

# 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 Sports:

The course provides a deep understanding of the interactions between psychosomatic mechanisms and performance, in order to support athletes in terms of mind, skills, and physical strength. It also equips students with skills necessary to give proper instruction and feedback to athletes based on the analysis of psychological and biomedical data.

Such expertise can help students to become a certified sports trainer, who is an expert on sports training and coaching. Data analysis skills they learn on the Psychology and Sports Information course can be applied to a wide range of sporting realms, including training, strategy and tactics in athletic sports, the development of sporting goods, athletic products and equipment.

#### \* Learning on the Master course

##### 1. Exercises and Training based on Sports Sciences



Athletes are expected to have multiple physical abilities in their sporting realm, such as physical and muscular strength, stamina, and speed. To help them to enhance such abilities, students in this course learn training theories, the design of training programmes, and methodologies for instruction and assessments. The course imparts an introductory lecture on sports sciences on which to base training, particularly for those not familiar with the theories and principles. Additionally, it equips students with skills necessary to refine instruction techniques and to develop training programmes under the supervision of experts who have a lot of teaching experience. Those who aim to work as a sports trainer and instructor are encouraged to take modules that suit the requirements of the licenses.

##### 2. Mental Training based on Sports Psychology



It is necessary that athletes should build mental toughness as well as gain knowledge regarding physical training and skills, in order to show their real ability. Supporting athletes in mental terms is known as mental training, and there has been a marked increase on demands for such experts across the globe. In the Psychology and Sports Information course, teachers with mental training experience help students to learn the Sports Psychology, before they work on mental exercises, such as relaxation, emotion management, mental imagery training, goal setting, and motivation.

Such knowledge and skills are essential for those who seek to become a certified mental trainer.

### **\* The IT Counselling and Mental Training Room (set up in 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. Analyzing Data in Sport**



With an increased focus on the application of data to various sporting areas, sports data analysts, who work on strategic and tactical design, have attracted attention. The Psychology and Sports Information course imparts data analysis skills necessary to understand conditions of athletes, to assess and to analyze physical and mental data, and to apply it to training and athletic scenes. The programme also includes sports data assessment based on psychology and exercise physiology, and the development of a system necessary to analyze and to manage the data by the ICT. A number of academic disciplines work together to support athletes.

### **4. Developing Sporting Goods, Athletic Products, and Equipment**

The Psychology and Sports Information course covers the development of sports outfits, shoes, and training equipment. We measure and assess qualities of outfits, including texture and ventilation. Outfit design plays a significant role in appealing to athletes and audiences. Students are provided with an opportunity to learn an engineering approach to outfit design by applying the bio-mechanic analysis of physical movements to athletic products and equipment fit for performance.

### **5. The Paralympics and Disability Sports**



A nationwide interest in sports has increased due to the Tokyo Olympics and Paralympics in 2020. They will provide a good opportunity to raise awareness of disabled athletes. The Psychology and Sports Information course is looking to improve their skills, and to promote athletic sports by defining the Paralympics and disability sports as a new research topic. You can reveal new attractiveness and values of disability sports by exploring them from a purely athletic viewpoint. Such a shift in the focus is important when we consider the different ways in which we can support athletes.

### **6. Sports Volunteering**

Sport volunteers work on promoting sports activities, for instance, by engaging in management and instruction in local sports clubs and communities, and aiding in managing sporting events. The Psychology and Sports Information course imparts information regarding sports volunteering. Watching sporting events up close, re-discovering values that sports can bring to society, and making a social contribution through sports---such an experience is surely exciting, and gives an opportunity to broaden your views on sports. We strongly encourage you to make use of this opportunity to engage in volunteering activities.

### **\* Learning on the Doctoral Course**

Doctoral students are required to acquire high levels of expertise in sport sciences and then to work on practical exercises, such as training methodologies and mental support for athletes. They can also take an information-science based approach to sports, by analyzing data, using it for athletic purposes, and then developing systems. What doctoral students should aim at is to effectively apply their expertise to supporting athletes, based on their actual experience.

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