

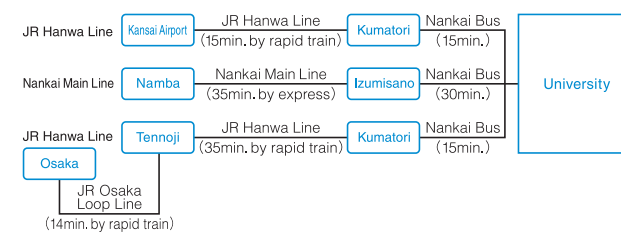
# GRADUATE SCHOOL OF SPORT AND EXERCISE SCIENCES

OSAKA UNIVERSITY OF HEALTH AND SPORT SCIENCES

Railway and Highway Map



Access



## GRADUATE SCHOOL OF SPORT AND EXERCISE SCIENCES

OSAKA UNIVERSITY OF HEALTH AND SPORT SCIENCES

1-1 Asashirodai, Kumatori-cho, Sennan-gun  
Osaka 590-0496

JAPAN

Phone: 072-453-7031 (Int'l +81-72-453-7031)

Fax : 072-453-7028 (Int'l +81-72-453-7028)

<http://www.ouhs.jp/>



"BOUHSEAR"



Association of Japan University Accreditation  
UNIVERSITY ACCREDITED  
2009.4-2016.3

## About the Graduate School of Sport and Exercise Sciences

The role of sport science and physical education has grown increasingly important in recent years as Japan faces the issues of a decreasing birth rate and an aging population. The contribution of sport to society is more crucial than ever as a means to maintain the health and wellbeing of the nation's people.

In an effort to nurture a diverse range of skills and an advanced understanding of the issues facing the current social climate, Osaka University of Health and Sport Sciences recognised the need to broaden the knowledge of its students by founding a master's degree program within the Graduate School of Sport and Exercise Sciences in 1992. Ongoing success of this 2-year master's course eventually led to the establishment of a 3-year doctoral course in 2001, from which the first graduates completed their research in 2004.

Studies at the Graduate School of Sport and Exercise Sciences are based on five research areas : Sports Culture, Competitive Sports, Health and Sport, Physical Education in Schools, and Leisure and Recreation. A range of fields are investigated in terms of each of these research areas including sport history, sport philosophy, sport sociology, sport management, sport psychology, biomechanics, pedagogy, sport physiology, sports medicine, and sports nutrition.

The Graduate School also offers an internship program for students to gain practical experience in their chosen field of research, and to ensure an edge when seeking employment after graduation.

In addition to the high level of tuition each student receives, the Graduate School welcomes many guest lecturers during the school year to host symposiums and seminars relating to the field of sport. With a view to optimising our graduate students' learning experience, these seminars provide wonderful opportunities to discuss ideas and gain new knowledge from experts in health and sports research.

Provided with cutting edge information, our graduates are highly qualified by the time they enter the work force and are able to make significant contributions to society.

Graduate School of Sport and Exercise Sciences

Postgraduate Studies in Sport Sciences

### Academic Fields

Sport History /Philosophy	Sport Sociology	Sport Management	Sport Psychology	Biomechanics	Pedagogy	Sport Physiology	Sports Medicine	Sports Nutrition
---------------------------	-----------------	------------------	------------------	--------------	----------	------------------	-----------------	------------------

### The Five Research Areas of the Graduate School

**Sports Culture** The research area of Sports Culture examines the influence of sports in society from sociological, pedagogical and historical perspectives. The primary objective of this research area is to encourage students to develop theories based on their research that can be applied to enhance the future direction of sport.

Students of this research area will be qualified to seek employment in the fields of:

- Research
- Sport administration / policy making

**Competitive Sports** The research area of Competitive Sports examines methods to enhance athletes' performance. The goal of this research area is to create an ideal learning environment for high level athletes to analyse and modify their techniques.

Students of this research area will be qualified to seek employment in the fields of:

- Research
- Sport administration
- Sport management
- Sport marketing
- Coaching amateur or professional teams
- Professional sport

**Health and Sport** Studies conducted in the research area of Health and Sport investigate the physiological and psychological effects of physical activities. Students are encouraged to develop injury prevention methods to utilize in their coaching as well as effective rehabilitation programs.

Students of this research area will be qualified to seek employment in the fields of:

- Research
- Sport management
- Sport marketing
- Health and fitness instruction to the elderly and/or at private fitness clubs

**Physical Education in Schools** Research in this area examines issues surrounding the teaching of health and sports in schools, and assists students in developing appropriate teaching methods for effectively teaching physical education in a classroom environment. Counselling methods and aspects of school administration are also taught.

Students of this research area will be qualified to seek employment in the fields of:

- Research
- Advanced level physical education

**Leisure and Recreation** The research area of Leisure and Recreation deals with various issues concerning sports, leisure and recreation, and outdoor education in modern society. With a particular focus on practical application, this area also offers instruction in event management as well as public administration policy.

Students of this research area will be qualified to seek employment in the fields of:

- Research
- Sport management
- Sport marketing
- Health and fitness instruction to the elderly and/or at private fitness clubs

All the above research areas include adapted sport.

Master's Course (2 years) - nurturing scientific sport leaders - mastering sport science theory and applied methodology

Doctoral Course (3 years) - nurturing creative and scientific professionals - building sport science theory and developing innovative methodology



## People-Friendly Research

**Masanobu Araki, Ph.D.**

Dean  
Graduate School of Sport and Exercise Sciences

Through our Master's Course, we aim to nurture specialists and instructors with an advanced knowledge of sport science who can analyze and assess sporting phenomena from a wide range of perspectives. Through our Doctoral Course, we aim to nurture researchers who, in order to meet the diverse needs of society, can perform original research supported by a high level of specialist knowledge.

The object of sport science research is people. To allow us to further understand the circular relationship between people and their environment, the field is composed of a wide range of academic disciplines, such as sport physiology, sociology, psychology, nutrition, history, philosophy, medicine, and management, as well as exercise science, biomechanics, and pedagogy. In addition to training in one specialized field, then, it is also necessary to have an interest in related fields. This could be described as having a "sense" of sport science. In your research activities, while repeating the steps of intuition, analysis, assimilation, and reconsideration, be sure to develop this sense.

In sport, research results that can be adapted to the actual practice of sport are demanded. Whether or not research is useful in a sports environment is decided by the people working in that environment. At graduate school, while it is important that we immerse ourselves in basic research as we develop our sense of sport science, we must not forget that the object of research is people. I would like you to strive for "people-friendly research".

## Course Curriculum

Graduate School of Sport and Exercise Sciences

Postgraduate Studies in Sport Sciences

Master's Course (2 years) - nurturing scientific sport leaders -  
mastering sport science theory and applied methodology

Statistics in Sport Sciences 1 & 2	Neuromuscular Mechanics	Growth and Development
Sport Management	Clinical Biomechanics	Clinical Sports Medicine
Practical Theory in Sport Management	Sports Training	Health Management
Community Sport Management	Training Science	Sport Physiology
Sport Marketing	Coaching Strategies of Ball Games	Sports Nutrition
Sport Sponsorship	Instruction Techniques for Ball Games	Exercise Biochemistry
Outdoor Sport	Analysis of Athletic Games	Academic English for Sport Sciences (Basic)
Adventure Education	Physical Fitness Science	Sport Sciences A & B
Sport Promotion	Sport Counseling	Sport Sciences Seminar
Sport History	Sport Psychology	Internship 1 & 2
Sport Pedagogy	Clinical Sport Psychology	Experimentation and Practice 1 & 2
Budo Education	Psychology of Emotion in Sport	
Biomechanics	Practical Theory in Sport Psychology 1 & 2	

Doctoral Course (3 years) - nurturing creative and scientific professionals -  
building sport science theory and developing innovative methodology

Neuromuscular Mechanics	Clinical Sports Medicine (Internal Medicine)	Sport Marketing
Sport Psychology	Clinical Sports Medicine	Sports Training
Sport Counseling	Exercise Biochemistry	Biomechanics
Sport Physiology	Sport Science Research	Theory of Sport Injury Prevention
Nutrition for Sport and Exercise	Sport Management	Academic English for Sport Sciences

The Graduate School supports each student's quest for knowledge with state-of-the-art facilities.

## Research Facilities

We provide cutting-edge facilities and equipment to support the highest quality research.



### Simulation Interview Room

It is necessary to interview athletes and coaches regarding their thoughts and feelings in certain research situations. Using cameras and monitors, the Interview Room is designed to observe an interviewee's mannerisms, behaviours and use of language to help develop interview skills and interpretative analysis.



### Comprehensive Laboratory

This laboratory is set up to conduct a range of experiments to examine the effects of weather conditions on performance. Wind speed, humidity and temperature can all be adjusted to accurately record a number of results.



### Sport Psychology Laboratory

This laboratory allows the researchers to observe and talk with athletes in a comfortable environment. The amenities in this laboratory include counselling rooms, data processing facilities, and many other useful research tools.

**Other research facilities** - Electromicroscope Room - Sample Analysis Room - Sports Nutrition Laboratory



### Physiology and Biochemistry Laboratory

The school offers fully equipped laboratories for students to conduct experiments in the fields of physiology, biochemistry and medicine.



### Biomechanics Laboratory

In this laboratory, motion, movement, technique and tactics are analysed by using digital video motion analysis methods. This room also utilises ground reaction force measures, EMG, and ultrasound.



### Social Studies Laboratory

This laboratory is designed to analyse human behavioural characteristics during participation in sport, leisure and recreational activities. Research in this laboratory also focuses on observing spectators in sport.

## Library



The Osaka University of Health and Sport Sciences Library contains a huge range of sport-related books, journals, and information software. The general topic list for resources in this library includes: physical education, sports, recreation, education, welfare, psychology, and medicine. Our library also has numerous computer terminals with broadband access to the Internet.

### Group and Private Study Rooms

Spacious rooms are available for private or group study activities, providing students with a comfortable study environment.

### PC Terminals Connecting to the World

The numerous PC terminals placed throughout the school provide students with access to information, and the constantly updated software makes the process of statistical analysis and research simple and convenient.

One of only two Japanese universities to have the complete series of "British Sports and Sportsmen", the Osaka University of Health and Sport Sciences Library boasts an extensive book collection.



### Book Search Engine

Students are able to search for books in the library using the OPAC book search engine on the library website.

### A Comprehensive Stock of Domestic and International Resources

With a collection of approximately 170,000 domestic and international books, journals, and digitalised database resources, the library also offers an additional 3,000 specialised research journals related to the fields of physical education, sport science and medicine. Students can access a wide range of databases, e-journals, and e-books from the library website.

**OPAC is accessible to everyone on our library website**  
<http://lib.ouhs.ac.jp/>

## Conferral of Degrees

The Graduate School of Sport and Exercise Sciences confers the academic degrees of Master of Sport Sciences and Doctor of Sport Sciences. Students must complete 2 years of fulltime study to be conferred with the master's degree, and 3 years of fulltime study to be conferred with the doctoral degree. Additionally, students must complete all course work requirements and submit a thesis within the allocated time frame.

## Scholarship System

Osaka University of Health and Sport Sciences offers scholarships for students enrolled in graduate courses. Applications for financial assistance in the master's course are accepted at the beginning of each academic year. Doctoral students must apply for financial aid at the same time as they apply for entry into the course. In either case the scholarships do not need to be repaid after graduation.

Note: The application procedure for financial assistance is subject to change. Inquire separately for details.