

# TIAS 2.0: 5<sup>th</sup> Batch

◆ ACADEMIC / PROFESSIONAL BACKGROUND

- ✓ BSc in Applied Physical Science (University of Delhi, India)
- ✓ Volunteering at international sports competitions (Wrestling, Boxing, Badminton, etc.) since 2017

### • CURRENT RESEARCH INTERESTS / RESEARCH TOPIC

✓ Support Systems for Collegiate athletes

 $\checkmark$  Club culture in universities and its contributions to sports performance

✓ Olympism and Olympic sport

# ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL

✓ Gaining practical knowledge and expanding my network in various industries for collaborations in the future.

# ♦ LIFE GOALS (Vis-à-vis SPORTS)

✓ Promote sport culture among the future generations.

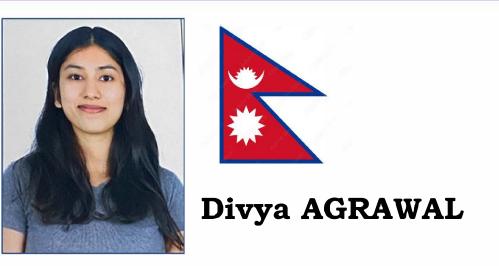
✓ Becoming a global citizen and learning as many languages as possible.



# ◆ ACADEMIC / PROFESSIONAL BACKGROUND

Plasma in Physics (Tsukuba University, Japan)

• CURRENT RESEARCH INTERESTS / RESEARCH TOPIC ✓ The value of Multi-sports



- ◆ ACADEMIC / PROFESSIONAL BACKGROUND
- ✓ Bachelors of Physiotherapy (Maharishi Markandeshwar Institute of Physiotherapy and Rehabilitation (MMDU), India)
- CURRENT RESEARCH INTERESTS / RESEARCH TOPIC
- ✓ Development of Female Athlete Health with a special focus on people with disabilities Paralympics
- ✓ Formation of a progressive ACL prevention program
- ✓ Strengthening safe RTP by physiotherapy management of musculoskeletal and sports-related conditions
- ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL
- ✓ Acquiring in-depth knowledge and practical skills through courses and internships in TIAS 2.0 would help me to improve both my professional and personal life
- ◆ LIFE GOALS (Vis-à-vis SPORTS)
- ✓ Development of notes/guidebooks on the treatment plan from entry of athlete to the exit of the athlete from the Physio-LAB
- ✓ To create ties between Japan and India Nepal through the healthcare sector primarily physiotherapy
- ✓ To work and contribute towards Physical Therapy for not only Athletes but General Public in India and Nepal



✓ The Social Value of University Athletic Clubs

♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL

✓ To deepen my understanding of sport ✓ To acquire communication and life skills through cross culture

#### ♦ LIFE GOALS (Vis-à-vis SPORTS)

✓ To spread the value of sport and improve our well-being ✓ More choices for people around the world



◆ ACADEMIC / PROFESSIONAL BACKGROUND ✓ School of Health and Physical Education (Tsukuba University, Japan)

#### • CURRENT RESEARCH INTERESTS / RESEARCH TOPIC

✓ Coaching and Training

✓ Multi-sports Athlete

- ✓ American Football Coaching
- ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL
- ✓ Gaining extensive knowledge and practical skills through the cross-culture communication and classes in TIAS2.0 would help me to enrich both my career and life.
- ◆ LIFE GOALS (Vis-à-vis SPORTS)
- ✓ Seeing the first Japanese NFL player someday
- ✓ To provide excitement and joy to people around the world through sports.



# ◆ ACADEMIC / PROFESSIONAL BACKGROUND

✓ Bachelor of Education, Primary (University of Zambia, Zambia)

- CURRENT RESEARCH INTERESTS / RESEARCH TOPIC
- ✓ Nutritional knowledge for sustaining healthy exercise among female athletes
- ✓ Inclusiveness of disability in sports
- ✓ Sports medicine (physical therapy)
- ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL
- ✓ Acquiring vast level knowledge and practical experiences through academic courses, research, and professional internships, while leveraging the TIAS 2.0 network to achieve my individual objectives.
- ♦ LIFE GOALS (Vis-à-vis SPORTS)
- ✓ Being a link between mainly Japan and Zambia and expanding my knowledge and net-worth through interactions with people from different parts of the world.
- ✓ Promoting sustainable ways of enhancing sports performance through nutrition and contribute to reduction of doping among athletes.



- ◆ ACADEMIC / PROFESSIONAL BACKGROUND
- ✓ Bachelor of Education (University of Zambia, Zambia)
- ✓ Primary Teachers Diploma (Charles Lwanga College of Education)
- CURRENT RESEARCH INTERESTS / RESEARCH TOPIC
- ✓ Sport tourism and local development.

#### ◆ ACADEMIC / PROFESSIONAL BACKGROUND

✓ Bachelors degree in Physiotherapy (University of the Valley of Mexico/Laureate International Universities.) ✓ Certified Sports Coach / Diploma in children's training.

#### • CURRENT RESEARCH INTERESTS / RESEARCH TOPIC

- $\checkmark$  Sport for development and peace.
- ✓ Budo (Kendo)
- ✓ Intended research topic: Kendo as a preventive tool for non-communicable diseases in Mexican children.

#### ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL

✓ Interconnecting physiotherapy, sports science and kendo is something that I could only achieve through the TIAS 2.0 program.

#### ◆ LIFE GOALS (Vis-à-vis SPORTS)

✓ Work in or with the Mexican Olympic Committee, in the generation of knowledge and actions that help Mexico and the world ✓ Contribute to the construction of bridges between Mexico and Japan, to strengthen and expand the knowledge and intercultural understanding of Kendo in both countries.



Shizuka MIYAJI

- ◆ ACADEMIC / PROFESSIONAL BACKGROUND
- ✓ BA in Social Welfare (Doshisha University, Japan)
- CURRENT RESEARCH INTERESTS / RESEARCH TOPIC
- ✓ Player retention in Japan women's cricket
- ✓ Coach's Education/communication skills

#### ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL

✓ I hope to gain knowledge and practical skills through the course(TIAS2.0) and it will be helpful to improve/develop the current cricket environment/situation in Japan.

- ✓ Development of young girls into elite women football players
- ✓ Climate change and Competitive sport
- ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL
- ✓ Acquiring theoretical knowledge and applied skills through academic courses, empirical research, and professional internships, while leveraging the TIAS 2.0 network to achieve my individual objectives.
- LIFE GOALS (Vis-à-vis SPORTS)
- ✓ Participate in sports policy formulation.
- ✓ Participate in the implementation of sport programs.
- ✓ Becoming a University Professor teaching sports related disciplines.



- ◆ ACADEMIC / PROFESSIONAL BACKGROUND
- ✓ Bachelor of Business Administration (Ritsumeikan Asia Pacific University, Japan)
- CURRENT RESEARCH INTERESTS / RESEARCH TOPIC
- ✓ Sport administration human resources
- ✓ NOC, NF organizational management challenges
- ✓ OCOG legacy
- ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL
- ✓ Intake and research here in TIAS2.0 will equip me to make meaningful contributions to the sports community
- LIFE GOALS (Vis-à-vis SPORTS) ✓ Giving back to the community ✓ To be a good ancestor

◆ LIFE GOALS (Vis-à-vis SPORTS)

✓ Providing the proper coaching system for current and potential players in the future ✓ Become a first female coach for the national team for grass roots countries



#### ◆ ACADEMIC / PROFESSIONAL BACKGROUND

- ✓ BA in International Development (University of Tsukuba, Japan)
- ✓ Radio Taiso (Radio Calisthenics) demonstrator on "TV Taiso" (NHK)

#### • CURRENT RESEARCH INTERESTS / RESEARCH TOPIC

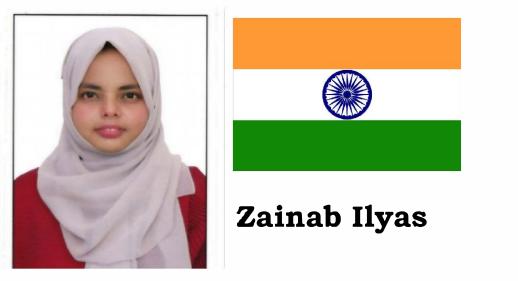
✓ Multi-sport participation

✓ Physical literacy

- ✓ Gymnastics for All / Radio Taiso (Radio Calisthenics)
- ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL
- ✓ Taking full advantage of opportunities to absorb extensive knowledge in TIAS2.0 as a student athlete will support me to envision the future of my life

# ◆ LIFE GOALS (Vis-à-vis SPORTS)

- ✓ Contributing energy to the people all over the world for their well-being
- ✓ Aiming still higher as an athlete in competitions



#### ◆ ACADEMIC / PROFESSIONAL BACKGROUND

- ✓ Bachelors in Physiotherapy (SRET College of physiotherapy MIMS , NTR University , Andhra Pradesh- INDIA)
- ✓ Certified manual therapist for pelvic, lumbosacral spinal and lower extremities mobilization [INDIA]
- ✓ Certified yoga therapist / trainer worldwide [INDIA]
- CURRENT RESEARCH INTERESTS / RESEARCH TOPIC
- ✓ Introducing the importance of cryotherapy through deploying ice-cooling batteries technology on sports rehabilitation to overcome sports injury and improve their performance
- $\checkmark$  Understanding the effect of performance up in sport athletes due to these cooling battery technology
- ♦ LINK BETWEEN TIAS2.0 PROGRAM & CAREER GOAL
- ✓ Gaining extensive knowledge and practical skills through courses and internships and building social capital in TIAS2.0 would help me to enrich both my career and life
- LIFE GOALS (Vis-à-vis SPORTS)
- ✓ The future aim is to be a top sports physiotherapist with skills and competencies required to support athletes across the world and in governments [Sports Authority of India] OR private [JSW Sports, Reliance Sports Foundation, etc.]
- ✓ To also understand and able to improve the relation between yoga and physiotherapy
- ✓ Promote well-being of myself and others through sports by travelling to many places