

The Graduate School of Information Sciences and Arts at Toyo University

The Master and Doctoral Courses of **the Psychology and Sports Information**



The Graduate School of the Information Sciences and Arts was established in April 2016. The doctoral course will be launched in April 2018. **The Psychology and Sports Information** course is a newly founded Master and Doctoral programme.

■ Learning on the Psychology and Sports Information course

Learning Psychology:

The course provides knowledge and skills essential for psychological assessment by learning subjects, including Psychological Assessment, Counselling Psychology, and Psychiatry. Students can also learn a wider range of psychological studies such as Experimental Psychology, Cognitive Psychology, Social Psychology, and Applied Psychology (Industrial Organizational Psychology, Colour Psychology, and Behavioral Psychology). In addition, the course allows students to study statistical analysis and data mining as a basis for studies and research.

* Learning on the Master course

1. Psychological Assessment and Psychiatry

The number of those who suffer from mental diseases and disorders has been increasing, and “the management of the mind” is considered one of the problems that our society should tackle. Experts on psychological assessment are expected to support such patients. The Psychology and Sports Information course allows students to learn skills and expertise on psychological assessment through subjects, including Clinical Psychology and Psychiatry. Our programme is also suitable for those who aim to become a certified psychologist.

2. Counselling Psychology

The theories and principles of counseling can be applied to daily communication as well as psychological assessment. By acquiring a basic technique of counselling known as “Active Listening,” you are able not only to make clients feel more relaxed but also to enhance your understanding of others and to facilitate good human relationships. Our course encourages you to learn Counselling Psychology as a practical skill to be used in a wide range of communication.

The IT Counselling and Mental Training Room (set up from April, 2017)

Our faculty has set up the IT Counselling and Mental Training Room as a research centre for the Psychology and Sports Information course, where we engage in applying the ICT to support mental health via online counselling in remote areas, and research on data regarding mental training.

3. Experimental Psychology



This course allows students to learn various experimental techniques necessary to understand states of mind via practice, helping them to experience a process through which to assess and analyze data regarding mental and physical states. Psychological examinations through observation, questionnaire, and describing will reveal an individual state of mind ranging from personality to the unconscious mind. The assessment of biological information, such as heart rate variability, perspiration, and brain waves, can disclose unconscious disorders like pressure and stress, and is applied to a polygraph. New findings can be made by adopting good experiment planning, and by collecting data from various assessment methods and measuring instruments.

4. Applied Psychology



Psychology is applicable to various fields other than psychological assessment. The course seeks to explore new possibilities of applied psychology by providing theories and research methods specific to each field.

【Industrial and Organisational Psychology】

This is a science which focusses on psychological approaches necessary to solve problems in organisations and improve productivity.

【Colour Psychology】

This explores the effect of colours on our state of mind and its mechanism by focusing on the likes of colour therapy and colour design necessary to improve productive efficiency.

【Behavioural Analysis】

This deals with behavioural analysis, mental development, and feedback methods in terms of psychology. The aim of the subject is to behave in a desirable manner by removing undesirable life habits.

【Cross-Cultural Psychology】

This aims to foster communicative development necessary to cooperate with people across the globe, by understanding different personality and communicative styles arising from different cultures and values.

5. Statistical Analysis and Data Mining

It is imperative to acquire methods of statistical analysis and data mining in order to deduce new findings from data based on psychological experiments and research. The course thus helps students to develop a practical ability to apply the ICT and to learn methods necessary for statistical analysis and data mining (data collection, processing, and feedbacks).

* Learning on the Doctoral Course

The doctoral course helps students to achieve a higher level of expertise on psychological theories and principles and at the same time to gain practical experience thorough actual training inside and outside of the university. The master and doctoral courses share an academic discipline, thereby helping students to make a consistent engagement in specific fields of study.

Students are also encouraged to gain qualifications relating to psychology. The course is planning to provide further support for students to work as a psychologist in the future.