

Master's Program in Physical Education, Health and Sport Sciences

■ Master of Physical Education, Health and Sport Sciences

Program Educational Objectives

By setting physical education, sport, health and coaching as keywords, this program shall train highly specialized professionals as the top runners in global era and the human resources who acquire the basis as the researchers that intend to deepen various kinds of sciences by work on various problems relating to human body and exercise, its culture and environment, and additionally mental and physical adjustment in an interdisciplinary way and cultivating an ability and rich knowledge as the basis of such ability necessary for carrying out research in an independent/self-governing way which is developed on the basis of educational research institutions that have one's own areas/fields of expertise of the scale which the world has never seen.

Graduate Profile	<p>The desired students shall become the specialized professionals who systematically understand physical education, health and sport sciences which is developed based on the essentials relating to physical education/sport/health, such as sport culture and global society, health promotion and vitality improvement, mechanism of physical exercises and competition ability improvement etc., have practical ability of high level to solve various problems that may be caused on the actual sites with broad perspective and specialized knowledge/skills, and additionally the human resources who are expected to play a leading role such as managers/coaches who lead countries in various kinds of sport competition, and the ones who lead coaching education of countries in educational institutions such as universities etc.</p>
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Diploma Policy

The degree of Master of Physical Education, Health and Sport Sciences is commenced to those who have fulfilled the requirements for the completion of the Master's 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 competences.

	Competences	Evaluation perspectives
Knowledge and Skills	1. Knowledge application competence: Ability to contribute to society with advanced knowledge	① Can you apply knowledge gained through research and other activities in society? ② Can you identify new problems, even in other fields of expertise, based on broad knowledge?
	2. Management competence: Ability to appropriately address challenges from broad standpoints	① Can you take on major tasks with systematic planning? ② Can you understand and solve problems from multiple perspectives?
	3. Communication competence: Ability to accurately and clearly communicate expert knowledge	① Are you capable of efficient communication for research purposes? ② Can you discuss research or research-specific knowledge with experts from your own field and from other fields?
	4. Teamwork competence: Ability to work with a team and actively contribute to the achievement of goals	① Do you have experience cooperatively and actively working on challenges as part of a team? ② Have you helped promote projects and activities other than your own research?
	5. Internationality competence: Willingness to contribute to international society	① Are you aware of making contributions to international society and getting involved in international activities? ② Have you obtained the linguistic skills necessary for international information collection and action?
	6. Research ability: basic knowledge and skills to set research tasks in physical education/sport/health/coaching areas and research plan.	① If having acquired basic knowledge in order to set research tasks. ② If having acquired basic skills in order to carry out research plan.
	7. Specialized knowledge: highly specialized knowledge in physical education/sport/health/coaching areas.	① If capable of practically utilize specialized knowledge relating to physical education/sport/health/coaching areas in educational sites and coaching sites.
	8. Practical ability: practical command of specialized knowledge in physical education/sport/health/coaching areas.	① If having acquired basic and specialized knowledge relating to physical education/sport/health/coaching areas.

	Competences	Evaluation perspectives
Knowledge and Skills	9. Ethical view: ethical knowledge and ethical view appropriate for the human resources or highly specialized professionals who have basic research ability in physical education/sport/health/coaching areas.	① If having ethical knowledge appropriate for the human resources who have basic research ability. ② If having ethical view appropriate for highly specialized professionals.
Guidelines for Assessing Learning Outcomes	<p>The evaluation of learning outcomes at each stage objectively confirms and assesses acquisition status of competences based on the degree awarding policy according to the achievement evaluations outlined in the Achievement Evaluation Table. The stages and methods of achievement evaluation are outlined below.</p> <p>First Stage (January to February of the First Year): The Curriculum Committee conducts the first achievement evaluation based on the Competence Evaluation Table and the Achievement Evaluation Table.</p> <p>Second Stage (October to January of the Second Year):</p> <ul style="list-style-type: none"> - The Curriculum Committee conducts the second achievement evaluation based on the Competence Evaluation Table and the Achievement Evaluation Table. - The Master's Thesis Examination Committee evaluates the results of the master's thesis examination and assesses the knowledge and skills necessary for obtaining the degree based on the Competence Evaluation Table and the Achievement Evaluation Table. 	
Evaluation Criteria for Degree Theses/ Dissertations	<p>After satisfying the requirements prescribed in School Regulations of Tsukuba University, the doctoral thesis shall be approved as valid regarding the following evaluation items and judged as a pass in final examination.</p> <p>(Evaluation items)</p> <p>The examination committee for master's thesis established in order to implement examination of master's thesis etc. shall be composed of one chief examiner and two or more sub examiners.</p> <ol style="list-style-type: none"> 1. The chief examiner shall be the supervisor of the said master's degree program. 2. The chief examiner and sub chief examiner(s) shall have the master's degree or more; provided that the sub chief examiner who do not have the master's degree or more may be allowed as an exception. 3. In the sub chief examiners, two Graduate School members shall be included. If necessary, it is possible to add the person fit as a sub examiner from outside Graduate School approved by educational conference of the said Degree Program. 4. The number of the person fit as a sub examiner from outside Graduate School shall not exceed the one of the chief examiner and sub examiner selected from the Graduate School. 	

Evaluation Criteria for Degree Theses/ Dissertations	<p>(Evaluation items)</p> <ol style="list-style-type: none"> 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 area is clearly described. 2. Right amount of original research outcomes that contribute to development of Physical education area is contained as master's thesis. 3. Reliability of research outcomes have been sufficiently 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 master's thesis of the said area.
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Curriculum Policy

In this program, by setting physical education, sport, health and coaching as keywords, students shall work on various problems relating to human body and exercise, its culture and environment, and additionally mental and physical adjustment in an interdisciplinary way. For this purpose, there are as many as 39 complex research areas to understand specialized knowledge and methodology in cultural sciences, social science and natura science as basic sciences or in many academic areas (philosophy, ethics, historical science, anthropology, pedagogy, sociology, jurisprudence, economics, busines administration, psychology, physics, engineering science, medical science, chemistry, biology and statistics).

Additionally, while each research area provides subject registration model in six systems while collaborating with each other, in order to develop competent knowledge/specialized knowledge/ethical view/research ability/practical ability/ability to lead, all the members centering on full-time teachers shall participate in education/research supervision. Furthermore, efforts shall be made to connect mainly with Doctoral Program in Physical Education, Health and Sport Sciences (D), Doctoral Program in Sport Medicine (D), Doctoral Program in Coaching Science (D) etc. regarding research instruction contents.

Curriculum Design Framework	<ul style="list-style-type: none"> - In order to secure diploma policy of this Master's Degree Program, the subjects shall be divided into three categories of Major Subjects, Foundation Subjects for Major and General Foundation Subjects. The groups of subjects corresponding to each subject category shall be as follows: "boundary subjects", "area-specific subjects, research basic subjects", "relevant area-specific subjects, Graduate General Education Courses, Inter-disciplinary Foundation Courses". - In order to acquire specialized knowledge and an ability to see from a higher perspective/to lead, and also to correspond to a broad scope of work of this Degree Program (demand for human resources), the following six systems shall be established: 1) Sport Culture, Management and Politics, 2) Health and Sport Education, 3) Health and Fitness, 4) Athletic Conditioning, 5) Sport Coaching and 6) National Leading Coach Development.
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<p>Curriculum Design Framework</p>	<ul style="list-style-type: none"> - "Thesis Supervision" shall be performed in the following 39 research areas: Philosophy of PE and Sport, History of PE and Sport Anthropology, Sport Sociology, Theory of Budo, Management of PE and Sport, Sport Policy, Sport Industry, Sport Pedagogy, Theory of Adapted PE and Sport, Sport Psychology, Health Education, Environmental Health, Sport Physiology, Sport Biochemistry, Sport Nutrition, Physical Fitness, Health and Fitness for Active Living, Measurement and Evaluation of Sport, Sport Medicine for Wellness, Sport Medicine for Motor System, Sport Biomechanics, Applied Anatomy, General theory of Coaching and Training, Theory of movement, Coaching in Gymnastics, Coaching in Sport Gymnastics, Coaching in Track & Field, Coaching in Swimming, Coaching in Basketball, Coaching in volleyball, Coaching in Handball, Coaching in Soccer, Coaching in Rugby, Coaching in Racket and Bat Sports, Coaching in Judo, Coaching in Kendo, Coaching in Kyudo, Outdoor Pursuits and Education, and Coaching in Dance Studies. - By boundary subjects, the specialized knowledge and a basic ability as a researcher shall be acquired. - By area-specific subjects, specialized knowledge and an ability to solve problems/an ability to lead shall be acquired. - By research methodology of research basic subject, basic knowledge and a broad perspective, ethical view, competent knowledge and basic research method shall be acquired. Furthermore, in addition to Graduate General Education Courses (especially, the group of subjects such as training of international character etc.), The practicum focusing on discussion of Project-based Learning type, an ability to understand and communication skills as highly specialized professionals and researchers and international character shall be acquired. - For the purpose of smooth connection in education/research supervision contents with Doctoral Degree Program, each area-specific subject shall be arranged while taking curriculum into consideration: regarding the area 1) to 3), mainly Doctoral Program in Physical Education, Health and Sport Sciences (D), the area 3) to 4), mainly Doctoral Program in Sport Medicine (D), the area 5) to 6), Doctoral Program in Coaching Science (D). Additionally, the students who desire to advance to the Doctoral Degree Course, in order to acquire a broad relevant knowledge while they learn in the Master's Degree Course, it shall be recommended that they take Graduate General Education Courses, Inter-disciplinary Foundation Courses. - As formation of career path, through the following recommendation, this course shall allow students to acquire practical ability to promptly and accurately correspond to on-site needs: completion of the subjects to be able to acquire specialized certificate and practical training subjects established by PE center for the persons who desire to become PE teachers, completion of internship and Graduate General Education Courses (subject group such as career management etc.) for the ones who desire to be employed in companies/government agencies and to become coaches, and completion of subjects for international character specialized in English necessary for explanation and coaching of Japanese culture for the ones who desire to become the coaches of international level.
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Teaching and Learning Methods	<ul style="list-style-type: none"> - Students shall acquire 30 or more credits in total from the designated scope of each group of subjects in “Major Subjects” (6 to 8 credits), “Foundation Subjects for Major” (13 to 23 credits) and “General Foundation Subjects” (0 to 6 credit). - By selecting one area from six systems, students shall acquire knowledge and skills required for highly specialized professional in specific scope. - Students shall create master's thesis by belonging to any of 39 research areas.
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Admission Policy

Desired Student Profile	<p>The desired students shall establish world peace and friendly relations, contribute to rich lives of people in local communities, love sport, have an ability to grasp various problems relating to sport culture and social environment, physical education/physical activities/sport and, mechanism between human bodies and exercise, and have qualification to globally play an active role as leaders.</p> <p>Moreover, the human resources who are expected to play a leading role in general organizations in the future and lead coaching education of Japan in educational institutions such as universities etc. shall be required.</p>
Student Selection Process	<ul style="list-style-type: none"> - Recommendation entrance examination (general selection/special selection of working individuals) and general examination (general examination/special selection of working individuals) shall be implemented. - In recommendation entrance examination, document screening and oral examination shall be implemented both for general selection/special selection of working individuals. - In general selection of general examination, examination of foreign language, oral examination and examination of specialized subjects shall be implemented, and in its special selection of working individuals, oral examination and examination of specialized subjects shall be implemented.

Learning Support Framework

Academic Support	<p>The 2-year study process(schedule) until the completion of the master's program and degree acquisition are presented during the orientation for new students held at the time of enrollment. Furthermore, a career development forum is also held in April, providing opportunities for interaction with working professionals who are active in major career paths after completing this degree program. On the research front, the “Conference Presentation Support Fund” system is offered to assist students belonging in this degree program by supporting their travel expenses and other costs for presenting at conferences and speaking at similar events. Moreover, participation in various training sessions such as research ethics workshops and network seminars is encouraged according to the needs of each student's research area.</p>
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Opportunities for Peer Interaction	This program hold open interim presentation sessions for master's theses, which enhances students' presentation and Q&A skills while providing opportunities for academic discussions on physical education, sports, and the health sciences across interdisciplinary and cross-sectional research fields. At the end of the academic year, a “Master's Thesis Competition” is held, where presentations, evaluations, and awards are given for particularly high-quality master's thesis research. This enhances students' attitudes toward and motivation for research and provides a lively forum for them to actively discuss and promote their research among themselves.
Opportunities for Student-Faculty Interaction	The “Student Area Representatives Meeting (Discussion Meeting)” is held to gather opinions from students belonging to this degree program and provide an opportunity for dialogue with faculty members to improve the learning environment. The gatherings held by the Graduate School provide further opportunities for interactions with faculty members beyond specialized fields.

Approaches to Assuring and Enhancing Educational Quality

The Curriculum Committee evaluates students' learning outcomes and verifies the appropriateness of the curriculum and suitability of instruction. Additionally, the Education Council continuously reviews and improves overall educational activities based on the results of student course evaluation surveys, thereby ensuring the quality of education and strengthening the system designed to achieve the objectives of degree programs. Furthermore, faculty development programs will be conducted to enhance teaching skills and abilities, contributing to the overall improvement of educational quality.