

Doctoral Program in Sport and Wellness Promotion

Name of the degree to be conferred	Doctor of Sport and Wellness Promotion
Educational purpose	For those who have already obtained a master's degree and are active in the field of sports or wellness, the program fosters further research and analytical skills, as well as the ability to solve problems in this field by cultivating negotiation skills and advanced practical management skills in Japan and abroad. In other words, the program fosters advanced professionals who possess doctoral-level advanced research skills, as well as the policy, project execution, and management skills to solve difficult problems that require innovation.
Vision of human resources development	Individuals who can successfully manage projects to solve difficult issues in the field of sports wellness in Japan and overseas, and produce a certain level of results.
Competencies specified in diploma policy	Evaluation perspectives
1. Knowledge creation competence: Ability to create new knowledge that can contribute to future society	①Are there any research findings that can be considered new knowledge? ②Can 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	①Can you make and implement long-term plans for critical challenges? ②Can 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	①Can 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? ②Do 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	①Can you set attractive and compelling goals? ②Are 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	①Do you have strong awareness and motivation to contribute to international society and international activities? ②Have 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 sports wellness.	①Can the student develop and prepare an advanced research plan in the field of sports wellness? ②Can the student complete and present a doctoral dissertation with advanced research results in the field of sports wellness?
7. Specialized knowledge: Leading-edge and advanced specialized knowledge and command areas of sports wellness	Can the student acquire and apply advanced and specialized knowledge in the field of sports wellness?
8. Ethics: ethics and ethical knowledge appropriate for a researcher or highly qualified professional in the sports wellness field, as well as in-depth ethical knowledge of the specific field of study	Has the student acquired advanced research skills, ethics, and in-depth ethical knowledge in the field of sports wellness?

Dissertation evaluation criteria

Level standards required for the degree thesis

After satisfying the requirements stipulated in the University of Tsukuba's Graduate School Regulations, the dissertation must be judged as passing if the following five evaluation items are found to be valid and the following two criteria are satisfied by the examination.

1. A basic understanding of principles and methods
2. Ability to plan, develop, and analyze basic policies and strategies
3. Ability to assess and systematize necessary resources
4. Ability to manage systems effectively and efficiently
5. Ability to develop new comprehensive programs that anticipate social changes

1. The dissertation must contain sufficient new academic knowledge in the field of sports wellness.
2. The applicant must have the high level of research skills necessary to work as an independent researcher in the field of sports wellness.

Review board members : The Dissertation Examination Committee, which shall be established to review doctoral dissertations, etc., shall consist of one primary examiner and at least three secondary examiners.

Review method and review items, etc: Doctoral dissertation, preliminary examination, and final examination (presentation and oral examination) will be used to make a comprehensive judgment.

Curriculum Policy

The curriculum is designed to foster the ability to solve problems with a bird's-eye view, flexible thinking, and teamwork with people from various fields, as well as the ability to solve problems on a global level using cutting-edge research methods.

Curriculum organization policy

- Competence of knowledge creation: To be acquired in the following courses: Problem Solving Type Data Analysis Special Lecture 1, Problem Solving Type Data Analysis Special Lecture 2, Sport and Wellness Seminar I, Sport and Wellness Seminar II, Sport and Wellness Seminar III.
- Management skills: Acquired in Sport and Wellness Seminar I, Sport and Wellness Seminar II, Sport and Wellness Seminar III, Problem Solving Project Work I, Problem Solving Project Work II, etc.
- Communication skills: Acquired through Sport and Wellness Seminar I, Sport and Wellness Seminar II, Sport and Wellness Seminar III, Problem Solving Project Work I, Problem Solving Project Work II, conference presentations, etc.
- Leadership skills: To be acquired through Sport and Wellness Seminar I, Sport and Wellness Seminar II, Sport and Wellness Seminar III, Problem Solving Project Work I, Problem Solving Project Work II, etc.
- Internationalization: Acquired through Sport and Wellness Seminar II, Sport and Wellness Seminar III, and presentations at international conferences.
- Research skills: acquired through Problem Solving Type Data Analysis Special Lecture 1 and 2, Sport and Wellness Seminar I, II, and III, presentations at domestic and international conferences, dissertation presentations, and doctoral dissertations.
- Students are expected to acquire specialized knowledge through the following: Problem Solving Type Data Analysis Special Lecture 1 and 2, Sport and Wellness Seminar I, II, and III, and participation in academic conferences and workshops organized by academic societies.
- Ethics: acquired through Sport and Wellness Seminar I, II, and III, and participation in ethics seminars. Furthermore, centering on students' majors, in order to contribute to cultivating basic knowledge and wide view, generic competences in relevant areas, it shall be recommended to take one credit from Inter-disciplinary Foundation Courses.

Learning methods Processes

- A total of two credits will be taken in the first year as a Foundation Subjects for Major. In Problem Solving Type Data Analysis Special Lecture 1, students will acquire analytical methods and research design skills for data in the natural and social sciences, and in 2, students will enhance their ability to analyze big data.

- Students are required to take three units of Major Subjects: "Sport and Wellness Seminar I," "Sport and Wellness Seminar II," and "Sport and Wellness Seminar III.

In Seminar I (first year), students will present their research at the Midterm Report Meeting I. In Seminar II (second year), students will present their research at the Midterm Report Meeting II. In Seminar III (third year), students will receive credit for their presentations at the Preliminary Examination and Doctoral Dissertation Examination, as well as for the guidance provided by the advisory group faculty from inside and outside of Japan in the process leading up to these presentations. Students are judged to have passed or failed the midterm debriefing I and II and the preliminary examination in order to proceed to the next stage. In addition, students are required to make at least one presentation at an international conference or conduct research overseas between the first and third year. The international conference must be approved by the Dissertation review committee.

- Students are required to take a total of 3 credits of "Problem Solving Project Work I" and "Problem Solving Project Work II" as Major Subjects.

In the field of sports, students will gain experience and training to apply the knowledge and abilities they have learned in practice at government agencies, local governments, sports governing bodies, athletic organizations, and other organizations involved in sports, and in the field of wellness, at government agencies, local governments, NPOs, private organizations, and other organizations involved in health promotion. The program consists of three stages: pre-planning, fieldwork, and post-event reporting (report writing and presentation).



Students will earn 8 credits for the above required courses.

- A multi-advising system (one research advisor and two mentors, one of whom is a visiting faculty member) will be established for each student. The research advisor and mentor teachers will be in charge of guiding the student from the time of admission and will be responsible for setting up an individual course plan and providing general educational guidance. The research advisor is in charge of the doctoral dissertation and Problem Solving Project Work.

Evaluation of learning outcomes

- In the midterm review meeting, the content of the research presentation is peer evaluated by the participants, and the advisor evaluates whether the presentation has prospects for completion as a dissertation. The content of the presentation in debriefing session I is evaluated to be at the level to proceed to Seminar II, and the content of the presentation in debriefing session II is evaluated to be at the level to proceed to Seminar III.
- The evaluation of the Problem Solving Project Work will be conducted through preliminary planning, fieldwork, and post-project reporting (report writing and presentation). For the presentation, after presenting, there will be a question-and-answer session with the primary advisor, two secondary advisors, external advisor, and participants.
- After the doctoral dissertation is completed, a preliminary examination is held to evaluate the dissertation and determine whether or not to proceed to the final examination. The preliminary examination committee shall consist of at least three members, including the advisor.
- The final examination consists of the submission of the dissertation and questions and answers about it. The Dissertation Examination Committee shall consist of one primary examiner and at least three secondary examiners. At least one member of the review committee should be selected from outside the degree program.
- Students will be judged on whether their work is academically and socially meaningful in the field of sports wellness and suitable for the awarding of the degree.

Admission Policy

Desired students

The applicant should have research achievements (master's degree) related to the field of physical education or health science, at least two years of working experience in the field of sports promotion or wellness promotion, and the language and communication skills to promote international management.

Selection policy

The first stage of the selection process is a document review, and the second stage is an oral examination to assess the applicant's expertise. The total score is 80 points for the document review, 40 points for the foreign language examination (TOEIC score), and 80 points for the oral examination.