

Course Number	Course Name	授業方法	Credits	Standard Academic	Course Offering Term	Weekday and Period	Classroom	Instructor	Course Overview	Remarks	科目等履修生申請可否	申請条件	英語(日本語)科目名
01EK001	Introduction to Sport and Health Promotion	1	2.0	1, 2	SprAB	Wed7, 8		Koichi Kiku, Yoshio Takahashi, Mitsugi Ogata, Kaori Yamaguchi, Shinya Kuno, Ai Shibata, Katsuyoshi Mizukami, Sayuri Hashimoto	Introduction to Sport and Health Promotion explores the fundamental ideas and philosophies underlying the correlations and synergies between sporting activity and health, in the context of the physiological, psychological and social characteristics of human existence. Students examine the modern challenges of human existence with a particular focus on longevity in the modern era and changing lifestyles in the age of high-tech information technology. We look at the potential health benefits of engagement with sport and analyze correlations with the environment world, social and cultural activity, as well as individual lifestyles and life stages. Students also consider how public policy can be used to promote the health benefits of sport in the context of rising interest in sustainability and environmental issues in the 21st century.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツ・ヘルスプロモーション論概論
01EK002	Methodology of Sport and Health Promotion	1	1.0	1, 2	SprC	Wed7, 8		Yoshio Takahashi, Kaori Yamaguchi, Shinya Kuno, Sayuri Hashimoto, Koichi Watanabe	Methodology of Sport and Health Promotion teaches fundamental methodologies for producing a master's thesis or topic-specific research report on a sport and health related topic. Students learn how to prepare a specific research program by studying research design and basic methodologies for objectivity in scientific methodologies, as well as methodologies for on-line searching of literature and relevant materials. A general overview of social survey techniques is provided. Students also study statistical techniques of analysis and verification as applied to survey data and experimental data, using the relevant literature to examine the interpretation of analysis and verification findings and investigating the features of statistical analysis software.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツ・ヘルスプロモーション方法論

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01EK003	Research Methods in Sport and Health I	2	1.0	2	SprAB, Fall IAB	by request		Koichi Kiku, Yoshio Takahashi, Mitsugi Ogata, Kaori Yamaguchi, Shinya Kuno, Ai Shibata, Katsuyoshi Mizukami, Sayuri Hashimoto	In Research Methods in Sport and Health I, students design and submit a research program with a specific research topic related to sport and health promotion and management, under the guidance of a research supervisor and with reference to earlier literature.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康研究方法論I
01EK004	Research Methods in Sport and Health II	2	1.0	2	Fall IIA	by request		Koichi Kiku, Yoshio Takahashi, Mitsugi Ogata, Kaori Yamaguchi, Shinya Kuno, Ai Shibata, Katsuyoshi Mizukami, Sayuri Hashimoto	In Research Methods in Sport and Health II, students study the methodologies for performing research in line with their nominated topic related to sport and health promotion and management, analyzing materials and data, and delivering a presentation, under the guidance of their research supervisor. Students are required to spend the entire day at the intermediate degree thesis presentation session where they present a progress report on their research project that encompasses the key concepts, data collection and analysis states.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康研究方法論II
01EK005	Research Methods in Sport and Health III	2	1.0	2	Fall IIC	by request		Koichi Kiku, Yoshio Takahashi, Mitsugi Ogata, Kaori Yamaguchi, Shinya Kuno, Ai Shibata, Katsuyoshi Mizukami, Sayuri Hashimoto	In Research Methods in Sport and Health III, students study the methodologies for performing research in line with their nominated topic related to sport and health promotion and management, analyzing materials and data, and delivering a presentation, under the guidance of their research supervisor. Students are required to spend the entire day at the intermediate degree thesis presentation session where they present a progress report on their research project that encompasses the key concepts, data collection and analysis states.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康研究方法論III

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01EK101	Topics of Sport Promotion	1	2.0	1, 2	FallAB	Thu7,8		Koichi Kiku	In Topics of Sport Promotion, students analyze the positive and negative impacts of sport in modern society, using a social construct model predicated on the supply and demand balance for sport. This yields the basic idea of sport promotion. We also explore the role of sport promotion in the context of the wider cultural picture that encompasses the establishment and development of professional sporting endeavors.		△	There is an interview	スポーツプロモーション論特講
01EK105	Practice of Sport Promotion	3	1.0	1, 2	SprABC	by request		Koichi Kiku	Practice of Sport Promotion examines sport promotion issues gleaned from student experience in the workplace, and formulates these as policy issues from the perspective of policy science. These are then used as the basis for a simulation based on policy objective, policy scope, policy settings, and policy plan. The simulation model is then used to quantify the environmental, physical, personnel and cultural resources needed for policy development, and evaluate existing resources for policy implementation in order to identify any resource shortages or excesses. Where a shortage is identified, the next step is to prepare or develop the necessary resources, design a system for effective utilization of resources predicated on the policy development perspective, and run a simulation of a concrete policy model.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツプロモーション論実習
01EK106	Topics of Sport Event	1	2.0	1, 2	SprB SprAB	Fri7,8 Intensive		Yoshio Takahashi	Topics of Sport Event explores the principles and significance of sporting events in the context of sport promotion based on social construct and function models predicated on the social supply and demand balance for sporting events. This understanding is used as the basis for an analysis of the positive and negative impacts of sporting events in terms of building communities in the modern era. This in turn is used to analyze the social implications of government policy on sporting events in the modern era. We also examine the development process for professional sporting endeavor and consider its semantic significance and purpose in terms of building communities and social cohesion.	5/20, 6/24	△	There is an interview	スポーツイベント論特講

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01EK110	Practice of Sport Event	3	1.0	1, 2	Annual	by request		Yoshio Takahashi	Practice of Sport Event investigates issues related to sporting events in the context of student experiences in the workplace, and formulates these as policy issues from the perspective of sport promotion and community building. This serves as the basis for a simulation of sporting event management. Based on the simulation model, students identify the various agents and resources needed to stage a sporting event, then perform a simulation of the systemization of agents and resources related to the event. Students also plan and propose a concrete policy management model for sporting events.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツイベント論実習
01EK112	Seminar in Sport Promotion1	1	1.0	1, 2	Fall/ABC	by request		Koichi Kiku	Seminar in Sport Promotion 1 is an intensive seminar offered in the fall semester. Students consider specific examples of sport promotion policies at the national, local and organizational levels, and compare specific policy issues and identify the defining characteristics of each in the context of the historical, social and cultural backgrounds. Students then use their newly developed concrete analytical capabilities in the area of sport promotion policy development to identify specific issues in sport promotion based on their workplace experiences, and then perform a simulation of the associated policy issues vector and lifestyle issues vector for the purpose of identifying the salient policy issues and designing a policy formulation model.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツプロモーション論演習1

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01EK113	Seminar in Sport Promotion2	2	2.0	1, 2	SprAB	Thu7,8		Koichi Kiku	Seminar in Sport Promotion 2 is offered in the spring semester. Students consider specific examples of sport promotion policies at the national, local and organizational levels, and compare specific policy issues and identify the defining characteristics of each in the context of the historical, social and cultural backgrounds. Students then use their newly developed concrete analytical capabilities in the area of sport promotion policy development to identify specific issues in sport promotion based on their workplace experiences, and then perform a simulation of the associated policy issues vector and lifestyle issues vector for the purpose of identifying the salient policy issues and designing a policy formulation model.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツプロモーション論演習2
01EK114	Seminar in Sport Event1	2	1.0	1, 2	SprABC	by request		Yoshio Takahashi	Seminar in Sport Event 1 is an intensive seminar offered in the fall semester. Students consider specific examples of sporting events at the international, national and local levels, compare the defining characteristics of each in the context of the respective historical, social and cultural backgrounds, and consider the policy implications in terms of sport and regional promotion. Students also analyze specific instances of professional sporting endeavor to identify issues and challenges with respect to staging sporting events.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツイベント論演習1
01EK115	Seminar in Sport Event2	2	2.0	1, 2	FallAB	Fri7,8		Yoshio Takahashi	Seminar in Sport Event 2 is offered during the fall semester. Students consider specific examples of sporting events at the international, national and local levels, compare the defining characteristics of each in the context of the respective historical, social and cultural backgrounds, and consider the policy implications in terms of sport and regional promotion. Students also analyze specific instances of professional sporting endeavor to identify issues and challenges with respect to staging sporting events.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツイベント論演習2

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01EK116	Research Methods in Sport Promotion IV	2	2.0	2	FallABC	by request		Koichi Kiku, Yoshio Takahashi	Research Methods in Sport Promotion IV identifies real-life issues from the student's workplace experience and subjects these to structural analysis of the existence condition from the policy science perspective in order to codify the salient issues with a view to specialist research. Students then quantify the potential with respect to the resolution of the specialist issues thus identified, along with associated limitations, and formulate a research program for specialist research that is designed to address the issues requiring resolution. Based on the research program, students utilize the unique data acquired through workplace experience and convert this to academic information which can then be used to produce a master's thesis or topic-specific research report.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツプロモーション研究方法論IV
01EK117	Research Methods in Sport Promotion V	2	2.0	2	SprABC	by request		Koichi Kiku, Yoshio Takahashi	Research Methods in Sport Promotion V identifies real-life issues from the student's workplace experience and subjects these to structural analysis of the existence condition from the policy science perspective in order to codify the salient issues with a view to specialist research. Students then quantify the potential with respect to the resolution of the specialist issues thus identified, along with associated limitations, and formulate a research plan for specialist research that is designed to address the issues requiring resolution. Based on the research plan, students utilize the unique data acquired through workplace experience and convert this to academic information which can then be used to produce a master's thesis or topic-specific research report.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツプロモーション研究方法論V
01EK201	Topics of Sport Management	1	2.0	1, 2	FallIB FallIAB	Wed7, 8 Intensive		Mitsugi Ogata	Topics of Sport Management looks at how tie-ups between community sports clubs and student clubs at schools can benefit both parties and in turn enhance the wider role of sport in society. We examine management challenges at both community-based and school-based clubs, and explore coaching and training management issues from junior through to senior levels.	10/28, 11/19	△	There is an interview	スポーツマネジメント論特講

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01EK205	Practice of Sport Management	3	1.0	1, 2	Annual	by request		Mitsugi Ogata	In Practice of Sport Management, students analyze specific instances of success and failure at both community sports clubs and school-based sports clubs that they have observed during personal and/or workplace experiences, and identify the key management challenges and issues that need to be addressed. Students then consider the measures necessary for addressing the issues identified during personal and/or workplace experience, and discuss the value and efficacy of the measures. This forms the basis for the development of a comprehensive management strategy.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツマネジメント論実習
01EK206	Topics of High Performance Sport Management	1	2.0	1, 2	SprA SprB	Fri7,8 Intensive		Kaori Yamaguchi	Topics of High Performance Sport Management looks at international high-performance development around the world and identifies the key issues and challenges for Japan. We examine the systematization of physical, personnel and cultural resources at each developmental stage of high-performance development: identifying talent, nurturing talent, consolidating abilities and providing ongoing support. We also consider the evaluation, quantification and development of the resources needed for system deployment, along with associated system management issues and methodologies.	6/10, 6/17	△	There is an interview	高度競技マネジメント論特講
01EK210	Practice of High Performance Sport Management	3	1.0	1, 2	Annual	by request		Kaori Yamaguchi	In Practice of High Performance Sport Management, students analyze specific instances of success and failure at international sporting competitions that they have observed during workplace experience, from the perspective of high-performance development and also in terms of general strategy, and use this to identify concrete issues in international sport management. Students consider the evaluation, quantification and development of the resources required in order to address the issues observed during workplace experience, design models for system deployment, compare the models with their own workplace experiences, and conduct a simulation of management strategies for resolving the concrete issues.		×	Cannot accept more students due to the limited number of educational equipment available	高度競技マネジメント論実習

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01EK212	Seminar of Sport Management1	2	1.0	1, 2	FallABC	by request		Mitsugi Ogata	Seminar of Sport Management 1 is an intensive seminar offered in the spring semester. We discuss the overarching direction of sport policy in Japan, in the context of the Basic Act on Sport, sports policy at the national level, and the curriculum guideline. Students examine the real-life operations of community sports clubs and student clubs at schools in order to identify the key issues and challenges that lie within, and consider how community and school clubs can work together for mutual benefit. Students explore, from the sport management perspective, policies designed to promote sports clubs as the cornerstone of sporting culture in Japan.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツマネジメント 論演習1
01EK213	Seminar of Sport Management2	2	2.0	1, 2	SprAB	Tue7,8		Mitsugi Ogata	Seminar of Sport Management 2 is offered in the spring semester. We discuss the overarching direction of sport policy in Japan, in the context of the Basic Act on Sport, sports policy at the national level, and the curriculum guideline. Students examine the real-life operations of community sports clubs and student clubs at schools in order to identify the key issues and challenges that lie within, and consider how community and school clubs can work together for mutual benefit. Students explore, from the sport management perspective, policies designed to promote sports clubs as the cornerstone of sporting culture in Japan.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツマネジメント 論演習2
01EK214	Seminar in High Performance Sport Management1	2	1.0	1, 2	SprABC	by request		Kaori Yamaguchi	Seminar in High-Performance Sport Management 1 is an intensive seminar offered in the spring semester. Students explore practical management techniques to gain optimum performance from athletes and teams at international sporting competitions through the lens of general strategies in areas such as international and domestic sporting groups and organizations, information strategy, competitive performance analysis, athlete and team management theory, media management, and sponsor management. Students also conduct sports management simulations of specific events at international sporting competitions such as the Olympics and the World Cup.		×	Cannot accept more students due to the limited number of educational equipment available	高度競技マネジメント 論演習1

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01EK215	Seminar in High Performance Sport Management2	2	2.0	1, 2	Fall IAB	Tue7,8		Kaori Yamaguchi	Seminar in High-Performance Sport Management 2 is offered in the fall semester. Students explore practical management techniques to gain optimum performance from athletes and teams at international sporting competitions through the lens of general strategies in areas such as international and domestic sporting groups and organizations, information strategy, competitive performance analysis, athlete and team management theory, media management, and sponsor management. Students also conduct sports management simulations of specific events at international sporting competitions such as the Olympics and the World Cup.		×	Cannot accept more students due to the limited number of educational equipment available	高度競技マネジメント 論演習2
01EK216	Research Methods in Sport Management IV	2	2.0	2	Fall IABC	by request		Mitsugi Ogata, Kaori Yamaguchi	In Research Methods in Sport Management IV, students prepare a research program designed to address practical issues while responding to practical research issues related to sports management. Based on the research program, students utilize the unique data acquired through workplace experience and convert this to academic information which can then be used to produce a master's thesis or topic-specific research report.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツマネジメント 研究方法論IV
01EK217	Research Methods in Sport Management V	2	2.0	2	Spr ABC	by request		Mitsugi Ogata, Kaori Yamaguchi	In Research Methods in Sport Management V, students prepare a research program designed to address practical issues while responding to practical research issues related to sports management. Based on the research program, students utilize the unique data acquired through workplace experience and convert this to academic information which can then be used to produce a master's thesis or topic-specific research report.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツマネジメント 研究方法論V

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01EK301	Topics of Community Sport Promotion	1	1.0	1, 2					Topics of Community Sport Promotion provides an historical overview of community sport in Japan and describes the social benefits of sport in local communities. Students examine Comprehensive Community Sport Clubs that currently enjoy targeted policy support, and identify the developmental processes and key management issues. Comprehensive Community Sport Clubs are used as the template to consider a range of topics including the provision and operation of public sports facilities, systemic issues in the training of sports instructors, the role of volunteers, and sport in the context of civil society.	Open in an even number year.			コミュニティスポーツプロモーション論特講
01EK302	Topics of Sport Promotion Legal System	1	1.0	1, 2					Topics of Sport Promotion Legal System looks at sport-related Laws and regulations for sport promotion and examines the structure and issues while explaining concrete examples. We consider Legal systems concerning amateur sport and sports administration, as well as professional sports and economic activity associated with sport.	Open in an even number year.			スポーツプロモーション法制論特講
01EK311	Topics of Sport and Health Sciences I	1	1.0	1, 2	SprC, FallABC	Intensive				TBC	×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康科学論I
01EK312	Topics of Sport and Health Sciences III	1	0.5	1, 2	SprC, FallABC	Intensive			In Topics of Sport and Health Sciences III, past students with advanced workplace skills in sport and health management talk about how to identify and resolve issues in the workplace and discuss various practical matters. They also explain how the knowledge gained through the graduate school major and associated research will prove useful in the real world, and discuss relevant methodologies. Through these discussions, current students are encouraged to consider potential research extensions, explore future possibilities and broaden their research outlook.	TBC	×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康科学論III
01EK313	Topics of Sport and Health Science V	1	1.0	1, 2	SprC, FallABC	Intensive				TBC	×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康科学論V

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01EK321	Sport Ethics and Sport Education	1	1.0	1, 2	SprC	Intensive		Koyo Fukasawa, Etsushi Hasegawa	Sport Ethics and Sport Education looks at ethics in sport in the context of sports promotion in Japan, with a particular focus on rules, ethos and the notion of fair play. We also examine the history of sport education policy in Japan and identify the salient issues in this area.	Open in an odd number year. 7/22, 7/29			スポーツの倫理と教育
01EK322	Sport Promotion and Business	1	1.0	1, 2	FallC	Thu7, 8		Makoto Nakazawa, Hitoshi Saga	Sport Promotion and Business examines leading examples of professional sporting operations and branding by sporting goods manufacturers to identify business models and key issues in the sports industry.	Open in an odd number year.			スポーツプロモーションとビジネス
01EK323	Top Athlete's Training	1	1.0	1, 2	FallC	Fri7, 8		Hitoshi Shiraki, Toshinobu Kawai, Yasushi Enomoto	Top Athlete's Training analyzes training and biomechanics techniques used by top athletes to gain a competitive edge. Students consider biomechanics objectives and techniques in the context of training regimes at junior levels, annual training programs, and body kinematics. The first half of this subject concentrates on training theory (6), while the second half is devoted to biomechanics (4) and has a different instructor.				トップアスリートのトレーニング
01EK324	Top Coaching	1	1.0	1, 2	FallC	Tue7, 8		Toshinobu Kawai, Hirotaka Okada, Satoru Tanigawa, Roland Janos Nemes, Masashi Suita	In this course, students learn the theory and the practice of coaching for eliciting maximum performance from athletes at events such as the Olympics Games and the World Cup. We analyze the role of top-level coaches, their qualities and characteristics from a number of different perspectives including: countries and regions; sports characteristics; and global trends. This course is taught by several lecturers with expertise in different areas.				トップコーチング
01EK325	Total Management of Lifelong Integrated Sport	1	1.0	1, 2	SprC	Thu7, 8		Akihiro Sakamoto, Motoko Hirayama, Yumi Terayama, Satoshi Motoya, Yukinori Sawae	Total Management of Lifelong Integrated Sport examines the latest developments in coaching and management in so-called "lifelong sports" such as outdoor education and sport, dance, and general exercise. Students consider the historical and educational aspects of lifelong sports, which do not have the same objectives and techniques as competitive sport, and also examine sporting options for disabled people. This subject is taught by several lecturers with expertise in different areas.				生涯スポーツのトータルマネジメント

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01EK401	Topics of Health Promotion	1	2.0	1, 2	SprAB	Tue7, 8		Shinya Kuno	Topics of Health Promotion identifies key issues in health promotion policies that are centered on exercise, both in Japan and elsewhere, with a particular focus on the objectives, methodology and policy settings. Students then consider the future direction of health promotion policy in Japan.		△	There is an interview	ヘルス プロモーション 論特講
01EK405	Practice of Health Promotion	3	1.0	1, 2	Annual	by request		Shinya Kuno	In Practice of Health Promotion, the emphasis is on student workplace experiences in health promotion. Students consider real-life issues encountered in the workplace and use these to identify systemic issues. Students then develop system models designed to address these issues, based on a combination of experiences in the workplace and associated fieldwork.		×	Cannot accept more students due to the limited number of educational equipment available	ヘルス プロモーション 論実習
01EK406	Topics of Health Development Program	1	2.0	1, 2	FallIA	Wed7, 8 Intensive		Ai Shibata	In Topics of Health Development Program, students learn the fundamental theory and modeling principles of behavioral science that are used to design programs to promote exercise and good health. Students also analyze a number of best-practice examples of how these principles are applied in the real world.		△	There is an interview	健康開発プログラム論 特講
01EK410	Practice of Health Development Program	3	1.0	1, 2	Annual	by request		Ai Shibata	Practice of Health Development Program examines key issues with health development programs as identified by students from their workplace experiences. We study practical implementation and evaluation of health development programs and information gathering for the purpose of addressing issues across a broad scope encompassing the current workplace as well as related organizations and agencies.		×	Cannot accept more students due to the limited number of educational equipment available	健康開発プログラム論 実習

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01EK412	Seminar in Health Promotion1	2	1.0	1, 2	SprABC	by request		Shinya Kuno	Seminar in Health Promotion 1 is an intensive subject offered in the fall semester. Students identify the practical implementation conditions and factors of sport for health promotion and attempt to address practical implementation issues that they encounter, while at the same time learning the specific techniques of health promotion through sport, including system design and management, resource allocation and program development. Students also explore real-life examples of health impediments in sport such as contagious disease, physical and mental ailments and performance enhancing drugs. By analyzing the mechanisms of disease, particularly the onset phase, students develop an understanding of the root causes and solutions.		×	Cannot accept more students due to the limited number of educational equipment available	ヘルスプロモーション 論演習1
01EK413	Seminar in Health Promotion2	2	2.0	1, 2	FallBC	Tue7,8		Shinya Kuno	Seminar in Health Promotion 2 is offered in the fall semester. Students identify the practical implementation conditions and factors of sport for health promotion and attempt to address practical implementation issues that they encounter, while at the same time learning the specific techniques of health promotion through sport, including system design and management, resource allocation and program development. Students also explore real-life examples of health impediments in sport such as contagious disease, physical and mental ailments and performance enhancing drugs. By analyzing the mechanisms of disease, particularly the onset phase, students develop an understanding of the root causes and solutions.		×	Cannot accept more students due to the limited number of educational equipment available	ヘルスプロモーション 論演習2
01EK414	Seminar in Health Development Program1	2	1.0	1, 2	FallABC	by request		Ai Shibata	Seminar in Health Development Program 1 is offered in the fall semester. Students examine recent examples of effective health development programs, and acquire techniques for identifying salient information, interpreting academic papers, performing statistical analysis and delivering effective presentations.		×	Cannot accept more students due to the limited number of educational equipment available	健康開発プログラム論 演習1

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01EK415	Seminar in Health Development Program2	2	2.0	1, 2	SprAB	Fri7,8		Ai Shibata	Seminar in Health Development Program 2 is offered in the spring semester. Students identify specific health development programs in Japan or elsewhere of particular interest to them and use "direct reading" techniques to investigate the relevant literature and deliver a presentation on the efficacy of their chosen programs as well as the associated issues and/or challenges. Through this analysis process, students develop solutions for the practical issues they have identified.		×	Cannot accept more students due to the limited number of educational equipment available	健康開発プログラム論演習2
01EK416	Research Methods in Health Promotion IV	2	2.0	2	FallABC	by request		Shinya Kuno, Ai Shibata	In Research Methods in Health Promotion IV, students nominate real-life issues related to health promotion observed during their workplace experience, and analyze these from a systemic perspective in order to identify issues for further research. Next, they design a research program that addresses the real-life problems while at the same time providing feedback on the research issues to the workplace and related organizations. As part of the research program, students perform a simulation based on their workplace experiences and prepare a master's thesis or topic-specific research report that aims to propose a concrete model of a solution program.		×	Cannot accept more students due to the limited number of educational equipment available	ヘルスプロモーション研究方法論IV
01EK417	Research Methods in Health Promotion V	2	2.0	2	SprABC	by request		Shinya Kuno, Ai Shibata	In Research Methods in Health Promotion V, students nominate real-life issues related to health promotion observed during their workplace experience, and analyze these from a systemic perspective in order to identify issues for further research. Next, they design a research program that addresses the real-life problems while at the same time providing feedback on the research issues to the workplace and related organizations. As part of the research program, students perform a simulation based on their workplace experiences and prepare a master's thesis or topic-specific research report that aims to propose a concrete model of a solution program.		×	Cannot accept more students due to the limited number of educational equipment available	ヘルスプロモーション研究方法論V

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01EK501	Topics of Stress Management System	1	2.0	1, 2	Fall I Fall II	Tue 7, 8 Intensive		Katsuyoshi Mizukami	Topics of Stress Management System covers the basic concepts of stress along with the health impacts of stress and stress-related physiological reactions. Students also explore the health benefits of stress management systems at the individual and societal level.	11/18, 12/2	△	There is an interview	ストレスマネジメントシステム論特講
01EK505	Practice of Stress Management System	3	1.0	1, 2	Annual	by request		Katsuyoshi Mizukami	In Practice of Stress Management System, students are encouraged to use their own workplace experiences to nominate key issues in relation to stress management. Through a combination of fieldwork and their own workplace experiences, students source information that can be used to resolve the issues and study system development oriented towards resolving issues.		×	Cannot accept more students due to the limited number of educational equipment available	ストレスマネジメントシステム論実習
01EK506	Topics of Health Counseling System	1	2.0	1, 2	Spr A Spr AB	Thu 7, 8 Intensive		Sayuri Hashimoto	In Topics of Health Counseling System, students analyze health problems that are manifested as physical and/or emotional conditions or behavioral issues, in the context of the disciplines of health counseling, "health behavioral science" and "stress science." We look at health counseling for a variety of symptoms and diversifying life stages, and examine the theory and practice of health counseling designed to achieve improvements in motivating factors and motivating drivers behind the preparation, implementation and continuation of health behaviors in response to specific health issues. Students also consider the question of how to create a system to support the growth and development of health counseling.	4/22, 6/3	△	There is an interview	ヘルスカウンセリングシステム論特講

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01EK510	Practice of Health Counseling System	3	1.0	1, 2	Annual	by request		Sayuri Hashimoto	Practice of Health Counseling System explores the theories behind health counseling, "health behavioral science" and "stress science," as well as the basic principles and techniques of counseling, in the context of a multi-tiered learning-oriented examination of behavioral objectives, behavioral transformation, self-transformation and system transformation. Students identify real-life issues from their workplace experience and clarify the salient issues, then apply their knowledge to health counseling systems in the regional, workplace and home environments and engage in fieldwork designed to achieve resolution of same.		×	Cannot accept more students due to the limited number of educational equipment available	ヘルスカウンセリングシステム論実習
01EK512	Seminar in Stress Management System1	2	1.0	1, 2	Fall IABC	by request		Katsuyoshi Mizukami	Seminar in Stress Management System 1 is an intensive subject offered in the fall semester. Students consider the efficacy and limitations of stress management systems in the workplace, school, home and local area through a decentralized study citing several real-life examples. Based on this analysis, students identify issues from their own workplace experience and develop effective models of stress management systems designed to resolve the issues thus identified.		×	Cannot accept more students due to the limited number of educational equipment available	ストレスマネジメントシステム論演習1
01EK513	Seminar in Stress Management System2	2	2.0	1, 2	SprAB	Fri7,8		Katsuyoshi Mizukami	Seminar in Stress Management System 2 is offered in the spring semester. Students consider the efficacy and limitations of stress management systems in the workplace, school, home and local area through a decentralized study citing several real-life examples. Based on this analysis, students identify issues from their own workplace experience and develop effective models of stress management systems designed to resolve the issues thus identified.		×	Cannot accept more students due to the limited number of educational equipment available	ストレスマネジメントシステム論演習2

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01EK514	Seminar in Health Counseling System1	2	1.0	1, 2	SprABC	by request		Sayuri Hashimoto	Seminar in Health Counseling System 1 is an intensive subject offered in the spring semester. Students consider real-life examples of health counseling techniques tailored to specific health issues, such as self-counseling, peer counseling, organizational counseling, social skills training and image therapy. We compare different types of health counseling systems and consider the development processes involved. Finally, students identify real-life issues from their own workplace experiences and design health counseling systems to address each of the issues thus identified.		×	Cannot accept more students due to the limited number of educational equipment available	ヘルスカウンセリングシステム論演習1
01EK515	Seminar in Health Counseling System2	2	2.0	1, 2	FallAB	Thu7, 8		Sayuri Hashimoto	Seminar in Health Counseling System 2 is offered in the fall semester. Students consider real-life examples of health counseling techniques tailored to specific health issues, such as self-counseling, peer counseling, organizational counseling, social skills training and image therapy. We compare different types of health counseling systems and consider the development processes involved. Finally, students identify real-life issues from their own workplace experiences and design health counseling systems to address each of the issues thus identified.		×	Cannot accept more students due to the limited number of educational equipment available	ヘルスカウンセリングシステム論演習2
01EK516	Research Methods in Stress Management System IV	2	2.0	2	FallABC	by request		Katsuyoshi Mizukami, Sayuri Hashimoto	In Research Methods in Stress Management System IV, students tackle real-life research topics related to stress management systems and develop a research program designed to resolve real-life issues. Students then use the research program to carry out an intervention program in the field and consider the potential benefits and limitations of the program in the context of behavioral science. This work can be used to write the master's thesis or topic-specific research report.		×	Cannot accept more students due to the limited number of educational equipment available	ストレスマネジメントシステム研究方法論IV

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01EK517	Research Methods in Stress Management System V	2	2.0	2	SprABC	by request		Katsuyoshi Mizukami, Sayuri Hashimoto	In Research Methods in Stress Management System V, students tackle real-life research topics related to stress management systems and develop a research program designed to resolve real-life issues. Students then use the research program to carry out an intervention program in the field and consider the potential benefits and limitations of the program in the context of behavioral science. This work can be used to write the master's thesis or topic-specific research report.		×	Cannot accept more students due to the limited number of educational equipment available	ストレスマネジメントシステム研究方法論V
01EK607	Topics of Statistics for Sports and Health Sciences	1	1.0	1, 2	SprBC	Intensive		Tomohiro Okura	Topics of Statistics for Sports and Health Sciences is an introductory statistics subject that provides a broad overview of statistical techniques used in sport and health fields, including histograms, the normal distribution, mean value, standard deviation, and correlation analysis. The subject features a major component of drills and exercises.	7/1, 7/2			スポーツ健康統計学特講
01EK608	Topics of Sport and Health Sciences II	1	1.0	1, 2					Topics of Sport and Health Sciences II includes presentations on sport and health related topics by guest presenters working at the forefront of their chosen fields.	TBC Not open in 2017.	×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康科学論II
01EK609	Topics of Sport and Health Sciences IV	1	1.0	1, 2	SprC, FallABC	Intensive				TBC	×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康科学論IV
01EK611	Basic Lecture on Statistics for Sports and Health Sciences	1	1.0	1, 2	SprC, FallABC	Intensive			Basic Lecture on Statistics for Sports and Health Sciences examines information gathering and statistical analysis techniques employed in the sport and health promotion sectors.		×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康統計基礎論
01EK612	Topics of Sport and Health Sciences VI	1	1.0	1, 2	SprC, FallABC	Intensive				TBC	×	Cannot accept more students due to the limited number of educational equipment available	スポーツ健康科学論VI
01EK621	Functioning improvement methods	1	1.0	1, 2	FallC	Wed7, 8		Shumpei Miyakawa, Hitoshi Shiraki, Naoki Mukai, Masahiro Takemura, Takashi Fukuda	Functioning Improvement Methods looks at motor system diseases (locomotorium disabilities), with a particular focus on the development of techniques for improving lifestyle functions (and preventing people from becoming bedridden) at all stages of life, along with associated instructional techniques. Students also consider clinical sport medicine approaches.				生活機能増進法論特講

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01EK622	Foundations of health promotion	1	1.0	1, 2	SprC	Fri7,8		Hajime Ohmori, Seiji Maeda, Tohru Takemasa, Kazutaka Adachi, Masahiro Kokubu	Promoting physical health and emotional wellbeing requires a combination of theoretical knowledge and research in areas such as exercise, recuperation and nutrition. Foundations of Health Promotion examines the physical and emotional benefits of exercise from the perspectives of functional anatomy, sports physiology, biochemistry, muscle physiology and psychology. Guest lecturers share their expertise in these fields to provide students with a scientific appreciation of health and wellbeing that serves as the inspiration for further research.				健康増進基礎論特講
01EK623	Sociology of Health	1	1.0	1, 2	SprC	Intensive		Fumi Takeda	In Sociology of Health, students analyze health problems encountered at various life stages from infancy through old age in the context of different environments including the home, workplace and local community, and identify correlations with factors in the social environment. Students then consider the types of social support policies needed to address these problems from the perspective of public hygiene.	7/8, 7/15			健康社会論
01EK624	Principle and Practice in Health and Successful Aging	1	1.0	1, 2	SprB	Thu7,8		Kiyoji Tanaka, Yosuke Sakairi, Tomohiro Okura, Tomohiro Kizuka, Hajime Ohmori	Principle and Practice in Health and Successful Aging looks at the theory and practice of different "health support" methodologies designed to address health concerns for groups and individuals in terms of various illnesses, health levels and life stages with exploration of specific instances.				健康支援の理論と実践
01EK625	Introduction to human care science	1	1.0	1, 2	FallA	Fri7,8		Masahide Kondo, Hitomi Matsuda, Hisako Yanagi, Nobuaki Morita, Tomomi Mizuno	Introduction to Human Care Science provides a broad overview of the theory and practical benefits of the practical science known as human care science. Students examine eubiotic issues from childhood through old age as well as threats to physical and emotional wellbeing such as cruelty, mistreatment, lifestyle disruptions, and depression and suicidal tendencies. Students contrast disability welfare services in Japan with those in other countries, and consider economic and bioethical implications as an application to healthcare policy.				ヒューマン・ケア科学概論