

The 2019 EAST AFRICA – TIAS & ALUMNI PROJECT on ‘SPORT and OLYMPIC STUDIES’: Focus on ‘COACHING – TRAINING – NEW CONCEPTS/BUSINESS

“Importance of Science & Scientific Research in High Performance and Talent Identification to PE CURRICULUM/ANTI DOPING EDUCATION/RESEARCH IN SPORTS/DEVELOPING RESEARCH PROPOSALS/CLUB MANAGEMENT/NETWORKING”

Part 1: PRE-VISIT STATEMENT

Why and For what the East Africa Project 2019 to JSA (English)/TIAS (<http://tias.tsukuba.ac.jp/>) program at University of Tsukuba (UT)

1.1. GENERAL AIM:

Support the TIAS Alumni working in their home country by Sharing TIAS Expertise in SPORT Resources [Olympic-Paralympic education – Coaching – Sport science – Physical education (TAIKU) – Sport and Athlete Management – Anti-doping education – Japanese Culture (Omotenashi)] in Rwanda – Tanzania – Uganda as Case Countries though Tailored current State of Sports Workshops-Seminars-mainly Practical's

1.2. with 3 major GOALS as -

- Strengthen the Existing NETWORK between Japan and East Africa (MoU requests under consideration with Rwanda, Tanzania and Uganda, at UT-TAIKU; LEGACY)
- Develop the COLLABORATIONS (joint research projects, internships, events, etc.; LEGACY)
- Identify-Select International STUDENTS (for the TIAS program at TAIKU-UT; SUSTAINABILITY).

2. SPECIFIC OBJECTIVES:

- i) Coach Training Workshop focusing on Japanese Coaching Systems and Philosophy for Coaches (National-Level and School, including PE Teachers),
- ii) Athlete Management for Administrators and Coaches of Federations and Sports Clubs/Schools,
- iii) Research Methods in Sports Science and Sport Coaching and Olympic Studies and Developing Research Project Culture in East African Sports Organizations and Universities,
- iv) Anti-Doping Education (collaboration and MoU with JADA),
- v) Sport for community development and sustainability (collaboration with SDP module and IDS program at UT) (involving JICA at respective countries and their NOCs/NPCs/NSC; - <https://www.olympic.org/uganda>; <http://nationalsportscouncil.go.tz/>; <https://www.facebook.com/BarazalaMichezolaTaifa/>; <http://olympicrwanda.org/>).

3. PARTICIPANTS:

- TIAS Faculty as ‘Japan Sport Experts’
- TIAS ex-Students (alumni-is an important keyword for TIAS as legacy; see below)
- Coaches and PE Teachers at different levels and Sports Administrators and Federation Officials
- Secondary and Primary School Children (around 3,000 from East African countries)
- Japanese Students and JICA volunteers in respective countries

4. CONTRIBUTION to East Africa as LEGACY of TIAS and ALUMNI:

- Empowerment of TIAS Alumni and Fostering Development of Sport Human Resources within each Country
- Development of Teaching Materials/Certificate Programs in English for East African Countries
- Transfer of Knowledge and Japan Sport Expertise through Faculty Visits and Exchange

5. SIGNIFICANCE to TIAS and BEYOND (SUSTAINABILITY):

- New Learnings and African Sport Education Perspective contributing to TIAS vision & mission under the **SFT (Sport for Tomorrow)** initiative of the Japanese government
- Internationalization and Young Japanese Faculty Development (FD) via Learning/Training through these WORKSHOP and PRACTICALS
- Contribute towards Development of Sport-related Human Resources in East Africa

References

- http://tias.tsukuba.ac.jp/wp-content/uploads/2018/06/2018_Workshop-IBSA-Judo-Africa-Development-and-Introduction-of-Judo-for-Blind-Athletes-in-Rwanda_Feb-28-to-March-4-1.pdf
- <http://tias.tsukuba.ac.jp/wp-content/uploads/2018/11/785ac0a4b489be3880bb3b2e1a41c05.pdf>
- http://tias.tsukuba.ac.jp/wp-content/uploads/2019/02/JPC_IPSA_Meeting_TIAS-3rd-Batch-Student-from-Rwanda.pdf
- http://tias.tsukuba.ac.jp/wp-content/uploads/2019/02/Sep7and12_NSSU-NCDA-TIAS-Tri-University-Cooperation_NCDA-Coach-Developer-Academy.pdf
- <https://allafrica.com/stories/201805100113.html>

パート1:事前訪問

東アフリカプロジェクト2019がJSAに提供する理由と目的(日本語) / 筑波大学 TIAS (<http://tias.tsukuba.ac.jp/>) プログラム

1.1. 一般的な目的:

筑波大学 TIAS におけるスポーツの資源である専門的な知識を共有することにより、これまでの TIAS の修了生の母国での活動を支援すること。具体的には、タンザニア、ウガンダ・、ルワンダを事例として、各国のスポーツの現状に応じた主に実技のワークショップ-セミナーを行う。例えば、オリンピック-パラリンピック教育-コーチング-スポーツ科学-体育(TAIKU)-ドーピング防止教育-日本文化(おもてなし)の内容があげられる。

1.2. 主な3つの目標:

- 日本と東アフリカの間の既存のネットワークを強化すること
(UT-TAIKU とルワンダ、タンザニア、ウガンダとの協議の下で了解覚書あり; レガシー)
- 日本と東アフリカの間の協力関係を発展させること
(共同研究プロジェクト、インターンシップ、イベントなど; レガシー)
- 国際的な学生を識別選択すること (TAIKU-UT の TIAS プログラム用; 持続可能性)

2. 具体的な目的:

- i) 日本のコーチングシステムとコーチ哲学に焦点を当てたコーチトレーニングワークショップ(国家レベルおよび学校レベルのコーチ、体育授業レベルの教師を含む)
- ii) 管理者、連盟、スポーツクラブ、学校のコーチのための競技マネジメント
- iii) 東アフリカのスポーツ団体と大学におけるスポーツ科学、スポーツコーチング、オリンピック研究の研究手法ならびに研究プロジェクトに関する文化の開発

- iv) アンチドーピング教育 (JADA との共同研究の了解覚書あり)
- v) スポーツにおけるコミュニティの発展と持続可能性 (UT の SDP モジュールと IDS プログラムとの連携) (各国の JICA とその NOC / NPC / NSC を含む) - <https://www.olympic.org/uganda>; <http://nationalsportscouncil.go.tz/>; <https://www.facebook.com/BarazalaMichezolaTaifa/>; <http://olympicrwanda.org/>).

3. 参加者 :

- 「日本のスポーツにおける専門家」 : TIAS の教員と研究員
- TIAS の元学生 (修了生 - 遺産としての TIAS の重要なキーワード ; 下記参照)
- 様々な競技レベルのコーチと体育教師、スポーツ管理者と公認連盟
- 小学生と中学生 (School Games に参加する東アフリカ諸国の約 3000 名の児童と生徒)
- 各国の日本人学生と JICA のボランティア

4. TIAS と修了生の遺産としての東アフリカへの貢献 :

- TIAS の修了生のエンパワーメントと各国におけるスポーツ人材育成の促進
- 東アフリカ諸国向け英語教材・証明書プログラムの開発
- 大学教員の訪問と交流による日本のスポーツ専門的な知識の移転

5. TIAS とその先への意義 (持続可能性) :

- 日本政府の先導する SFT (Sport for Tomorrow) の下、TIAS の展望と使命に貢献していく新しい学びとアフリカのスポーツ教育となること
- 実技のワークショップを通じた学習や訓練から、国際的な若い日本人の大学教員の育成 (FD)
- 東アフリカのスポーツ関連における人材育成に貢献

References

- http://tias.tsukuba.ac.jp/wp-content/uploads/2018/06/2018_Workshop-IBSA-Judo-Africa-Development-and-Introduction-of-Judo-for-Blind-Athletes-in-Rwanda_Feb-28-to-March-4-1.pdf
- <http://tias.tsukuba.ac.jp/wp-content/uploads/2018/11/785ac0a4b489be3880bb3b2e1a41c05.pdf>
- http://tias.tsukuba.ac.jp/wp-content/uploads/2019/02/IPC_IPSA_Meeting_TIAS-3rd-Batch-Student-from-Rwanda.pdf
- http://tias.tsukuba.ac.jp/wp-content/uploads/2019/02/Sep7and12_NSSU-NCDA-TIAS-Tri-University-Cooperation_NCDA-COACH-DEVELOPER-ACADEMY.pdf
- <https://allafrica.com/stories/201805100113.html>

Part 2: Each PROJECT COUNTRY (Alumni/student)

Country 1: UGANDA (Total of 100 sports-related people met and interacted with)

1. The 4th Batch has a student from Uganda, who is a **COACH-Mr. Tonnie KASUJJA**, and is **TEAM MANAGER** at the **DOLPHINS SWIMMING CLUB**, in Kampala. His presence here, along with the invitation and visit by Uganda Olympic Committee (UOC), Secretary General and Uganda Swimming Federation (USF) President, **Dr. Donald RUKARE** in March 2019 to the TIAS (University of Tsukuba, UT) Graduation Ceremony – 3rd batch and Guest Lecturer for TIAS, helped cement the relationship (http://tias.tsukuba.ac.jp/wp-content/uploads/2019/06/UGANDA_NOC_Visit-to-TIAS.pdf). The 2-day workshops was organized (and invited) by UOC in conjunction with TIAS; and entitled '**International Coaching Practices (Japanese Perspectives) : Empowering Coaches for the Better of Sport**' held on the **10th and 11th August 2019** at its offices in Kampala, Uganda. As **Dr. Hirokazu Matsuo** and **Dr. Kazuhiro Kajita** and myself (**Randeep Rakwal**) were involved in delivering the workshop, the report also refers to "a report" by Dr. Rukare of the UOC, and my own observations and notes. To note, at Kampala, we were accompanied by an **IDS Master's student from Tsukuba, Ms. Yoshiko Kubo**, who also joined the workshop and also supported our activities; she further continued for here internship in Jinja city-Non Violence Program. We arrived from Entebbe (on Lake Victoria).

'The workshop was opened by the **Assistant General Secretary, National Council of Sports, Mr. David Katende**, and Dr. Rukare, UOC. Mr. Katende commended the UOC for organizing this important workshop with a Japanese University (UT) and where he saw a **critical need for partnerships with Japan; and where 'coaches' are the vital backbone of any successful sporting program. UOC is also committed to collaborate with TIAS-UT for supporting coach development.**' 'Training participants (around 35 - 25 male and 10 female registered) were taken from the UOC member federations/associations, clubs, schools and universities in Uganda. The workshop involved primarily powerpoint presentations as lectures, but also included participatory methods such as showing videos, individual and group works, and discussions-presentations therein. **The topics covered were, by the TIAS Faculty : a) Sport for Tomorrow initiatives including TIAS, b) Coaching practices and principles, c) Research practices for sports, d) University of Tsukuba sports facilities and TIAS areas, e) Anti-Doping, f) Sports psychology, and g) College physical education and club system management.** Post-2 days, at the end , of the last session, an 'evaluation' of the program was performed by the participants was undertaken to reveal around 95% of the participants enjoyed the contents and that it was fruitful for their learning; they also pointed out the challenges and the need for further workshops was greatly emphasized.' 'Primary objectives of the training workshop was to enable the participants to first, get to know the international coaching practices from a Japanese perspective, and second, build and foster networks and collaborations between UT/TIAS and the UOC and USF, as well as other stakeholders such as the Universities

and Federations.’ ‘During the workshop, participants were able to **learn, discuss and gain in-depth understanding** of the above mentioned topics. It was heartening to see how actively the participants performed the individual and group works and raised important questions followed by discussions; **highly interactive sessions**.

Some issues were raised as follows: - to provide more information on anti-doping (Prof. Koichi Watanabe could only join us from Tanzania; and in meantime, Prof. Rakwal briefly touched upon the **anti-doping education** at TIAS-UT), - the content of the physical education, and reporting of research results or lack of it therein...’. ‘For the workshop reference material printed as a hard-copy was distributed to the participants. As the participants were, in general happy to receive these Japan Sport Professionals



with education and research and coaching as their expertise, it was evident from the full interaction between participants and Japanese delegation during and out of sessions; during coffee/tea and lunch breaks. Appreciate the **great hospitality of the UOC** and for the really delicious food.



Finally, award of a certificate of participation was handed to all participants, and the **Dr. Rukare** made the closing remarks, commending the participants for their active involvement in the training and hoped that the participants were committed to playing their part in

promoting coaches development and sports in Uganda; Prof. Rakwal thanked UOC and all participants mentioning that this first workshop was step forward in also **understanding the coaches needs and sporting world in Uganda;** a group photo and further networking was carried out by both Drs. Matsuo and Kajita on possible research areas of cooperation.



Participant’s feedback to UOC: “Increase the timing/days of the training. There was a lot of knowledge and experiences to share in a short time’ ; ‘Involve administrators of the country as they are in control of resources’ ; ‘Should get deeper into training science e.g. strength, endurance, coordination and flexibility’ ; ‘course was great’. **‘Networking and Collaboration’ was also a big part of this visit,** making maximum use of the time spent in Kampala, in and out of the workshop. A number of stakeholders were met and discussions carried out. Meetings with the **National Council of Sports; Uganda Olympic Committee, Uganda Swimming Federation, Uganda Baseball and Softball Association (JICA Volunteer); National Secondary Schools Sports Association (President-also continued the networking in Tanzania-2nd country in line); Makerere University Sports Science Department;** and various Clubs, Volleyball, Swimming (**DOLHPINS and the Masters Games**) and Baseball). *“It is envisaged that arising out of these engagements, contacts and meetings several collaborative initiatives with University of Tsukuba-TIAS-TAIKU will be developed”* (Dr. Rukare). *“To conclude as indicated in the UOC report – “the training, topics and presentations were very timely and relevant since the role coaches play in promoting sports is vital. Overall the timing was suitable. The participant selection was excellent. **UOC remains firmly committed to engaging UT-TIAS and conducting similar trainings in the future.** We shall specifically look to – **A)** concluding a memorandum of understanding-MoU (UOC/NCS) with UT/TIAS that would enter alia set out possible joint collaborative research areas, future training programs and development of a national coaching structure; and **B)** facilitate possible collaboration between UT/TIAS and federations/clubs and universities”.*

Finally, we thank the UOC, and Dr. Rukare in particular, for hosting us to an official dinner at the Sheraton Kampala Hotel on 11th August 2019. **Mr. David Katende** attended the dinner as well as the **Chair of the UOC Medical Commission Dr. Nana Nakiddu** and head of the **NADO, Dr. Aya Nakitanda.** **Anti-Doping and Sports Science** was topic of discussion at the table, among others... We also visited the Embassy of Japan in Kampala

and acknowledge their meeting us at very short notice. A welcome-networking dinner was hosted by UOC at Kampala Hotel on 12th August. Thanks also to **Mr. Katsuhisa Tanaka**, Baseball Coach of the National Team, and various other people who supported us in Uganda, including Pearl Cottages (Swimming Team – Dolphins Parents and Coaches) for the comfortable stay. To end, I quote the **NCS (Ministry of Education and Sports) General Secretary, Dr. Ogwel Benard Patrick (PhD)** “as government **we are very happy to have the TIAS TEAM** – need more capacity building- various challenges – need professional administrators with an aim towards = long-term relationship/exchange programs/and good to create opportunities for athletes with us at the NCS.”



Reference materials:

ANNUAL REPORT | 2018

UGANDA OLYMPIC COMMITTEE

COMMONWEALTH GAMES UGANDA

UOC Team

Uganda Olympic Committee
Commonwealth Games Association Uganda

Mr. Fredrick William Biko
President

Dr. Donald Rukare
Secretary General

Mr. Anthony Tshibuya
Vice President & Administrator

Mr. Basilio Adoni
2nd Vice President (Deputy)

Mr. Dumiso Nkomo
Assistant Secretary

Mr. Shadrach Sanyal
Member

Mr. Moses Muzo
Member

Ms. Stella Ruhwenda
Member

Mr. Sefik Nsimba
Member

Mr. David Mugala
Member

Mr. Elish Nsimba
UOC Secretariat
Administrator

Mr. Joseph Mubanga
Assistant Administrator

Mr. Mutsaers Muzo
Administrator/Manager/Finance
Manager/Operations Centre

Mr. Sharon Hagler
Office Administrator

Mr. Joseph Muzo
Regional Manager &
Market Officer for Commonwealth
Games

Mr. Alex Bwalya
Assistant Administrator/Finance
Manager/Operations Centre

Mr. Joseph Muzo
Regional Manager &
Market Officer for Commonwealth
Games

Mr. Jimmy Mubanda
Security Guard

Mr. Joseph Muzo
Regional Manager &
Market Officer for Commonwealth
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Mr. Joseph Muzo
Regional Manager &
Market Officer for Commonwealth
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Regional Manager &
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Games

UGANDA OLYMPIC COMMITTEE

INTERNATIONAL COACHING PRACTISES-JAPANESE PERSPECTIVES

AUGUST 10-11 2019

Training Report

UGANDA OLYMPIC COMMITTEE

COMMONWEALTH GAMES UGANDA

Mr. Joseph Muzo
Regional Manager &
Market Officer for Commonwealth
Games

Mr. Joseph Muzo
Regional Manager &
Market Officer for Commonwealth
Games

Mr. Joseph Muzo
Regional Manager &
Market Officer for Commonwealth
Games

Mr. Joseph Muzo
Regional Manager &
Market Officer for Commonwealth
Games

<Thank you Dr. Donald Rukare and Mr. Tonnie Kasujja & UGANDA>

Country 2: TANZANIA (Total of 135 sports-related people met and interacted with, including few thousand secondary school children at the GAMES)

1. **Connecting to ARUSHA, Tanzania, near the majestic Mt. Kilimanjaro**, we arrived from Kampala/Entebbe for the second leg of the visit – training – workshops for school coaches (August 13th to 15th), on the invitation of **Mr. Leonard Thadeo, (TIAS 2nd Batch)** and currently - **Director of Sports Development, President's Office, Regional Administration and Local Government (Dept. of Education Administration, Sokoine Building - CDA Road, P. O Box 1923, Dodoma, Tanzania)**; and an invitation letter for the same was sent to the TIAS Chair, Prof. Hisashi Sanada by the **Secretary General of the National Sports Council of Tanzania, Ms. Neema Y. Msitha**. We met the top ARUSHA City Leadership and Schools and Education Board Officials.

The project training aspects were carried out at the **Trust St. PATRICK's School**, in Arusha, and the 3-day workshop has around 25 secondary school coaches and teachers and administrators join to the following topics - **a) Sport for Tomorrow initiatives including TIAS, b) Coaching practices and principles, c) Research practices for sports, d) University of Tsukuba sports facilities and TIAS areas, e) Sports psychology, f) College physical education and club system management;** and **g) the ANTI_DOPING EDUCATION (History, Medical aspects, recent practices, and the concepts in Japan and JADA and WADA) by Prof. WATANABE** (joining us from Tanzania). **A highly interactive session with highly motivated COACHES was held with PRACTICAL SESSIONS on the field. JICA volunteers, including an ex-TAIKU student, Ms. Ayane SATO** joined and supported this program.

Finally we attended the **18th Federation of East Africa Secondary School Sports Association Games** – around **7,000 students were in attendance from EAST AFRICAN countries**; being honored guests at the opening (**August 16th, 2019**) and seeing the coaches in action. Additionally, on the sidelines, post-workshop time, we met and interacted with the **School Board and the Sports Universities to develop joint research on PE and also had a fruitful discussion with the NSC of Tanzania, President, Mr. TENGA** on future cooperation with Japan and UT and TIAS.

All these meetings were facilitated by **Mr. Leonard**.



'Secondary School HQ – Control Center for the Games & Reginal Administration ARUSHA City'

**THE UNITED REPUBLIC OF TANZANIA
NATIONAL SPORTS COUNCIL OF TANZANIA (NSC)**

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14/06/2019

In reply please quote: BMT/A/44/71.

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RE: LINKING TIAS TO SPORTS DEVELOPMENT IN EAST AFRICA

We are pleased to invite a team of sports experts from The International Academy of Sport and Olympic Studies (TIAS), University of Tsukuba to come to Tanzania and conduct training to various sport personnel as part of the East African Secondary Schools pre-games workshop. The training is planned to be held in Arusha, Tanzania from 10th - 15th August, 2019 and to be followed by the opening ceremony of the East Africa Secondary and Primary Schools' Games on 16th August, 2019. The 2019 East Africa Secondary and Primary Schools Sports events will be held in Arusha from 15th - 25th August, 2019 bringing more than 3000 students from all over the region to compete in a number of sports disciplines including soccer, netball, volleyball, handball and swimming. Other disciplines are rugby, tennis, goalball, athletics, basketball, hockey and badminton.

The participants of the workshop will be physical education teachers and coaches who are working with primary and secondary schools particularly those who prepared the regional teams for the 2019 national sports events. We will also offer opportunities for some of the coaches and physical education teachers from the East African states to join the workshop. It is expected that a total of 50 people from different sports disciplines will participate in the workshop.

Basically, it is anticipated that your visit will serve as a platform for strengthening a network between Tanzania and TIAS Japan through sports and consider developing more collaborations in different areas of sport development. Specifically, this invitation targets on creating a sustainable cooperation between University of Tsukuba and the East African Sports family through knowledge sharing on sports development. We shall be very much grateful for your favourable response. Thanking you for your cooperation.

Neema Y. Msitha
Neema Y. Msitha,
For: SECRETARY GENERAL



In all, a very fruitful and highly productive meeting with numerous stakeholders in TANZANIA SPORTS, from COACHES to

TEACHERS to ADMINISTRATORS and STUDENTS and TIAS ALUMNI. In particular, we met and interacted with TIAS alumni (short program) – Olympian SWIMMER Khalid Rushaka, who was the first swimmer to represent Tanzania in the Olympics (competing in the 2008 Beijing Summer Olympic Games); his life-story and philosophy “being at your best” was inspiring; and we also discussed future training and exchange programs, especially in swimming and using swimming as a tool for development of local / community talent.



'FLAG FOOTBALL - Introduction'



'Meetings at Trust St. PATRICK's School with School Board and Professors of Sport/Education Colleges'



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18th FEASSA Games - Arusha



<Thank you LEONARD THADEO & TANZANIA>

Country 3: RWANDA (Total of 145 sports-related people met and interacted with, including the main COACHES in the workshop)

1. Continuing the 3rd leg of the East Africa journey, we met and interacted with the 3 TIAS Alumni Rwanda (Rurangayire Guy Didier, Celestin Nzeyimana, and Shema Maboko Didier), and had a wonderful 3-day WORKSHOP with RNOSC, in Kigali, Rawanda. Again, a previous visit (in 2018) and interaction with the President of the Rwanda National Olympic and Sport Committee (RNOSC) (Amahoro National Stadium Remera, P.O. Box 2684, Kigali, Rwanda), Amb. Valens Munyabagisha with TIAS helped cement the relationship further and we (TIAS) conducted a workshop entitled ‘LINK TIAS ALUMNI TO SPORTS DEVELOPMENT IN RWANDA AND SHARING JAPAN SPORTS EXPERTISE : Training Workshop on Sports Development for Coaches and Sport Leaders in Rwanda’ on the following topics - a) Sport for Tomorrow initiatives including TIAS, b) Coaching practices and principles, c) Research practices for sports, d) University of Tsukuba sports facilities and TIAS areas, e) Anti-Doping, f) Sports psychology, g) College physical education and club system management, and h) water polo and swimming systems and practices.

For the workshop, RNOSC invited and selected 25 participants, who were from the RNOSC member federations/associations, clubs, schools and universities in Rwanda. The opening ceremony keynote talk was graciously given by H.E. Ambassador of Japan to Rwanda, who mentioned how sports is playing an increasingly important role (which was also in part through the active role played by Mr. Guy Didier, for developing the Rwanda Karate Association if cooperation with Japan) in Japan-Rwanda cooperation. Moreover, the Ambassador mentioned how much he has heard about University of Tsukuba, but he was surprised and impressed by such a level of cooperation involving TAIKU_TIAS faculty and expertise that was being shown-shared with Rwanda Sports through this 3-day workshop.



Other than the lectures-which were actively listened to along with interactive discussions and sharing of ideas, the two practical sessions involving coaching lecture, namely ‘flag-football’ and the anti-doping lecture ‘new MO’ generated great interest and fun among the participants. Moreover, the full 3-days workshop also gave a chance to individually interact and answer queries of the individual participants for developing new workshops, projects on sport for development and research collaborations (especially on Coaching practices, club management systems, PE, and anti-doping practices) . An important observation was the value and respect given to the TIAS alumni by the participants, and we as TIAS were proud the see the confidence in our alumni and their translation of the knowledge learnt at TIAS and UT. Once again, we thank the JICA volunteer (Mr. Hyuga Nishimura) and a UT student in Rwanda to support some of the workshop activities. Also, Mr. Jindo Morishita, UT student on a study abroad project joined us. A visit



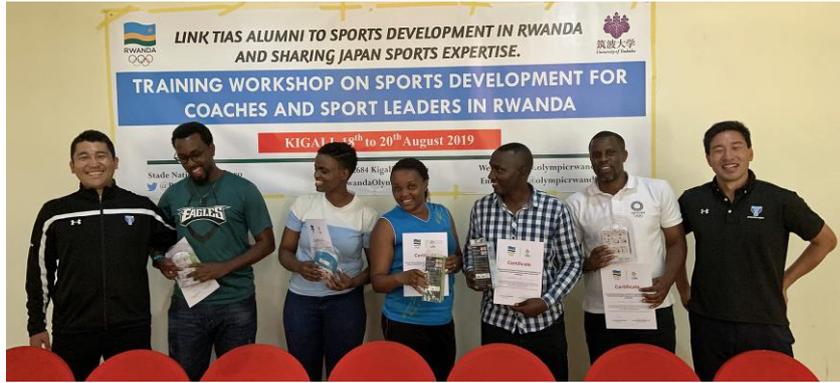
'H.E. Ambassador of Japan to Rwanda'



'the Opening Day – at the Olympic Hotel, in Kigali'



"NEW MO – Anti-Doping"



'Rwanda – Sitting Volleyball TEAM – WOMEN's in practice'



Additionally, and to complement what the East Africa project was all about, a brainstorming session was held with **local stakeholders (Japanese duo based in Kenya with long experience in East Africa-Africa)** and Rwandan colleagues to establish a **Sports Hub in Rwanda**-and where I suggested to develop an **East Africa Center** in cooperation for maximum benefit and utilization of shared resources, and where from **TIAS-UT side the education and research component was most critical**; this was well received by Mr. Nakarai and partner; and we further discuss this during the TICAD meeting and follow up on developing a proposal (for Sports Business-Academy) in Tokyo in September, 2019 and thereafter in Tsukuba. **We thank Mr. Guy Dider for the introduction and initiation of this discussion.** We also visited the **Kigali Genocide Memorial** and the **Peace Center** and **discussed about involving sport as tool for peace and reconciliation**; and to initiate a **research project as a case study** with interested students at TIAS (and/or IDS). We also visited the **DREAM TEAM FOOTBALL ACADEMY** and **discussed on improvement of management practices** as requested by them; this also serves as a good case study site for students. The visit to **KIGALI ARENA** was an eye-opener on the sports infrastructure being constructed and utilization for development of SPORTS in Rwanda; one of the reasons why Rwanda could be considered as a hub for the Sports Academy.

Finally, the vice-president of RNOSC, Mr. Festus Bizimana, invited us all along with local stakeholders and the Ambassador of Japan to Rwanda for a **welcome-networking dinner**; and the next day H.E. Ambassador of Japan to Rwanda graciously invited us and RNOSC members and TIAS alumni for an 'omotenashi' dinner at the residence in Kigali.



In all, it was great workshop with the **COACHES-TEACHERS-ADMINISTRATORS** and numerous discussions and activities (New MO- Anti-Doping, flag-football) were highlighted. JICA volunteers and TAIKU student in Africa joined the sessions.

Thank you Rurangayire Guy Didier, Celestin Nzeyimana, and Shema Maboko Didier & RWANDA

Colleagues on the Project : Their View

(2019/8-22 August) [Uganda Olympic Committee (Kampala, Uganda), Trust St. Patrick School (Arusha, Tanzania), Rwanda National Olympic and Sports Committee (Kigali, Rwanda)]

1. Dr. Hirokazu Matsuo, Ph.D.

"This time, in collaboration with East African sports organizations (Olympic Committee, Sports Council, etc.) where TIAS alumnus are working, workshops were held in each country to provide information on University of Tsukuba and TIAS, sports coaching, anti-doping, club management, physical education curriculum, etc. The purpose was to strengthen a relationship to have long-term joint research projects, student internships, creation of mutual learning opportunities, and for recruiting international students.

<Uganda (9-12, Aug) >

In Uganda, thanks to Mr. Tonnie Kasujja, the current TIAS student, a two-day workshop was organized by the local Olympic Committee in collaboration with Dr. Donald Rukare, Secretary-General of the Uganda Olympic Committee. As a lecturer, I gave a presentation on coaching science in Japan and had the opportunity to discuss the **issues of coaches** (around 30 or so) in the field.

<Tanzania (13-17, Aug) >

In Tanzania, Tanzania President's Office, Leonard Thadeo, a TIAS alumnus, was in charge of the East Africa Secondary School Games (this year hosted by Tanzania) as the **overall operational management** of the host country and held three-days seminar for the coaches. The training was held in one room of Trust St. Patrick School, which was the host school for the Tanzanian team, and about 25 coaches participated.

<Rwanda (17-21/Aug) >

In Rwanda, a workshop organized by the **Rwanda National Olympic and Sports Committee (RNOSC)** was held over three days seminar in collaboration with three TIAS Alumni, Rurangayire Guy Didier, Shema-Maboko Didier, and Celestin Nzeyimana. About 30 national level coaches participated. And **Mr. Bizimana Festus, Vice President of RNOSC, and H.E. Takayuki Miyashita, Ambassador of Japan to Rwanda**, participated in the opening ceremony. We had a chance to discuss the possibility of the **Embassy's support for future program implementation and collaboration**.

<Future prospects >

Through this visit to East Africa, **I felt that the value brought by the collaboration with TIAS Alumni and the strengthening of the network is beneficial**. In particular, this kind of program involving local NSC or the Olympic Committee makes value for not only for local coaches who participated but also for **expanding research fields of the University of Tsukuba** and also for recruiting students from overseas. In East African countries, physical education and sports are not clearly positioned in education. For this reason, local university teachers and local coaches are **aware of the need for long-term training of physical education teachers and sports science specialists** in higher education. Providing a program for sports coaches in East Africa is an important example of TIAS alumni creating value as a legacy of the TIAS, University of Tsukuba. And, it will be an example to utilize a network of alumni scattered in other countries in the future. From these viewpoints, it is hoped that the program will continue to be developed in **cooperation with East African countries**. In each country where we traveled, there were proposals such as joint research in cooperation with the University of Tsukuba's physical education faculty and TIAS alumni in each country, provision of short-term programs, or the opening of the TIAS-like academy in East Africa. It is hoped that we will discuss more specific ways of cooperation. **I would like to make an effort in cooperation with the other faculty members at the time of the cooperation with East African countries**.

2. Dr. Kazuhiro Kajita Ph.D.

Significance of Travel: It was a general purpose to support activities in the home country of graduates of TIAS so far by **sharing specialized knowledge of physical education and sports** at the University of Tsukuba - TIAS. The primary objective was to **first strengthen the existing network between Japan and East Africa**. The **second** was to **develop a cooperative relationship between Japan and East Africa** and explore the **possibilities of joint research projects, internships, and various events**. The **third** was to **identify and select international students** in anticipation of a new program after 2020 at the University of Tsukuba – TIAS - TAIKU.

Activity Achievements: This time, workshops and seminars were conducted according to the current state of sports in each country, using Uganda, Tanzania and Rwanda as case countries with TIAS alumni. Specifically, I dealt with the contents of the University of Tsukuba **physical education system and TIAS**, sports coaching, anti-doping, **sports club management, school physical education curriculum**, etc. University of Tsukuba TIAS faculty members and TIAS graduates collaborate to hold workshops in each country, and with the **cooperation of Japanese students staying in East African countries and JICA volunteers**, etc. Information was shared from various viewpoints. In addition, I was able to **interact** with coaches, sports teachers, sports managers, officials of official federations, etc., at various competition levels in each country. Below is a summary of the activities conducted in each country.

1. Uganda : 2019.9-12. August

In Uganda, with support from **Tonnie Kasujja**, a **fourth-batch** TIAS student, a two-day workshop for approximately 30 national-level coaches, with the full cooperation of **Dr. Donald Rukare** (Secretary General of the Uganda Olympic Committee) was carried out. I gave a presentation on sports club management and school physical education curriculum. Many questions and comments were received from Uganda sports club coaches, and **I was able to understand the current**

situation and issues regarding Uganda's sports environment and physical education classes. This time, we were able to gather information on the history and culture of **Uganda's baseball**, and this was a valuable opportunity to deepen interaction with local sports personnel through baseball. In addition, we were able to obtain the consent to conduct research on the educational system of university physical education, and we could explore the possibility of future joint research between universities.

2. Tanzania : 2019.13-17. August

In Tanzania, with support from **Leonard Thadeo**, a second-batch TIAS student, a three-day workshop was held for approximately **25 junior-to-youth coaches** in full cooperation with **Trust St. Patrick School**. I gave a presentation about **sports club management**. Many questions and comments were received from Tanzania's school coaches, and I was able to understand the current situation and issues related to Tanzania's sports environment and physical education classes. We attended the opening ceremony of **"East Africa Secondary School Games 2019"**, which was attended by representative schools from East African countries, which opened after the workshop, and it was a valuable opportunity to **experience East African sports culture**. In addition, we were able to obtain the consent to conduct research on the educational system of university physical education, and we could explore the possibility of future **joint research between universities**.

3. Rwanda : 2019.18-21. August

In Rwanda, there is support from three people, **Rurangayire Guy Didier**, TIAS second-batch, **Shema Maboko Dider**, and **Celestin Nzeyimana**, TIAS third-batch. A 3-day workshop was held for approximately 30 people. I gave a presentation on **sports club management and school physical education curriculum**. A lot of questions and comments were received from Rwanda's **sports club coaches**, and I was able to understand the current situation and issues related to Rwanda's sports environment and physical education classes. **Mr. Bizimana Festus, Vice President of RNOSC**, and **H.E. Takayuki Miyashita, Ambassador of Japan to Rwanda**, attended the opening ceremony of the workshop. This was a valuable opportunity to experience the history and culture of Rwanda. In addition, we were able to **obtain the consent to conduct research** on the educational system of university physical education, and we could explore the possibility of future joint research between universities.

Future Prospects: This time I **visited East Africa for the first time** and was **convinced that the value provided by collaboration with TIAS graduates and strengthening the network was great**. In particular, involving sports associations and Olympic committees in each country, local coaches, PE teachers, administrators, and potential students for TAIKU-UT, was seen. Providing a **sports coach training program** in East Africa is a valuable example of how TIAS graduates are creating value as a legacy of TIAS at the University of Tsukuba. This is an example of **utilizing a network of TIAS graduates scattered in other countries in the future**. In the future, it is hoped that such a workshop will be developed in cooperation with East African countries to create a **sustainable program** in the region. In the countries we visited, there were proposals such as joint research with local universities, graduated TIAS students from the University of Tsukuba, providing short-term internship programs, and opening a sports academy in East Africa. In order to examine the activities that can be realized at this stage, I also **propose to create a program for improving sports ability and sports education in the case of baseball** as an example of a research study on educational systems from school physical education to university physical education. In the future, it is hoped that more specific cooperation methods and activity systems will be discussed, and that it is necessary to expand the project in cooperation with **many teachers at TAIKU - University of Tsukuba**, as well as those involved in TIAS. It seems. From now on, we have recognized that joint activities in East African countries are the mission and responsibility of Japanese physical education teachers. While it is highly possible that East African countries will continue to develop in the future, this training revealed that they have many **problems and challenges**. I realized that the training of teachers specializing in health and physical education and the training of coach leaders in each sporting competition, which are systematized in Japan, is an **urgent task** for East African countries. It will be indispensable to **develop sports facilities and physical education curriculum**, and to supply **local resources for teaching**. Although it is a steady activity, we will make further efforts to become a bridge between physical education and sports in East Africa and Japan.



'Thank you Drs. Matsuo & Kajita : Great Learning Experience & Cooperation'

Part 3: INDIA

SAI, MYAS and SPORT, and YOGA (Total of 35 sports-related people met and interacted with)

1. **Sports Authority of India (SAI) HQ**, Ministry of Youth Affairs and Sports (MYAS), Government of India (GoI), **New Delhi and University of Patanjali**, Haridwar, **India** were the main focus of the stopover at INDIA, following the East Africa visit, before flying back to Japan on August 26th, reaching University of Tsukuba-TIAS in the afternoon on 26th. In Delhi numerous meetings were held with Leaders and Government Officials of Indian Sport, and also the Paralympic Committee of India, and Universities.

Next Steps

1. **COACHING (teaching & practical) PROGRAMS** to be re-started, especially JUDO for National-Level Coaches; with Prof. OKADA, Head Coach, UT; **TAKING FORWARD** the High Performance Center proposal (Profs. Takagi and Sengoku) for Swimming or others; **JAPANESE CULTURE (Sensitivity)** and 'Omotenashi' workshop in Indian for Indian Teams taking part in Tokyo 2020; **TOWARDS** developing the Sports Science and Medicine intensive courses for NS-NIS; and Anti-Doping Education programs; and, finally **WORKING TOWARDS** the realization of Yoga joint research and training camps in India, with University of Patanjali.

2. **Supporting the Indian National Teams, pre-Training CAMPS for Tokyo 2020.**

3. **Joint work with 2nd Batch TIAS student Mr. Aman Shah**, first collaborative sports program with JSW Sports and Inspire Institute of Sports for training (and practice) young Indian (women) Judokas at TAIKU, under OKADA sensei (Professor and Head Coach, UT) and ONO Coach at the Judo Hall, Martial Arts Gymnasium; this is in progress, as of date.



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YOGA for ALL (link to Yoga Course at GGEC program of UT, Social Innovation Project at TIAS)



'Paralympic Athletes & Programs'



‘Thank you Manikant Sharma for wholehearted support and continuing TIAS Legacy in India’



Inspire Institute of Sport signs Letter of Intent / ties up with University of Tsukuba

As first step, IIS Judokas to train in Japan later this year...

LETTER OF INTENT
Between
Faculty of Health and Sport Science, University of Tsukuba, Japan
And
Inspire Institute of Sport, Vijayanagara, India



AMAN SHAH – 2nd Batch TIAS student *2nd from right) with Indian Sports Delegation – in 2018 – meeting Prof. Sanada, Chair of TIAS



Continuing the Legacy working at JSW Sports, India

2019 September – 1st Phase of Cooperation Begins, Thank you Okada sensei (Judo Head Coach, UT)



Thangjam Tababi Devi (16) winning a silver medal in judo at the ongoing Youth Olympics Games in Argentina

Indian judoka Tababi Devi sets eyes on 2024 Paris Games in pursuit to emulate idol Ryoko Tamura

<https://www.iasport.com/india/indian-judoka-tababi-devi-sets-eyes-on-2024-paris-olympic-games-in-pursuit-to-emulate-idol-ryoko-tamura/>
<https://www.iasport.com/india/indian-judoka-tababi-devi-sets-eyes-on-2024-paris-olympic-games-in-pursuit-to-emulate-idol-ryoko-tamura/>
<https://www.iasport.com/india/indian-judoka-tababi-devi-sets-eyes-on-2024-paris-olympic-games-in-pursuit-to-emulate-idol-ryoko-tamura/>



Mr. Mamuka Kizilashvili (Head Coach- IIS Judo Program), Age: 33 : Born in Akhmeta, Georgia,

Mamuka Kizilashvili began training in judo at just eight years of age. He participated and won medals in several junior tournaments until a knee injury brought a premature end to his career at the age of 20. **Coaching career** by training children between 6-12 years of age and also completed his coaching qualification in 2009. Sporting Director of the Georgian Judo Federation in 2016 and now heads the Judo team at IIS.



Ms. Linthoi Chanamban is younger and according to our coach, one of the best young judokas he's seen, so very promising. Both are being groomed for cadet world championships and the Paris 2024 Olympic Games. We wish to provide them valuable exposure to training in Japan as we prepare them for future competitions.

SOURCES : https://www.business-standard.com/article/news-ians/inspire-institute-of-sport-ties-up-with-tsukuba-university-119050901299_1.html?fbclid=IwAR1DF3vbKhRWo8imzPcwWf3a1UnU8YUwlr5sScer4x9r8d1aSiNdeM ; <http://www.estrade.in/inspire-institute-of-sport-ties-up-with-university-of-tsukuba/> ; <https://www.iasw.in/sports/inspire-institute-sport#>

CONCLUDING REMARKS

1. ALUMNI WORKS

1. The 3-country (EAST AFRICA) ALUMNI, and for INDIA, are doing what can be called “Translating the Knowledge gained at TIAS” back to their respective organizations and sports areas. Both at Tanzania and Rwanda, the 4 students have initiated numerous projects and also working towards the pre-games training camps for their respective countries for Tokyo 2020. Further collaborative projects were discussed especially related to education-research and development of PE, sport for development, and importantly anti-doping education and sports science and medicine. In India, similarly, coaching programs are a key issue and in process of being implemented as I write this report, and new ideas to use the **Japan Sports Model** has been discussed with the SAI.

2. CHALLENGES

1. A major challenge is human capacity, time, and funding for any project planned and conducted. However, with the cooperation and support of TAIKU faculty (<http://www.taiiku.tsukuba.ac.jp/en/>) and respective partners in these 4 countries (East Africa=Uganda, Tanzania and Rwanda; and India), we are hopeful to move forward for a sustained legacy in the coming years.

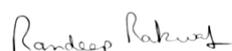
3. FUTURE DIRECTIONS

1. MoUs with each country OLYMPIC and SPORTS COMMITTEE and/or NATIONAL SPORTS COUNCIL.
2. Coaching-Training programs for the COACHES and ATHLETES to be developed; involving the TIAS ALUMNI and their networks in local sports associations and universities.
3. INDIA- What next with TIAS-UT was discussed with the DG-SAI, Shri Sandip Pradhan; and meeting top sport administrators in MYAS, Gol; and EAST AFRICA: towards planning (and establishing after discussions back at TIAS_UT) the EAST AFRICA Sports Center / Sports Academy (as part of Sports Business development with Japanese and Local Stakeholders, now in Kenya) and continuing the discussions actively; slow but steady steps forward with TIAS ALUMNI – forging new connections and bonds in SPORT study & research at all levels.

Taken together, a fruitful and meaningful trip to EAST AFRICA, and INDIA, at various levels in SPORT, contributing towards TIAS LEGACY and moving ahead for SUSTAINABILITY.

Thank you.

Sincerely Yours,



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2019-09-17

<http://www.tsukuba.ac.jp/en/>