

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.

To achieve these goals, the curriculum is strongly oriented toward future employment, advancing specialized education on a planned annual schedule seasoned with various course choices defined in course recommendations.

Department of Sports Science

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 offers four recommended courses, which may be taken singly or in combination: Athlete Coaching course, Sports Instructor course, PE Teacher course and Lifelong Sport Education course. All students attend faculty seminars from the third year, and in the fourth complete their graduation theses, which are presented formally to all

undergraduates at the research paper presentation meeting.



Department of Health and Exercise Science

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 the health and quality of life for people of all ages, based on the latest scientific advances in this field.

The curriculum offers three recommended courses, which may be taken singly or in combination: Health Activity Guidance and Sports Instructor course, PE Teacher course and Lifelong Sport Education course. Third-year students attend faculty seminars, while students in the fourth year write

graduation theses and present them to all undergraduates at the research paper presentation meeting.

