

Doctoral Program in Physical Education, Health and Sport Sciences

Name of the degree to be conferred	Doctor of Philosophy in Health and Sport Sciences
Educational purpose	To foster individuals who can exercise leadership from a global perspective, with the aim of contributing to the resolution of contemporary social issues related to the fields of physical education, sports, and health sciences, and who possess the advanced abilities required to conduct outstanding research and educational activities, as well as the rich academic knowledge and practical skills to serve as the basis for such activities.
Vision of human resources development	<ul style="list-style-type: none"> • Individuals who have a high level of expertise in the field of physical education, sports, health science, etc., who can demonstrate leadership in the field of physical education, sports, health science, etc. • In educational and research institutions in Japan and abroad, and who can formulate and implement future plans in administrative institutions and sports organizations. • Individuals with the ability to solve problems on a global level using cutting-edge research techniques. • Individuals with a bird's-eye view, flexible thinking, and the ability to work as a team with people from various fields to solve problems.

Diploma Policy

The degree of Doctor of Philosophy in Health and Sport Sciences is commenced to those who have fulfilled the requirements for the completion of the Doctoral programs, as set out in the Graduate School Regulations of the University of Tsukuba and related university regulations, and who are deemed to have the following competencies.

Competencies	Evaluation perspectives
1. Knowledge creation competence: Ability to create new knowledge that can contribute to future society	① Are there any research findings that can be considered new knowledge? ② Can we expect you to create knowledge that will contribute to future society?
2. Management competence: Ability to plan and implement measures to identify and solve challenges from a higher perspective	① Can you make and implement long-term plans for critical challenges? ② Can you identify challenges, even in other areas of expertise, and solve them from a higher perspective?
3. Communication competence: Ability to express the true nature of academic findings positively and clearly	① Can you explain the true nature of research content and specialized knowledge clearly and logically to researchers from different areas and to people other than researchers? ② Do you proactively share your findings with researchers and experts from your field of expertise and accurately answer questions?
4. Leadership competence: Ability to have objectives get accomplished under your leadership	① Can you set attractive and compelling goals? ② Are you capable of building systems to realize goals and accomplish objectives as the leader?
5. Internationality competence: Possession of a high level of awareness and motivation to be internationally active and contribute to international society	① Do you have strong awareness and motivation to contribute to international society and international activities? ② Have you obtained adequate linguistic skills for international information collection and action?
6. Research ability: Ability to set leading-edge research tasks based on up-to-date specialized knowledge and carry out a research plan independently in areas of physical education / sports / health science field.	① Can the student establish advanced research topics based on the latest expertise? ② Can the student independently carry out a research plan to solve the set research problem?

7. Expertise: Advanced and specialized knowledge in the field of physical education, sports, and health sciences	Has the student acquired advanced and specialized knowledge in the field of physical education, sports, and health sciences?
8. Practical ability: Ability to utilize the advanced expertise acquired as a researcher or a highly-skilled professional in the field of physical education, sports and health sciences in society	① Can the student transfer advanced and sophisticated expertise in the field of physical education, sports, and health sciences? ② Can the student apply advanced and specialized knowledge in the field of physical education, sports, and health sciences?
9. Ethics: ethics and ethical knowledge appropriate for a researcher or highly qualified professional in the physical education / sports / health science field, as well as in-depth ethical knowledge of the specific field of study	① Does the student have deep ethical knowledge in the field of physical education, sports, and health sciences? ② Does the student have a sense of ethics appropriate for researchers and advanced professionals?

Dissertation evaluation criteria

After satisfying the requirements stipulated in the University of Tsukuba's Graduate School Regulations, the dissertation must be judged by the dissertation review committee consisting of at least one primary examiner and three secondary examiners to be appropriate for the following evaluation items and to pass the final examination consisting of an oral presentation on the dissertation and questions.

(Evaluation items)

1. Based on understanding of research trend in and outside Japan preceding research in relevant area, the significance and positioning of the said research in physical education science field is clearly described.
2. The doctoral dissertation should contain an appropriate amount of advanced and original research results that contribute to the development of the international field of physical education science.
3. Reliability of research outcomes have been multi sided verified based on sufficient knowledge regarding research integrity.
4. Consideration for the research outcomes is reasonable and their conclusions are based on objective grounds.
5. Background, purpose, method, results and conclusions etc. of the research shall be summarized in an appropriate form as doctoral dissertation in the field of physical education science.

Curriculum Policy

The Doctoral Program in Physical Education, Health and Sport Sciences is a degree program that provides a higher level of education and research guidance in sports culture and management policy, health and sports education, health fitness, and coaching science. In order to cultivate individuals with outstanding teaching and practical skills in the field of physical education, sports, and health science, who can exercise leadership from a global perspective, the following two course models are provided for education and research guidance.

- Standard course model: Education and research guidance will be provided to enable students to acquire a broad range of basic knowledge (Foundation Subjects for Major) and advanced specialized knowledge (Major Subjects: applied research subjects) in the fields of physical education, sports, and health science, as well as the ability to work as a team with people from various fields to solve problems (Major Subjects: practical research subjects) and the ability to solve problems from a global perspective (Major Subjects: international research subjects).
- Next Generation Health and Sports Science Course Model: Students will acquire a wide range of basic knowledge (Foundation Subjects for Major) and advanced specialized knowledge (Major Subjects: research application subjects) in the fields of physical education, sports, and health science, as well as the ability to solve problems by teaming up with people in "practical fields" such as industries, regions, and athletic organizations (Major Subjects: research practice subjects). In addition, education and research guidance will be provided so that students can acquire the ability to solve problems by teaming up with people in "practical fields" such as industries, regions, and athletic organizations (Major Subjects: Practical Research subjects) and the ability to solve problems from a global perspective (Major Subjects: International Research subjects).

Curriculum organization policy	<p>It is recommended that students take at least 3 credits from Degree Programs' Common Courses, Inter-disciplinary Foundation Courses, and Graduate General Education Courses to contribute to their cultivation of basic knowledge, broad perspectives, and general knowledge and abilities in related fields, based on the subjects in the Doctoral Program in Physical Education, Health and Sport Sciences listed below.</p> <ul style="list-style-type: none"> • To acquire the ability to create new knowledge through "Research Methodology I" and "Seminar in Human Performance and Sport Sciences I". • To acquire the ability to discover issues from a bird's eye view and to plan and implement measures to solve them through "Research Methodology II" and "Project Forum I and II". • To acquire the ability to communicate the essence of academic results in a positive and easy-to-understand manner through "Research Sessions" and "Global Intensive Debate I". • Students will acquire the ability to demonstrate leadership and achieve their goals through "Research Methodology II," "Project Forum," and "Experience in Assisting the Management of Domestic and International Conferences. • Students will acquire a high level of awareness and motivation to work internationally and contribute to the international community through "Global Intensive Debate I and II," "International Forum I and II," "Presentations at International Conferences," and "Discussions at International Seminars". • Students will acquire the ability to carry out their research plans independently through "Research Methodology I," "Research Sessions," and "Guidance for Dissertation Preparation. • Students will acquire the ability to use their advanced specialized knowledge in society through "Seminar in Human Performance and Sport Sciences II" and other courses. • To acquire in-depth ethical knowledge through "Research Methodology I" and "Research Session".
Learning methods • Processes	<ul style="list-style-type: none"> • In the first year, "Research Methodology I" and "Research Session" are compulsory to acquire a wide range of basic research and practical skills. • In the first year, "Seminar in Human Performance and Sport Sciences I" (throughout the year) is compulsory for students to learn the applied aspects of research. • In the first year, the students are required to present their research plans at the Research Debriefing Session I and reexamine the issues to be addressed before obtaining their degrees. In addition, the guidance system will be finalized. • In the first year, in the next-generation health and sports science course model, practical fields (schools, competitions, regions, companies) and social issues are the setting. • In the second year, "Seminar in Human Performance and Sport Sciences II" is compulsory, and "Problem-Based Research I and II" will help students acquire more advanced research and practical skills. • In the second year, students are required to present their research at domestic and international conferences to receive external evaluations and guidance on their research activities toward their degree dissertation. • In the second year, students in the next-generation health and sports science course model are required to write a practical report. • In the third year, students are required to present the progress of their research at the research debriefing session II and reconsider the issues to be addressed in preparation of the dissertation. • In the third year, a preliminary examination will be held under the guidance of three academic advisors within the department and one academic advisor outside the department. • In the third year, a dissertation review committee will review the dissertation.

Evaluation of learning outcomes	<ul style="list-style-type: none"> • Competence of knowledge creation: Evaluate whether the student has research results that can be regarded as the creation of new knowledge, and whether the student can be expected to create knowledge that will contribute to the future of human society. • Management competence: Evaluate whether the student can make long-term plans for issues and implement them, and whether the student has the ability to solve problems from a bird's-eye view outside of his/her field of expertise. • Communication skills: Ability to explain logically to researchers and non-researchers in different fields, and the ability to proactively communicate one's research results to researchers in one's field. • Leadership skills: Ability to set attractive and persuasive goals, establish a system, and achieve objectives as a leader will be evaluated. • Internationalization: The student's awareness of and willingness to engage in international activities, as well as the language skills necessary to gather and act on international information will be evaluated. • Research ability: Evaluation of whether the student is able to set up an advanced research topic based on his/her specialized knowledge and whether he/she is able to carry out a research plan to solve the set research topic. • Expertise: Evaluation of whether the student has acquired advanced and specialized knowledge in the field of physical education, sports, and health science. • Practical ability: Evaluation of whether the student is able to transfer advanced and highly specialized knowledge, and whether the student is able to apply advanced and highly specialized knowledge. • Ethics: Evaluation of whether the student has a deep ethical knowledge of the field of physical education, sports, and health sciences, and whether the student has a sense of ethics appropriate for a researcher or advanced professional. <ol style="list-style-type: none"> ① Interdisciplinarity: Barriers between cutting-edge academic disciplines: establishment of cross-disciplinary individual curricula necessary for problem solving. ② Practicality: Barriers between basic research and applied practice: PBR-based education with a focus on promoting research projects. ③ Internationalization: Barriers to industry-academia-regional-international collaboration: Research and education system that utilizes collaboration with the world's most advanced organizations.
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Admission Policy

Desired students	We seek individuals who have a high interest in various phenomena related to physical education, health, and sports based on their experience in sports activities and exercise instruction, and who are passionate about promoting research and disclosing the results to solve various problems derived from the research, acquiring the knowledge and skills necessary as educators and researchers, and working together to tackle social issues.
Selection policy	<ul style="list-style-type: none"> • Students will take an oral examination based on their research outline and research plan to evaluate their basic abilities as a researcher and their ability to obtain a degree within the standard course period. • Students will be assessed on their ability to communicate information internationally based on external English tests (TOEFL, TOEIC). After admission, students who are allowed to take the Next Generation Health and Sports Science Course Model will be selected separately.