National Institute of Fitness and Sports in Kanoya
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Fundamental goals of the National Institute of Fitness and Sports (NIFS)

As the only national university in Japan specializing in sports, NIFS works through the mediums of sport and physical activity to cultivate capable individuals possessing creativity and vitality; characteristics essential to a healthy body and a balanced, harmonious mindset. The university works to contribute to the betterment of the nation's health as a whole, the promotion of learning and culture in both sport and the physical sciences, and to the formation of a healthy, active society.

NIFS has adopted the following fundamental goals for education, research, social contributions, and globalization, while continuing to work to increasingly gain the trust of society and to win acclaim as a university with a unique defining character.

[1] Educational goals

- Undergraduate Course
  
  Through advanced education based on the latest research achievements in the fields of Sport, Health, and Budo, the Faculty of Physical Education aims to foster socially-oriented physical education leaders possessing top-level expertise, strong leadership, and exemplary practical and technical skills. The university seeks to develop individuals who are capable of assuming active roles within Japan and the international community through the teaching of sports, health sciences, and budo.

- Graduate Course
  
  The Graduate School of Physical Education aims to foster experts capable of developing and managing first-rate sport and physical activity programs appropriate to the needs of individuals, and those who are able to support top athletes through science-based leadership and effective training methods.

[2] Research goals

Drawing upon research achievements to date in the fields of Sport, Health, and Budo, NIFS aims to establish itself as a progressive research base for global sports innovation. In maximizing the technology and resources of its newly established Sports Performance Laboratory and looking ahead to the 2020 Tokyo Olympic and Paralympic Games, the university promotes practical research in the field of Sports Performance for the science-based support of students and top athletes. In addition, NIFS seeks to develop and establish a support system under which all faculty members can conduct interdisciplinary and comprehensive research.

[3] Social goals

NIFS widely shares the findings of its educational research, while operating as an open institution in offering the public opportunities for lifelong learning, access to educational research resources, and cooperation on a range of fronts. Furthermore, the university utilizes sport and physical activity to help promote continued advancements in the areas of Sport, Health, and Budo.


NIFS promotes comprehensive study in the fields of Olympic, Paralympic, Japanese Sport and Budo education. The university also endeavors to conduct leading research in Sports Performance, Sports Science, and Medicine. Through its ongoing efforts, NIFS seeks to establish itself as a global base for education and research where young researchers and athletic coaches from Asian and other countries can come to deepen their insights through exchanges with students and professors.
◆The history of NIFS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 1, 1981</td>
<td>formally established</td>
</tr>
<tr>
<td>Apr 1, 1984</td>
<td>student enrollment begins</td>
</tr>
<tr>
<td>Apr 1, 1988</td>
<td>Graduate School of Physical Education (Master’s Course) is established</td>
</tr>
<tr>
<td>Apr 1, 2004</td>
<td>Graduate School of Physical Education (Doctor’s Course) is established</td>
</tr>
<tr>
<td>Apr 1, 2016</td>
<td>joint graduate programs are established with the University of Tsukuba</td>
</tr>
<tr>
<td></td>
<td>• Joint Master’s Program in International Development and Peace through Sport</td>
</tr>
<tr>
<td></td>
<td>• Joint Doctoral Program in Advanced Physical Education and Sports for Higher Education</td>
</tr>
</tbody>
</table>

◆Undergraduate and Graduate Courses

- Faculty of Physical Education
  - Integrated Sports Science Course
  - Budo (Japanese Martial Arts) Course
- Graduate School of Physical Education
  - Physical Education (Doctor’s Course)
  - Physical Education (Master’s Course)
  - Joint Doctoral Program in Advanced Physical Education and Sports for Higher Education
  - Joint Master's Program in International Development and Peace through Sport

◆Enrollment capacity

- Faculty of Physical Education: 720 students
- Graduate School of Physical Education: 60 students

◆Possible career opportunities

- Junior high school teacher / Senior high school teacher / Public official (e.g. administrative officer) / Public security officer (e.g. firefighter, police officer) / Sports business / Professional sport
◆ Teams and extracurricular activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Rugby</th>
<th>Cycling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Track and Field</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseball</td>
<td>Gymnastics</td>
<td>Canoeing</td>
</tr>
<tr>
<td>Tennis</td>
<td>Swimming</td>
<td>Naginata</td>
</tr>
<tr>
<td>Soccer</td>
<td>Judo</td>
<td>Sepak Takraw</td>
</tr>
<tr>
<td>Volleyball (Male)</td>
<td>Kendo</td>
<td>Wind Surfing</td>
</tr>
<tr>
<td>Volleyball (Female)</td>
<td>Yacht</td>
<td>Athletics Trainer</td>
</tr>
<tr>
<td>Basketball (Male)</td>
<td>Rowing</td>
<td>Golf</td>
</tr>
<tr>
<td>Basketball (Female)</td>
<td>Dance</td>
<td>Traditional Culture and Sports Study</td>
</tr>
</tbody>
</table>

◆ Library

*The library is open to the public.

- Opening hours
  - Monday - Friday: 8:30 - 21:00
  - Saturday: 9:00 - 17:00
  - Sunday: 13:00 - 17:00

During semester breaks
  - Monday - Friday: 9:00 - 17:00
  - Saturday: Closed
  - Sunday: Closed

- Closed
  - National holidays, Summer recess period (Obon holiday), NIFS Foundation Day (Oct. 1), Year-end and New Year (Dec. 28 - Jan. 4)
  - *The library may also be closed briefly in addition to these days.

◆ International exchange partners

<table>
<thead>
<tr>
<th>University</th>
<th>Country (Region)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shanghai University of Sport</td>
<td>China</td>
</tr>
<tr>
<td>Bohai University</td>
<td>China</td>
</tr>
<tr>
<td>Korea National Sport University</td>
<td>Korea</td>
</tr>
<tr>
<td>Korea Maritime and Ocean University</td>
<td>Korea</td>
</tr>
<tr>
<td>College of Ocean Science and Technology</td>
<td>Korea</td>
</tr>
<tr>
<td>National Taiwan Sports University</td>
<td>Taiwan</td>
</tr>
<tr>
<td>Wilfrid Laurier University</td>
<td>Canada</td>
</tr>
<tr>
<td>Springfield College</td>
<td>America</td>
</tr>
<tr>
<td>German Sport University Cologne</td>
<td>Germany</td>
</tr>
</tbody>
</table>
◆ What makes NIFS exceptional

● NIFISA: NIFS International Sport Academy

Since March of 2015, the National Institute of Fitness and Sports has conducted the NIFS International Sport Academy (NIFISA), a two-week seminar offering a series of lectures and activities pertaining primarily to Olympic education, Sports Management and Sports Performance Science. NIFS was entrusted to organize and host the academy as part of the Sport for Tomorrow project of the Japan Ministry of Education, Culture, Sports, Science and Technology which aims to contribute to more than ten million people in over 100 countries leading up to the 2020 Tokyo Olympic and Paralympic Games. NIFISA participants are selected from among applicants in Asia and other countries, and display promise as young global leaders in sport, possess graduate or higher level knowledge in the field of sport, or are recommended (i.e. top coaches) by the National Olympic Committee of their respective countries.

● Sports performance support for student-athletes

Every year, promising student-athletes and teams are chosen for special support from the university. One of these athletes won a silver medal in the men’s high bar in the 2016 Szombathely Challenge Cup held Hungary. Additionally, two of our graduates, belonging to the bicycle racing club and designated as elite student-athletes, took part in the 2016 Rio de Janeiro Olympic and Paralympic Games.

Also, at the end of April every year, NIFS holds an event for sports performance enhancement, where the students and teams chosen for this special support present their successful training methods to other NIFS students. The meeting serves to boost the morale of NIFS student-athletes aiming to be great within Japan and beyond.

● The “Chokin” research project

*“Chokin” literally means to “save up muscle” by means of resistance training.

With consideration for the recent social issues of deteriorating physical strength and athletic ability among Japanese people, and the aim of increasing the health, fitness, and physical activity levels of both young and old alike, NIFS created the home-centered Chokin muscle training program and has been actively promoting it throughout Japan as the “Chokin for Everybody Research Project”. The project has been carried out through the cooperative efforts of cities in several prefectures within Kyushu, including those of Kagoshima Prefecture (Kanoya City, Shibushi City, Minamikyushu City, Tarumizu City, among others), Kumamoto Prefecture, Miyazaki Prefecture, and Oita Prefecture.

Additionally, in cooperation with universities and institutions of other Asian countries, the project has been conducted as the “Collaborative Global Chokin Undou Research Project”. With some countries in Asia projected to experience an aging society even more rapidly than Japan, the project aims to assist these countries in addressing their inevitable dwindling birthrate and aging society.

● Promotion of Sports Performance research

The university opened its Sports Performance Laboratory in 2015. Since that time, NIFS has pioneered a substantial amount of experimental and analytical research surrounding Sports Performance. Knowledge gained through this research has helped to scientifically support and enhance the athletic performance of top Japanese athletes, providing them with valuable knowledge in preparation for the 2020 Tokyo Olympic and Paralympic Games. In addition, a significant amount of this research, such as that targeting effective training methods to boost athletic performance, has been published online in the Research Journal of Sports Performance.
Cooperative and collaborative affiliates

• The National Osumi Youth Outdoor Learning Center (since November 2, 2006)

Through the exchange of human and intellectual resources, NIFS has been working in cooperation with the National Osumi Youth Outdoor Learning Center to contribute to society through sporting activities and the development of education and research.

• The Japan Institute of Sports Sciences (since January 15, 2007)

NIFS has been working together with the Japan Institute of Sports Sciences to enhance postgraduate education and research in the areas of Physical Education and Sports Science.

• Kanoya City (since October 1, 2010); Tarumizu City (since March 29, 2017)

Together with local communities, NIFS has continued to promote education, lifelong learning, culture, sports, health and welfare, community development and the revitalization of local industry.

• University of Tsukuba (since April 26, 2012)

With the aim of assuming a leading role in the fields of Physical Education and Sport, NIFS has been developing various projects with the University of Tsukuba to contribute to advancements in education and research.

• Kumamoto University and Kagoshima University (since March 20, 2014)

NIFS has been working together with the Kumamoto University and Kagoshima University Graduate Schools of Education to promote a collaborative graduate school program in Physical Education and Sports Science.

• Chukyo University and Osaka University of Health and Sport Sciences (since January 15, 2015)

NIFS has been conducting the International Sport Academy Project together with Chukyo University and the Osaka University of Health and Sport Sciences.

• Nara Institute of Science and Technology and the Japan Sport Council (Since June 12, 2015)

NIFS has been working together with the Nara Institute of Science and Technology and the Japan Sport Council to contribute to the development of society through the promotion of research and human resources in the field of Sports Engineering.

• Japan Women’s College of Physical Education, Juntendo University, and Waseda University School of Sport Sciences (Since July 2015)

NIFS has joined with the Japan Women’s College of Physical Education, Juntendo University, and the Waseda University School of Sport Sciences to develop education and research in the fields of Physical Education and Sport.

• Minaminihon Broadcasting Co., Ltd. (since August 4, 2015)

Together with Minaminihon Broadcasting Co., Ltd., NIFS has been producing and broadcasting TV and radio programs to help contribute to Kagoshima Prefecture through sport.
◆ Public accessibility

In order to work closer with local citizens, NIFS offers various extension courses, academic lectures, sports exchange programs, and sports competitions, including the President’s Cup.

◆ The International Exchange and Language Education Center (IELEC)

The International Exchange and Language Education Center (IELEC) was established in 2011 to help promote the globalization of NIFS in Kanoya. The Center conducts various activities including the provision of high quality English and Japanese language education for both Japanese and international students, the recruitment of international students for on-campus study, and the support of visiting students so that they may focus on their studies in a safe and secure environment.

www.facebook.com/IELEC.NIFS/

◆ Contact information

● Main campus
  Shiromizu-cho 1, Kanoya City, Kagoshima Prefecture, Japan  891 2393
  Tel.  +81-994-46-4111
  Email  soumu@nifs-k.ac.jp

● Satellite Campus
  Bunkyo School Building, University of Tsukuba, Tokyo Campus
  3-29-1, Otsuka, Bunkyo Ward, Tokyo, Japan  112 0012
NIFS Gallery
NIFS Gallery was opened to commemorate the 30th anniversary of the university’s foundation. Gallery exhibits include Olympic medals and uniforms of athletes associated with the university, as well as some of the significant research achievements of university faculty.

Center for Water Sports and Science
The center is located in Takasu Town facing Kinko Bay.

Training Environment Simulator
located in the Center for Sports Training Research and Education

Total site area: 370,259m²
Shiromizu area*: 363,936m²
Takasu area: 6,323m²
(Center for Water Sports and Science)

*Shiromizu area
Outdoor athletic facilities: 168,701m²
Indoor athletic facilities: 12,869m²

Monument commemorating Ai Shibata’s gold medal win
The monument was erected in March of 2005 in honor of Ai Shibata’s gold medal win at the 2004 Athens Olympics.

Sports Performance Laboratory
The Sports Performance Laboratory (SP Lab) is an indoor research facility equipped with state-of-the-art research equipment. The facility, the first of its kind in Japan, is a base for scientific research on athletic performance and specializes in the field of sports coaching.

NIFS Gallery
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Judo hall
(1st floor of the budo hall)

Experimental-use indoor swimming pool

Center for Water Sports and Science
The center is located in Takasu Town facing Kinko Bay.

Student dormitories
Visitor lodging
Track and field complex
Rugby field
Soccer field
Baseball field
Beach volleyball courts
School cafeteria
Golf driving range
Baseball field
Tennis courts
Budo hall
Ball sports hall
Indoor sports complex
Multi-purpose athletics field
Mizuno auditorium
Research and experiments building
Center for Health Services
Library
Administration building
Center for Water Sports and Science

Main entrance

Gymnastics gym
(2nd floor of the indoor sports complex)

Campus design

Sports Performance Laboratory

Experimental-use indoor swimming pool