



TIAS

International Academy Conference

-Achievements, Legacy and Continuity 2020-

SPORT FOR TOMORROW



Tri-University Cooperation: TIAS Students* x NCDA x NIFISA

*TIAS PROGRAM, University of Tsukuba (<http://tias.tsukuba.ac.jp/>)

【Keywords】 Students, Learning, Coach Developer, Sports Management, High Performance, NSSU-NCDA, NIFISA-NIFS at Kanoya

START OF THE COOPERATION with NIFISA at KANOYA

https://nifisa.nifs-k.ac.jp/about_mission.html

NIFISA aims to promote research in sports management and sports performance science in addition to Olympic education. The Sports Management Course provides curriculum on sports promotion, sport for all movement, management of sports event and so on. Students participating in the Sports Performance Course will acquire knowledge about sports science, biomechanics, physiology and medicine, and health promotion.

High Performance Program

My Learnings

Just as this quote points out, performance training focuses on evidence-based strength and conditioning strategies. While conventional conditioning emphasizes body transformation and muscle building, sports performance training focuses on the following four main elements:

1. Enhancing Explosive Movements, Reaction Times, Speed and Agility
2. Using Training Designed With Sport-Specific Goal in Mind
3. Stretching
4. Preventing Injuries

Benefits of Sports Performance Training

You can expect to see advantage of the following benefits with sports performance training:

- Customization: Sports Performance Training for Individuals and Teams, Youth to Adult
- Capitalizing on Potential
- Speed and Strength
- Injury Prevention
- Nutrition and Physical Performance

What I found at Kanoya

NIFS sports performance center is fully equipped to accommodate all training needs. One can find numerous and diverse range of equipment, a 100m sprint track and Great Cliff track. Other training amenities used for athletic training include our 50M swimming pool, indoor gym, track and field and the outdoor soccer field.

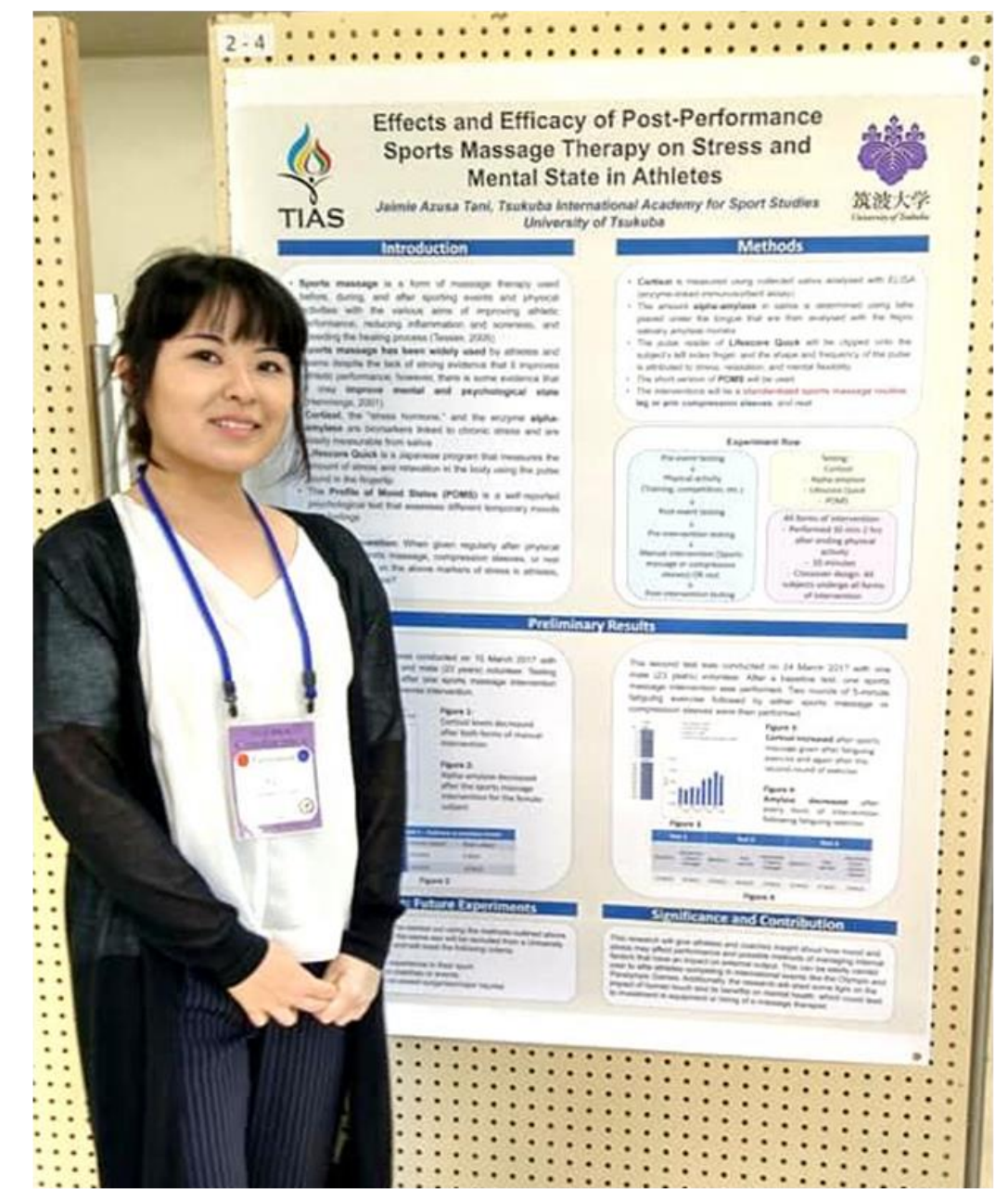
NIFS has the latest equipment and experienced trainers that are committed to helping athletes reach and surpass their fitness goals. Believe in numbers and science research for performance events.

Future Research Interests, Post-Seminar

- The role of performance coaches during competition
- Inspiration muscles swimming training, Recovery during competition,
- Physiological profiles of disabled swimming athletes,
- High intensity training and hypoxic training,
- Hydrodynamics in swimming,
- How to analyse swimming performance,
- Nutrition and swimming exercise,
- Swims athletes support using high speed cameras,
- Psychology-perceptual skills in swimming,
- Bringing high performance training to a localised way.

The 9th International Sports Academy Seminar began on the 28th schedule starting February 28, 2019 as a part of the International Contribution Project "Sports for Tomorrow" program for the Tokyo 2020 Olympic and Paralympic Games. Coaches and Young researchers came from all over the world to be enlightened with new sports research resources to develop the Olympic education program with a view to the future and nurturing global human resources who can play an active role in the global sports. On February 28th of the first day, our facility tours, opening ceremonies, welcome party etc. were held. Approximately 40 people including host families and in-campus participants took part in the welcome party. Where also, a festival experience was prepared and participants experienced Japanese cultural, games while wearing a festival law coat such as shooting and yo-yo fishing, Kendama, laughing lucky, the participants were showing a satisfying smile. At Kanoya, I felt the Japanese Omotenashi.

The 1st International Conference of NIFS International Sport Academy



JAIMIE TANI – 2nd Batch

"International Sports Promotion and Development: Global Issue and New Idea in Sport and Olympics" Kanoya, Kagoshima (Japan), on 22 September 2017.



CHU KAI – 2nd Batch

STUDENT'S LEARNING & INTERACTION at NIFISA – new NETWORKS



The 10th National Institute of Fitness and Sports (NIFISA) seminar took place this year in Kanoya from the 28th of August to the 6th of September. From over 70 applications, sixteen individuals were chosen to attend this 10-day long seminar at one of Japan's foremost centres for sports performance research. These participants hailed from 11 different countries and represented various professions in the realms of physiotherapy, coaching, sports psychology, nutrition, and academics. I attended the seminar as an observer representing TIAS. It was a fantastic experience overall. I learned a great degree about current research findings in the realms of sports performance and found the lectures on return-to-play and motion analysis particularly interesting. I am extremely grateful to have been given the opportunity to use such high-level equipment and interact with participants and lecturers from all over the world. The seminar gave a great overview of the research being conducted in Kanoya, and I would like to thank NIFISA staff and students, Ogita Sensei from NIFS, and TIAS for providing me the opportunity to experience a seminar like this.

'THANK YOU NCDA and NIFISA for the EXCELLENT OPPORTUNITIES SHARING your EXPERTISE'

<https://www.ncda.tokyo/>

START OF THE COOPERATION with NCDA & Tri-University SEMINAR at NSSU-TOKYO

NSSU Coach Developer Academy: Nippon Sport Science University (NSSU) Coach Developer Academy was established to foster future international 'Coach Developers' and to construct a network of coach developers all over the world. This academy is part of 'Sport for Tomorrow' programme of the Japan Sports Agency (JSA) for the 2020 Tokyo Olympic and Paralympic Games. Proudly collaborating with the International Council for Coaching Excellence (ICCE), NSSU Coach Developer Academy provides training programmes with blended learning opportunities for the future coach developers. Creating coaching cultures that leads to positive experiences for everyone through sport is the vision that we have of the academy.

Tri-University Cooperation : 3rd (and 1st) Batch Students Interact

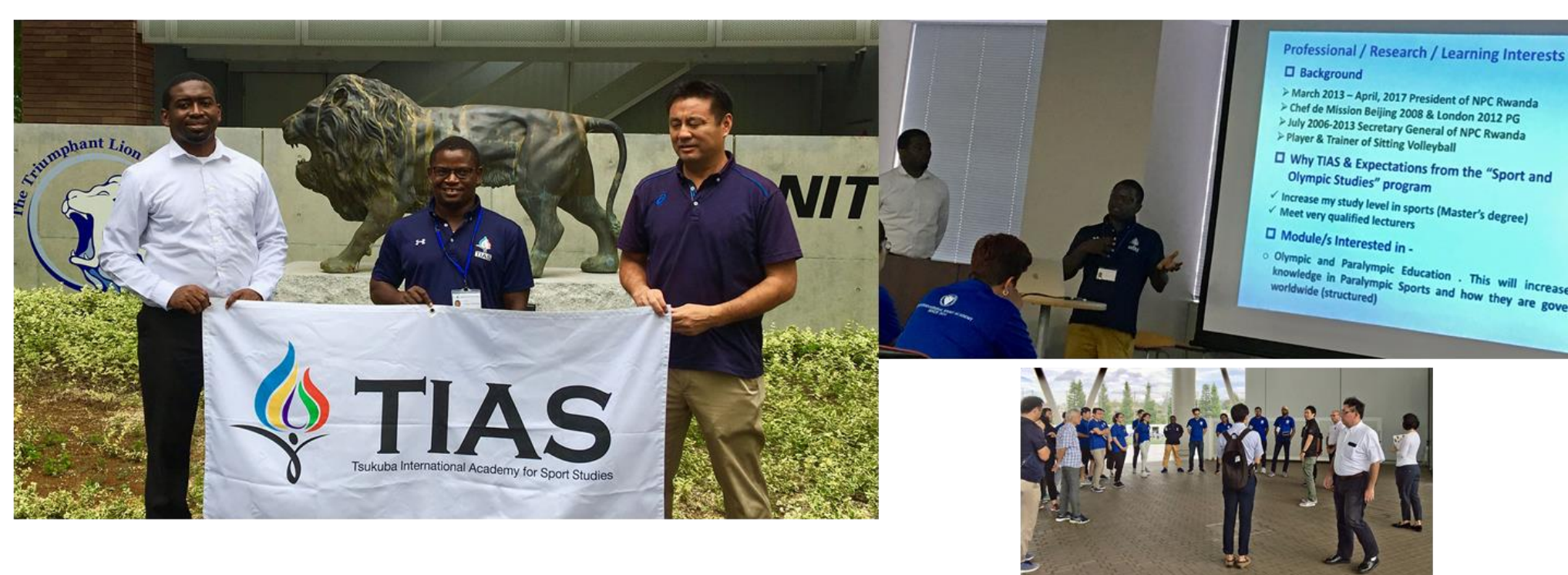
Tri-University/SFT-Academy Seminar at NCDA-NSSU (NITTAIDAI), 2018.09.07

Attended by 3rd – Batch Students: Mr. SHEMA – MABOKO Didier (Rwanda) and Mr. Celestin NZEYIMANA (Rwanda) with Basketball and Adapted-Para Sports (Sitting Volleyball) as expertise, respectively.

One of the TIAS 1st Batch students, Mr. Makoto KOSAKA (ASICS) also joined.

TIAS program was explained to all the 3-ACADEMY PARTICIPANTS

Both Celestin and Shema explained their reasons to join TIAS, and the learning and research experiences leading to their 1-year stay at Tsukuba and link to their future careers in sport & coaching, back in their home country of Rwanda.



NSSU Coach Developer Academy : NCDA Coach Developer Program 2018 (2018-09-09-14)

TIAS students, Mr. SHEMA – MABOKO Didier (Rwanda) and Mr. Celestin NZEYIMANA (Rwanda) and Ms. Taciana PINTO (Brazil; JUDO Sport) joined.

I will quote one TIAS student who can, I believe also speak for the group : and she has put it well –

"I would like to thank the opportunity to join the program that for sure was very informative and contributed to my formation as sport manager, mainly with the roles that include the development of coaches. It was great to learn new methods and tools of teaching/facilitating and it gave me new perspective that can contribute to my future career and also to my actual research in TIAS. Also, the networking was great and I was able to make more connections with people from Brazil and abroad. In Brazil, I think these connections may open new doors and abroad, for sure, the exchange of experience can be productive for all of us. I am sure that it will be great experience for TIAS 4th batch also, if there is a program in 2019. Finally, the NCDA members received us very well, and all the university facilities were impressive. I am sure that the collaboration between SFT programs can bring to all of us many benefits." (Ms. Taciana PINTO, TIAS 3rd Batch - Brazil)

NSSU Coach Developer Academy : NCDA Coach Developer Program 2018 (2018-09-09-14)



2018: September 9th to 14 NCDA COACH DEVELOPER PROGRAM; Setagaya Campus of NSSU. All 3 TIAS students prepared excellent SESSIONS, and there was also well-deserved praise for Celestin (group name was TINO) by the Expert/Coach Developer for his session and facilitation way in the group; he made the GROUP WORK; commenting (Expert), 'the brain that works learns the most'....

2019: NCDA coach developer Programme 18th of September to the 13th of September.

Eleven delegates from different countries coming from varying backgrounds such as Universities, Government and Non-Government Organizations participated in this 6-day programme with a common purpose of training and learning to become future coach developers in order to bring about positive changes to our respective sporting communities. JOSHUA KWEE, 4th Batch



Overall, it was a wonderful program and I had fruitful experience learning from the trainers and colleagues alike. As the concept of Coach developer is still relatively new, it is important to learn and spread about the positive influence the role could bring into the respective sporting industries. Networking with international colleagues was an interesting experience as well since everyone comes from different organizations and backgrounds, it was interesting to learn about their opinions and methods of tackling issues in their respective environment. This experience had given me many new insights and knowledge and I am grateful for having this opportunity to further build on my skillsets for my future career.

SFT International Sport Academy Tri-University Joint Seminar 2019 on 6th September was held at NCDA-NSSU (NITTAIDAI), Setagaya campus; together with NIFISA (Kanoya, Kagoshima, Kyushu) and TIAS (TAIIKU-UT), from where, a 4th Batch student Joshua Kwee and TIAS research Dr. Kazuhiro KAJITA participated



Taken together, a wonderful conclusion to the Tri-University SEMINAR at NCDA with new FRIENDS – new LEARNINGS, and – excellent NETWORKING.