1. Junior Assistant Professor, Ph.D.
2. Sports Medicine
3. Possible factors related to increased strain of the iliotibial band in recreational female runners. The Journal of Physical Fitness and Sports medicine, 9(3): 127-134, 2020.
Sex differences in iliotibial band strain under different knee alignments. American Academy of Physical Medicine and Rehabilitation, 12(5): 479-485, 2020.

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. Professor, B.Eng., M.Eng., Ph.D(Eng)
2. Sports Technology, 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, 2019,37,9,968-979.
Direct and indirect effects of joint torque inputs during an induced speed analysis of a swinging motion, Journal of Biomechanics, 2019,96,8-16.

KOSAKI Keisei

1. Assistant Professor, Ph.D.
2. Sports Medicine
3. Effect of habitual exercise on urinary liver-type fatty acid-binding protein levels in middle-aged and older adults. Scandinavian Journal of Medicine & Science in Sports, 28(1): 152-160, 2018.
Renoprotective effects of voluntary running exercise training on aldosterone-induced renal injury in human L-FABP chromosomal transgenic mice, Hypertension Research, 42(10), 1518-1527, 2019.

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. Combined effects of lactotripeptide and aerobic exercise on cognitive function and cerebral oxygenation in middle-aged and older adults. Am J Clin Nutr. 109: 353-360, 2019.
Aortic diastolic pressure decay modulates the relation between worsened aortic stiffness and myocardial oxygen supply/demand balance after resistance exercise. J Appl Physiol. 127: 737-744, 2019.

Staff^(3/6)

MATSUI Takashi

1. Assistant Professor, Ph.D.
2. The role of brain glycogen in exercise-enhanced human performance (endurance capacity and cognitive function)
3. Tyrosine as a Mechanistic-Based Biomarker for Brain Glycogen Decrease and Supercompensation With Endurance Exercise in Rats: A Metabolomics Study of Plasma. *Front Neurosci*, 13: 200, 2019.
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.

MIZUKAMI Katsuyoshi

1. Professor, MD, PhD
2. Stress management, Mental health and health promotion, prevention of dementia
3. General Mental Health Is Associated with Gait Asymmetry. *Sensors (Basel)*, 2019;19(22). pii: E4908.
Pneumonia-associated death in patients with dementia: A systematic review and meta-analysis. *PLoS One*, 2019;14(3):e0213825

MONMA Takafumi

1. Assistant Professor, Ph.D.
2. Physical activities, psychosocial factors, and health
3. Exercise or sports in midlife and healthy life expectancy: an ecological study in all prefectures in Japan. *BMC Public Health*, 19, 1238, 2019.
Sleep disorder risk factors among student athletes. *Sleep Med*, 44, 76-81, 2018.

MUKAI Naoki

1. Associate Professor, MD., 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 training and strategy
3. Oxygen uptake and respiratory exchange ratio relative to the lactate threshold running in well-trained distance runners. *J Sport Med & Physical Fitness*, 59, 895-901, 2019.
Recovery of physiological variables and performance and the relationship between training load and psychological state for a recreational runner during marathon season: a case study. *Int J Sport Health Sci*, 17, 1-12, 2019.

NAKATA Yoshio

1. Associate Professor, PhD
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, Movement and Motor Skill Performance
3. Validity and reliability of computerized adaptive test of soccer tactical skill. *Football Science*, 15: 38-51, 2018.
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.

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, liver 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.

OKAMOTO Rumiko

1. Junior Assistant Professor

OKURA Tomohiro

1. 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. Adequate Energy Intake Prevents Low Bone Mass Under Exercise and Low Intake of Nutrients in Young Female Rats. *Am.J.Sportts Sci* 7(3)127-135 2019.
The Effect of Maple Syrup Ingestion on Fat Oxidation During Incremental Exercise in Endurance Athletes. *Am.J.Sportts Sci* 7(4)149-154 2019

ONO Seiji

1. Associate Professor, B.P.E., M.P.E., Ph.D.
2. Visual oculomotor systems and motor control
3. Asymmetric smooth pursuit eye movements and visual motion reaction time. *Physiological Reports*, 7(14):e14187, 2019.
Evaluation of pulse height control for rapid isometric contractions in college sprinters. *Neuroreport*, 28(12):766-769, 2017.

SADO Natsuki

1. Assistant Professor, Ph.D.
2. Biomechanics
3. Sado, N., Yoshioka, S., Fukashiro, S., Non-extension movements inducing over half the mechanical energy directly contributing to jumping height in human running single-leg jump. *Journal of Biomechanics*, 113, 11082, 2020

SAGAYAMA Hiroyuki

1. Assistant Professor, Ph.D.
2. Energy balance, body weight and body composition regulation for athletes and obese people; Determination of estimated energy requirement.
3. Total energy expenditure in elite open-water swimmers. *Appl Physiol Nutr Metab*. 2019 Feb;44(2):225-227. Effect of the Health Tourism weight loss programme on body composition and health outcomes in healthy and excess-weight adults. *Br J Nutr*. 2018 May;119(10):1133-1141.

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.

SHIBATA Ai

1. Associate Professor, Ph.D.
2. Health Promotion, Health and Behavioral Epidemiology, Applied Exercise Science
3. Shibata A, Oka K, Ishii K, Miyawaki R, Inoue S, Sugiyama T, Owen N. Objectively-Assessed Patterns and Reported Domains of Sedentary Behavior Among Japanese Older Adults. *J Epidemiol*. 2019 Sep 5;29(9):334-339. Kurita S, Shibata A, Ishii K, Koohsari MJ, Owen N, Oka K. Patterns of objectively assessed sedentary time and physical activity among Japanese workers: a cross-sectional observational study. *BMJ Open*. 2019 Feb 24;9(2):e021690.

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, Ph.D.
2. Molecula 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.

TAKAHASHI Hideyuki

1. Professor, B.E., M.P.E., Ph.D.
2. Morphological and qualitative characteristics of skeletal muscle and effective conditioning for human high performance
3. ¹³C MRS reveals a small diurnal variation of glycogen content in human thigh muscle. *NMR Biomed*, 28: 650-655, 2015. Effect of oral curcumin ingested before or after eccentric exercise on markers of muscle damage and inflammation. *Scand J Med Sci Sports*, 29: 524-534, 2019.

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.

TAKEMASA Tohru

1. Professor, Ph.D., D. Med. Sci.
2. Exercise physiology of skeletal muscle
3. Takeda K, Kitaoka Y, Takemasa T: High-intensity intermittent swimming training increases mitochondrial dynamics proteins in mouse skeletal muscle. *Advances in Exercise and Sports Physiology* 24:13-16, 2018. Aoki Y, Ozawa T, Numata O, Takemasa T: High-Molecular-Weight Polyphenol-Rich Fraction of Black Tea Does Not Prevent Atrophy by Unloading, But Promotes Soleus Muscle Mass Recovery from Atrophy in Mice. *Nutrients*. 2019 Sep 6;11(9). pii: E2131. doi: 10.3390/nu11092131. PMID: 31500089

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

TSUJI Taishi

1. Assistant Professor, Ph.D.
2. Exploring social determinants of health, sports, and exercise, and reducing health inequalities
3. Specific types of sports and exercise group participation and socio-psychological health in older people. *J. Sports Sci.*, 38(4): 422-429, 2020. Community-level sports group participation and the risk of cognitive impairment. *Med Sci Sports Exerc*, 51(11): 2217-2223, 2019

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.

Staff^(4/6)// 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. Individual player development in children's handball: a comparison of coaching philosophy and outcomes between top teams from Japan and Germany. *Japan J. Phys. Educ. Hlth. Sport Sci.* 64: 285-301, 2019.
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. Associate 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 Kozue

1. Assistant Professor

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. Associate 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.

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. *The Japan Journal of Coaching Studies*. 139-148. 2016.

HIRAOKA Hiroaki

1. Assistant Professor, Ph.D.
2. Judo athlete condition
3. Variation of salivary IgA during weight loss period before a competition among university judo players, *Journal of Clinical Medicine Research*, 11(12), 798-806, 2019.
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.

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 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.
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.

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.

HORIKAWA Shun

1. Junior Assistant Professor

HOMMA Miwako

1. Professor, B.P.E., M.P.E., Ph.D.
2. Coaching and training in artistic swimming
3. Homma M (2017). The Relationship between Buoyancy and Airborne Weight in Synchronized Swimmers. *Japanese journal of sciences in swimming and water exercise*, <https://doi.org/10.2479/swex.20.10>.
Miwako Homma, Yuma Okamoto and Hideki Takagi (2019). How do elite artistic swimmers generate fluid forces by hand during sculling motions? *SPORTS BIOMECHANICS*, <https://doi.org/10.1080/14763141.2019.1671485>

IKEDA Eiji

1. Assistant Professor, Ph.D.
2. Collective efficacy in competitive sports, Theory and methodology of Basketball
3. A Study on the Causal Relationship between "the Flow of a Game" and its Outcome in Basketball : Focusing on the Interdependence Relations of Four Periods. International Journal of Sport and Health Science, in press, 2021. Development and validation of the collective efficacy scale for basketball. International Journal of Sport and Health Science, 12(2): 61-73, 2014.

JINDO Takashi

1. Junior Assistant Professor, B.P.E., M.P.E., Ph.D.
2. Tennis Coaching, Health Promotion
3. Takashi Jindo, Yuko Kai, Naruki Kitano, Kenji Tsunoda, Toshiya Nagamatsu, Takashi Arai: Relationship of workplace exercise with work engagement and psychological distress in employees: A cross-sectional study from the MYLS study. Preventive Medicine Reports, 17: 101030, 2020. Takashi Jindo, Kazuhiro Suzukawa, Yuko Kai, Naruki Kitano, Hirokazu Osanai, Eisuke Ochi, Toshiya Nagamatsu: Association between continuous exercise and sports activity and generalized self-efficacy in male senior high school students: focused on belonging to sports club. Japan Journal of Human Growth and Development Research, 78: 35-42, 2018. (in Japanese)

KANAYA Mariko

1. Associate Professor, B.P.E., M.P.E., Ph.D.
2. University PE
3. 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. A study on the educational values of Conscious motor learning in university physical education, Japanese Journal of Physical Education and Sport for Higher Education, 16:3-12, 2019

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
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 upper limb motion energy flow between high and low bat head speed groups in baseball. Japan J. Phys. Educ. Hlth. Sport Sci., 64:37-48, 2019. 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.

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. Educational psychology on physical education and sports in higher education
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

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, B.P.E., M.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 strength of male judo athletes: change in muscle contraction force accompanying change in angle velocity Research journal of Budo, 43(1), 19-26, 2010.

MATSUMOTO Tsuyoshi

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 Hirokazu

1. Assistant Professor, Ph.D.
2. Coaching Theories, American football coaching studies
3. Effectiveness of the Heads Up Tackling (HUT) program on tackling safety and performance in American football, International Journal of Sport Health Science, 16:77-88. 2018.

MATSUO Makinori

1. Associate Professor B.P.E., M.P.E.
2. Japanese Archery, Kyudo, History of Kyudo
3. DVD de jyoutatsu! Kyudo, Natsumesha, 2019. Kyugu no zastugaku jiten, Nihonbungeisha, 2019.

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.

Staff^(5/6)

MIYACHI Hideaki

1. Junior Assistant Professor

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.

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.

NAKAYAMA Masao

1. Professor, B.P.E., M.P.E., PhD.
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.

NAKAYAMA Saori

1. Junior Assistant Professor

NAKAZAWA Hiroto

1. Junior Assistant Professor

NARA Takaaki

1. Assistant Professor, Ph.D.
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 women choppers in table tennis: Focusing on the using technique. *Japan J. Phys. Educ. Hlth. Sport Sci.* 62:241-262, 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.

OSHIMA Maya

1. Junior Assistant Professor
2. Dance Studies

OTOMO Akane

1. Junior Assistant Professor

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.

SAKAUE Hiroyuki

1. Junior Assistant Professor

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.

SANO Atsushi

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

SASAKI Yoichiro

1. Assistant Professor

SENGOKU Yasuo

1. Associate 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. Junior 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.

SHINTAKE Yuko

1. Assistant Professor, Ph.D.
2. Research on sports instruction

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 of Water Sports
3. Ross Sanders, Jordan Andersen and Hideki Takagi: 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, DOI: 10.1007/978-3-319-30808-1, 2017-06.
Takagi, H., Nakashima, M., Sato, Y., Matsuuchi, K., and Sanders, R.: 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

TSUNOKAWA Takaaki

1. Assistant Professor, Ph.D.
2. Biomechanics in Swimming
3. Tsunokawa, T., Mankyu, H., Takagi, H., Ogita, F.: The effect of using paddles on hand propulsive forces and Froude efficiency in arm-stroke-only front-crawl swimming at various velocities. Human Movement Science, 64: 378 - 388, 2019.
Tsunokawa, T., Tsuno, T., Mankyu, H., Takagi, H., Ogita, F.: The effect of paddles on pressure and force generation at the hand during front crawl. Human Movement Science, 57: 409 - 416, 2018

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
3. Theory of artistic gymnastics

YAMADA Eiko

1. Assistant Professor
2. Handball Coaching / Study 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

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. Plyometrics 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.

YUASA Akiko

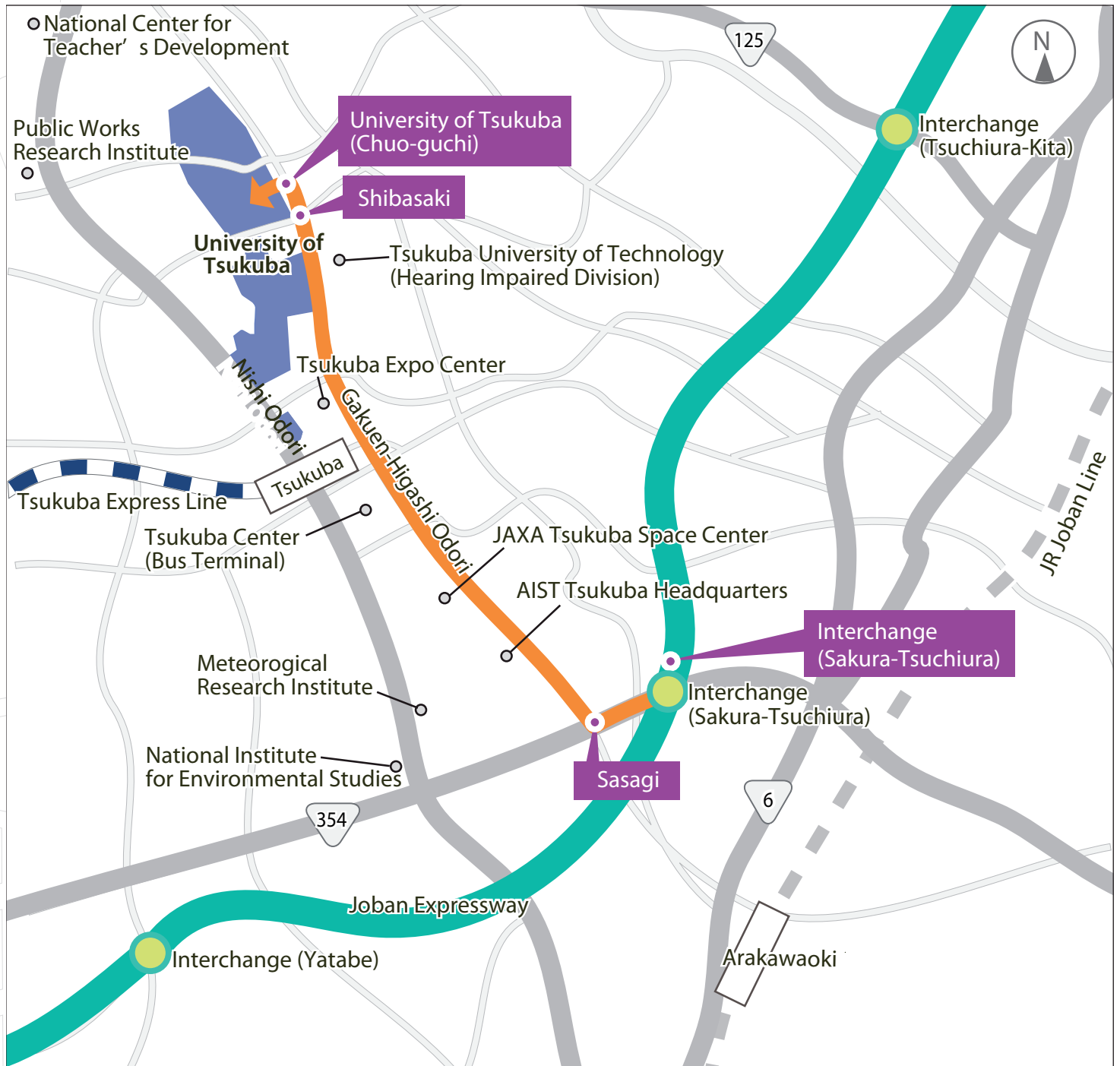
1. Junior Assistant Professor

Campus Map and Location

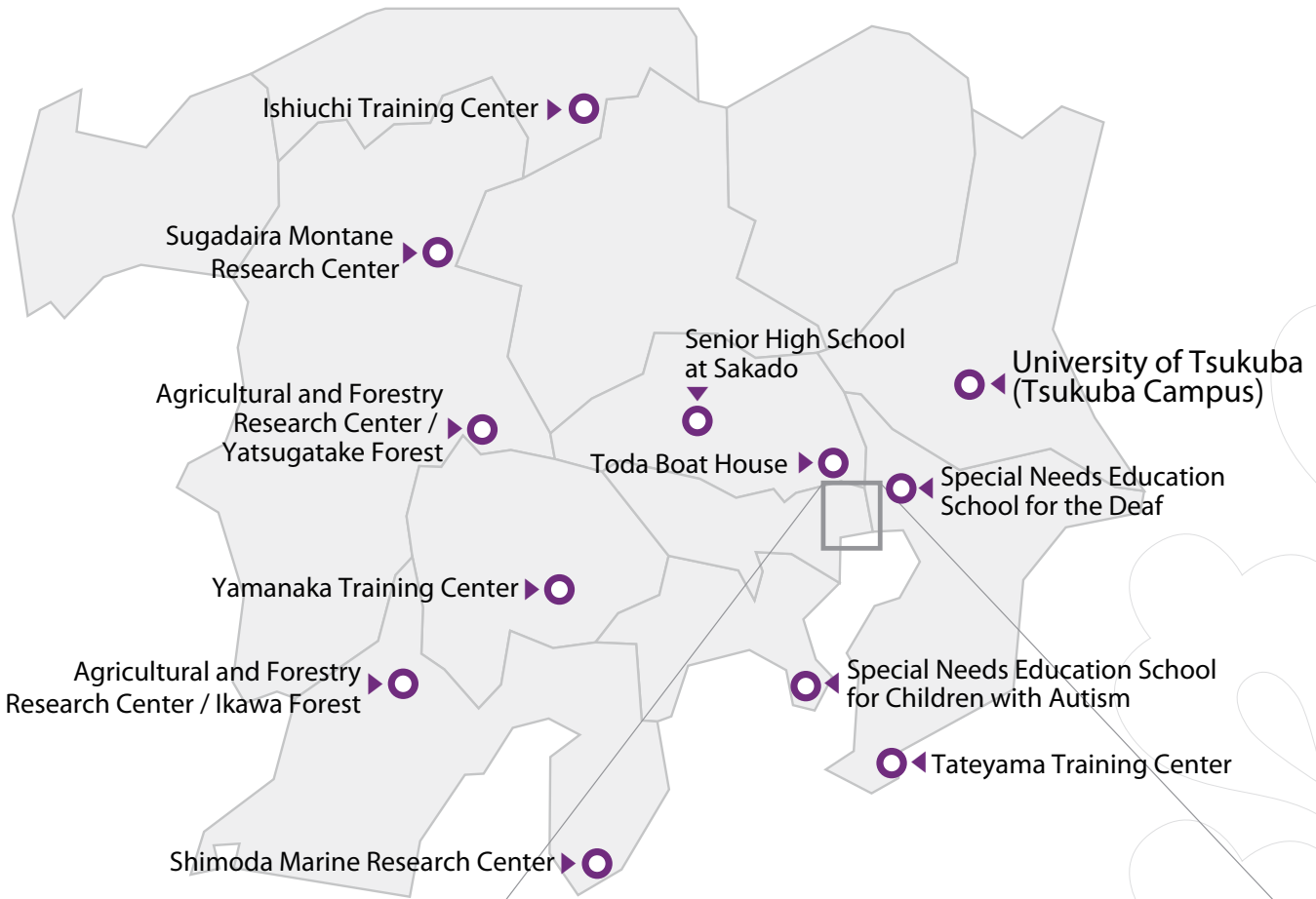
Tsukuba Campus http://www.tsukuba.ac.jp/en/access/tsukuba_access

Tokyo Campus <http://www.tsukuba.ac.jp/en/access/tokiocampus-access>

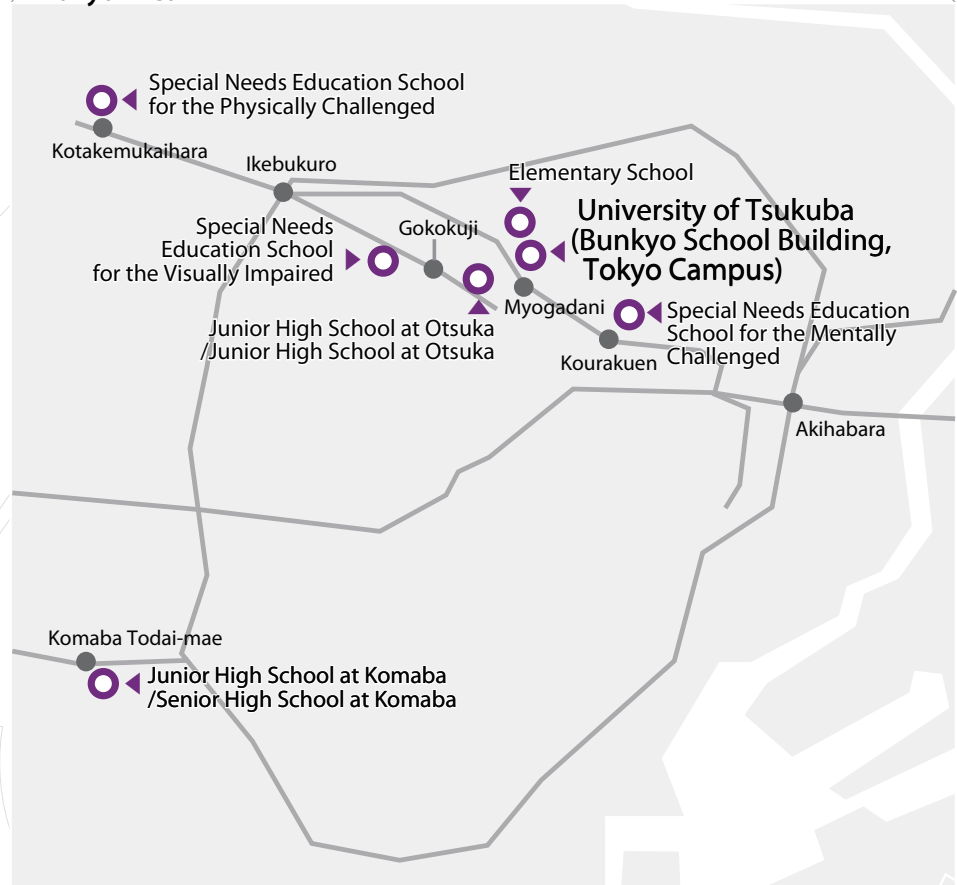
/ Tsukuba Campas



/Tokyo Campas



Tokyo Area



University of Tsukuba



// Write Faculty of Health and Sport Sciences, University of Tsukuba Add1-1-1 Tennodai, Tsukuba, Ibaraki 305-8574, Japan
// More info <http://www.taiiku.tsukuba.ac.jp/> Fax +81 29 853 6507
// Credits Produce Committee for Creation of Institute Brochure
// Copyright Faculty of Health and Sport Sciences, University of Tsukuba All right reserved.
Under no circumstances can any part of this catalogbe reproduced or copied in any from, without prior permission of the copyright owners.