

NIFISA 9th Sport Performance Seminar

Sports
Performance
Research
Center



Tonnie KASUJJA

TIAS 4th Batch

March 10th 31 Heisei

(2019.03.10) – A Report

AT THE

National Institute of Fitness
and Sport Academy, Kanoya

AGENDA

The 9th NIFISA Seminar, 2019

Sports Performance Course

Date	Time		Program	Lecturer
	Start	Finish		
27th Feb. (Wed.)	Arrival at Hotel Satsukien and Check in			
28th Feb. (Thu.)	10:00	10:30	Information	NIFISA Office Staff
	10:40	12:00	Sports Performance Research Center Tour	Akira MAEDA (NIFS)
	13:00	14:15	Campus Tour (Library, Swimming Pool, Budo Hall, etc.)	NIFISA Office Staff
	14:30	15:15	Opening Ceremony	
	15:30	16:30	Visit to Kanoya City Hall	
1st Mar. (Fri.)	18:30	20:30	Welcome Party	
	9:00	10:30	Coach Developer Framework: Bringing Globalization to Glocalization	Ivo QUENDERA (Portuguese Institute of Sport and Youth)
	10:40	12:10	Olympic History and Education	Li-Hong HSU (National Taiwan University of Sport)
	12:10	13:20	Luncheon Seminar	Ajinomoto Staff
	13:30	15:00	Scientific Principle to Optimize Your Body Shape and Prevent Obesity	Chia-Hua KUO (University of Taipei)
15:10	16:40	Exercise against Aging: Darwinian Natural Selection inside Human Body	Chia-Hua KUO (University of Taipei)	
2nd Mar. (Sat.)	Homestay			City Hall Staff
3rd Mar. (Sun.)	Homestay			City Hall Staff
4th Mar. (Mon.)	9:00	10:30	Sport Psychology -Perceptual Expertise in Sport-	Hiroki NAKAMOTO (NIFS)
	10:40	12:10	Health Promotion -Nutrition and Exercise-	Sho NISHIZAWA (NIFS)
	13:30	16:30	Kendo	Shigeki MAESAKA, Kentaro TAKENAKA, Mika SHIMOKAWA (NIFS)
5th Mar. (Tue.)	9:00	12:00	Judo	Hatsuyuki HAMADA and Maja SORI DOVAL (NIFS) (Tsuda University)
	13:30	14:30	Determinants of Sprint Running Performance from a Biomechanical Perspective	Ryu NAGAHARA (NIFS)
	14:30	15:30	Applied Research for Sports Performance I	Ryu NAGAHARA (NIFS)
	15:30	16:30	Applied Research for Sports Performance II	Tomohito WADA and Mai KAMEDA (NIFS)
6th Mar. (Wed.)	9:00	10:00	Applied Research for Sports Performance III	Akira MAEDA (NIFS)
	10:10	11:10	Applied Research for Sports Performance IV	Hiroo TAKAHASHI and Shunsuke MURAKAMI (NIFS)
	11:20	12:20	Applied Research for Sports Performance V	Yohsei TAKAI (NIFS)
	13:30	15:00	Sport Biomechanics in Swimming	Takaaki TSUNOKAWA (NIFS)
7th Mar. (Thu.)	15:10	16:40	Sport Physiology -High Intensity Training-	Futoshi OGITA (NIFS)
	9:00	11:30	Presentation	-Organizer- Sho NISHIZAWA and Chiachi CHENG (NIFS)
	13:00	13:30	Closing Ceremony	
Heading to Tokyo				
8th Mar. (Fri.)	10:00	12:00	Anti-Doping and Global "Issue" - For integrity, for sporting values -	Kenji TAKARABE and Sayaka HORI (Japan Anti-Doping Agency)
9th Mar. (Sat.)	Return to Your Country			



About Kanoya City



High-Performance Sport



Research and Interests

Kanoya City and NIFISA

Day 3&4



- It is the only national physical education university in Japan also known as National Institute of Fitness and Sports in Kanoya
- In 1994 - Establishment of sports training education research centre
- April 1, Heisei 28 Co-Major with University of Tsukuba
- Graduate School Physical Education
- Master's Program · P.E and (3-year Doctoral program)

- Located at the extreme south of Japan
- At the Kagoshima Prefecture
- Welcoming Japanese people
- It is a Peninsula surrounded by mountains
- Places visited
 - Army Barracks Museum
 - Hot springs
 - Volcanic mountain

Campus Tour



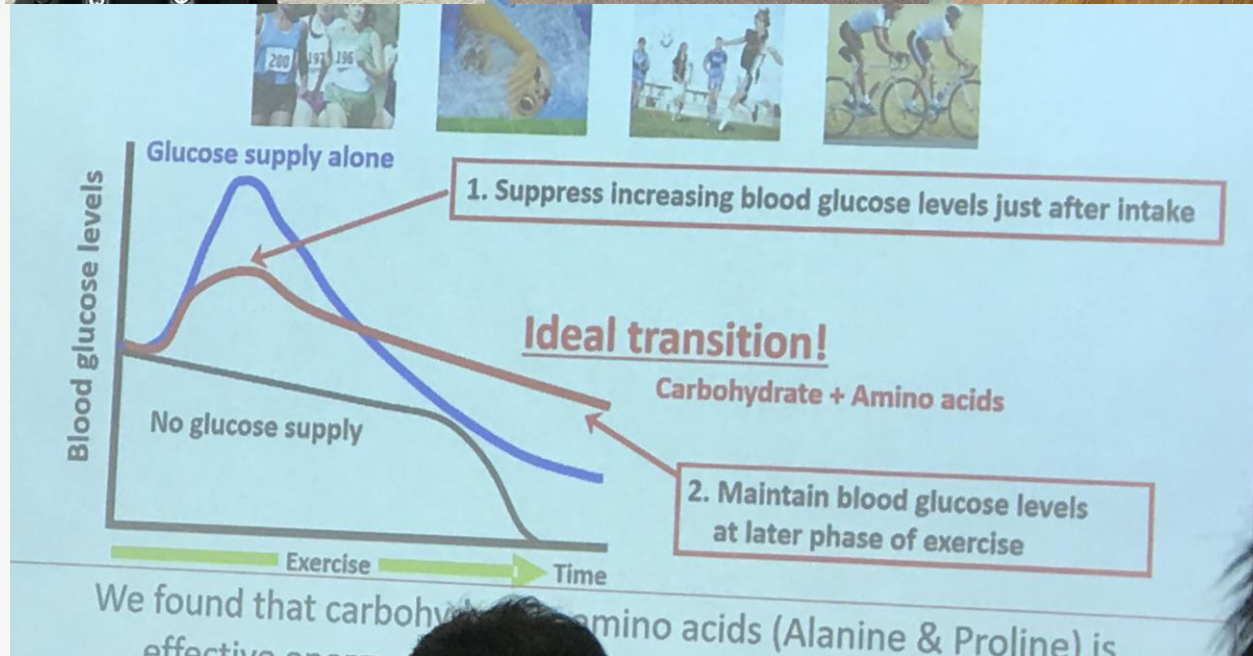
Welcome Party

- 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 enlighten 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.

High Performance Program



Programs

- High-tech machinery/equipments
- Bio-mechanics research
- Nutritional research
- Sport training analysis
- Performance coach technical advise
- Specific sport motion analysis

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 a Sport-Specific Goal in Mind
- 3. Stretching
- 4. Preventing Injuries

Benefits of Sports Performance Training

You can expect to take 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

NIFISA sports performance center is fully equipped to accommodate all training needs. One can find numerous and diverse range of equipment, a 100-mtr sprint test track and 50-mtr GRF track. Other training amenities utilized for athletic training include our 50 M swimming pool, indoor gyms, truck and field and the outdoor sandpit.

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 results

Future Research Interests, Post-Seminar



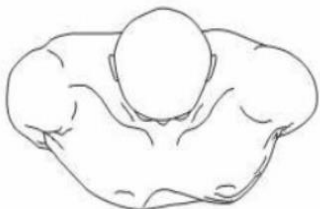
- The role of performance coaches during competition
- Inspiration muscles swimming training,
- Recovery during competition,
- Physiological profiles Of disabled swimming athletes,
- High intensity training and hypoxic training,
- Hydrodynamics in swimming,
- How to analyse swimming performance,
- Nutrition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



$F_D = 100\%$



$F_D = 107\%$

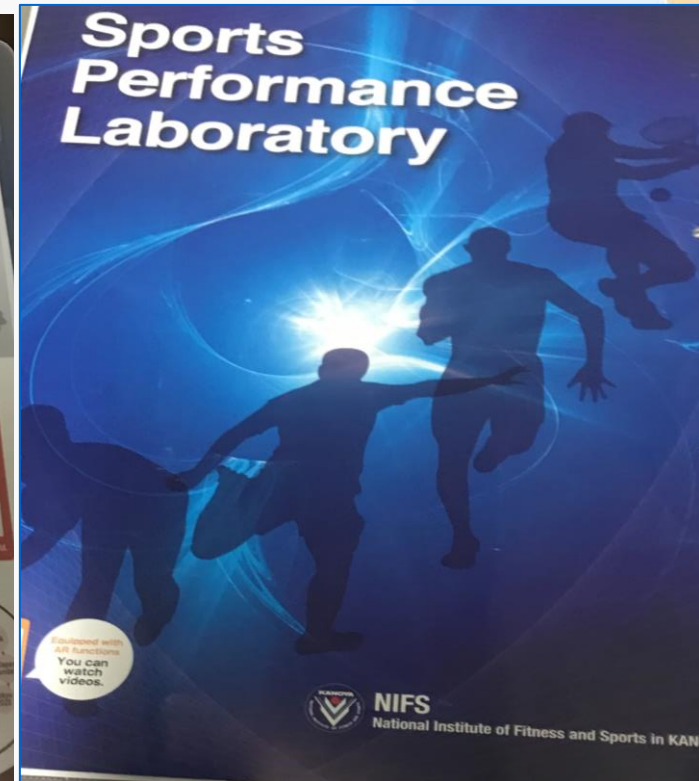
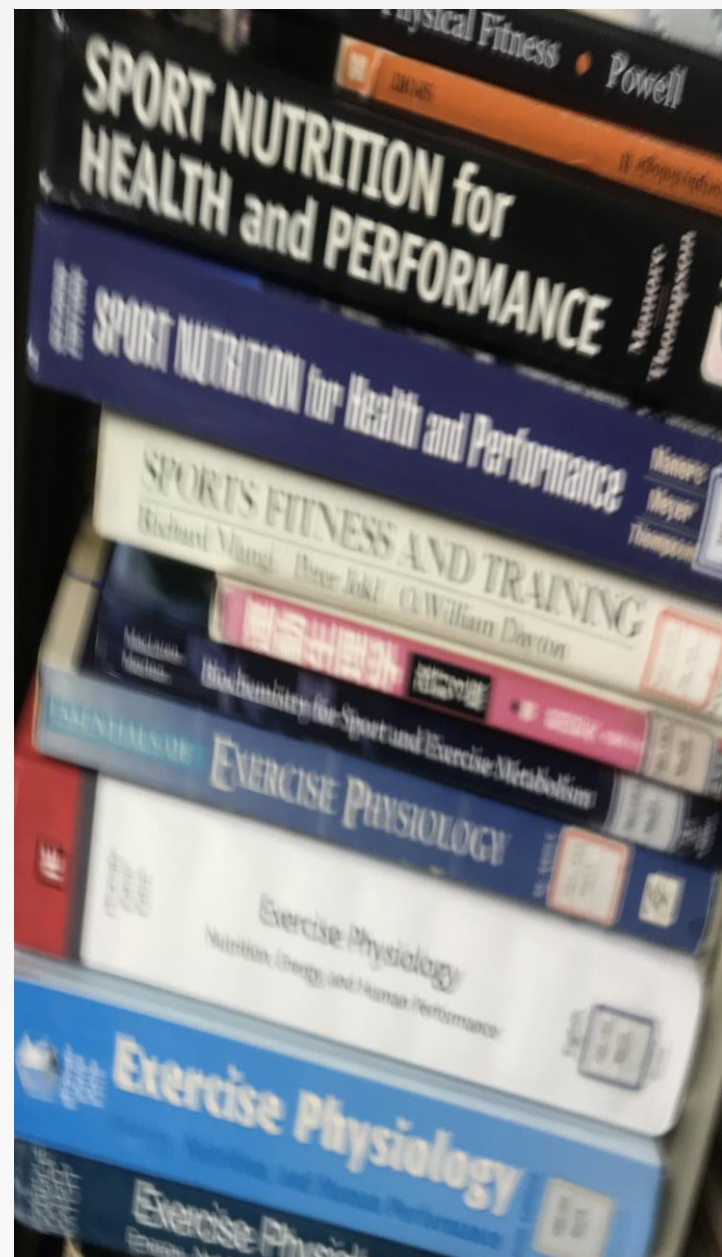


$F_D = 121.5\%$



$F_D = 112.5\%$

Other Resources Provided



websites

- <https://www.nifs-k.ac.jp/information/2178-9.html>
- <https://www.nifs-k.ac.jp/property/researchers.html>

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Thank you TIAS (<http://tias.tsukuba.ac.jp/>) – Tri-University Cooperation