

Faculty of Sports and Health Science

As an educational and research institution for sport and health science, this Faculty offers a broad range of studies in the fields of exercise, sports, recreation, leisure, physical training, health and welfare. The Faculty aims to produce professionals equipped with highly specialized knowledge and practical coaching capabilities, and thereby contribute to the realization of wellness in society.

Department of Sports Science

With sports techniques and tactics becoming increasingly sophisticated in the field of competitive sports, coaching and training methods based on the latest advances in sports science are now indispensable. As specialization in a particular sport is increasingly determined at younger ages, early discovery of a person's aptitude for a particular sport and training programs designed specifically for each stage of his or her development become necessary. Responding to these needs, the Department of Sports Science is dedicated to training coaches and instructors with a deep knowledge of sports science as a whole and considerable expertise in their chosen sport.

The curriculum includes fundamental specialty courses from the first year to enhance specialty education. Furthermore, it is designed to minimize the number of required courses and maximize the number of elective courses so that students can choose courses according to their individual interest and specialty. In well-designed applied courses such as the Seminar on Coaching Methodology students deepen their knowledge and experience of particular sports. From the third year on, all students are assigned to a seminar and, under the guidance of their academic supervisor, write a graduation thesis and make a presentation at a faculty-wide meeting in the final year.



Department of Health and Exercise Science

With Japan facing the prospect of an ultra aged society, ensuring a healthy and fulfilling life has become an important challenge. Moreover, it is now essential to encourage people of all ages from infants to senior citizens to form a habit of lifelong exercising and playing sports to prevent mental disorders caused by stress, which worsens year by year, and lifestyle-related diseases such as heart disease, cerebral apoplexy and hypertension, all of which can result from a lack of exercise. The Department of Health and Exercise Science is dedicated to the task of training experts in the provision and development of exercise programs aimed at improving health and quality of life for people of all ages, based on the latest scientific advances in this field.

The basic structure of the four-year course is designed so that students first study the foundations of sports medicine and science, after which they learn the methodology of sports and recreation instruction for health. Specifically, in their first and second years, students take courses such as Sports Psychology, Physical Fitness, Sports Physiology, Sports Medicine and Sports Orthopedics. In their third and fourth years, they take more practical courses such as seminars on health and sports and enhance their practical and applied expertise as instructors through seminars for off-campus training on fitness, exercise therapy and lifelong sports. Like students of the Department of Sport Science, students in this Department write a graduation thesis and make a presentation to the entire faculty in their final year.

