



## Graduate School

# Graduate School of Health and Sports Science

Master's Program  
Doctoral Program

When it opened in 1971, Juntendo University's Graduate School of Health and Sports Science was Japan's first graduate school of physical education at a private university. Today, we aim to provide graduate students with a systematic understanding of sports science, sports social science, and health science, and to enable them to gain more advanced, integrated insights through the application of this understanding. The master's program builds the foundations for health and sports science research through a systematic understanding of these topics and research based on this understanding. In addition, it also cultivates researchers equipped with skills in identifying issues and solving problems that will enable them to flourish in a wide range of areas of society. In the doctoral program, we strive to cultivate outstanding doctoral candidates through more advanced and in-depth research in the disciplines of sports science, sports sociology and health science, aiming to ensure a complete understanding of health and sports science via the organic integration of everything they have learned during their academic career.



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### Exploring health promotion and the scientific basis and social scientific value of sport

Juntendo University opened its Graduate School of Physical Education in 1971, establishing Japan's first graduate school of physical education at a private university. When the Faculty of Physical Education was subsequently reorganized into the Faculty of Health and Sports Science, the graduate school was renamed the Graduate School of Health and Sports Science.

In 2000, we received approval to establish a doctoral program, and in 2025, we established a one-year master's degree course designed for individuals with practical experience. The graduate school today consists of a master's program with a maximum enrollment of 70 students, a one-year master's course on which a few individuals are enrolled, and a doctoral program with a maximum enrollment of 10 students.

In 2006, we began offering master's program lectures in the evening at our Hongo-Ochanomizu Campus in Tokyo, with the aim of providing recurrent education for working members of society. Working in collaboration with the various graduate schools, including those in medicine, healthcare, nursing, and health sciences, we cultivate experts in health and sports science who take advantage of our distinctive features as a graduate school at a comprehensive health university.

Based on Juntendo's motto *Jin* (benevolence) and its guiding principle of continuously moving forward, we as a graduate school conduct medical and scientific research on sport and health science, and educate graduate students to be creative and practical professionals who can contribute fully to the formation of wholesome and cultured lives among the public. The three key pillars are sports science, sports social science, and health science.

The realm of sports science makes use of existing physical education research findings and methodologies in examining the attributes of all sports at every level, from elite athletes to ordinary members of the public. It also explores the medical and

scientific principles that form the basis of sports coaching.

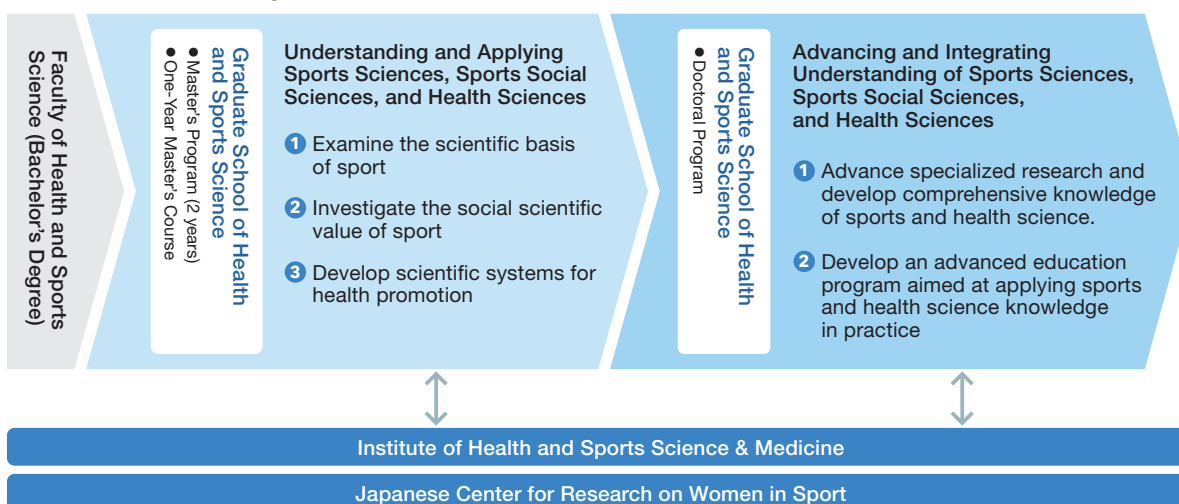
Grounded in sociology and management studies, the realm of sports social science focuses on social phenomena that have a major influence on sport and society, such as the sports business and sports media. It explores the cultural and economic effects of sport and the understanding of sport's essential social scientific value. In doing so, research findings from communication theory and organizational development theory, among others, are employed, along with the research technique of social research, which is commonly used in social science.

The realm of health science seeks to advance health promotion and establish systematic methodologies, with the intention of shaping comfortable environments and forming healthy lifestyles throughout people's lives. It focuses on lifestyle phenomena associated with autonomous efforts to maintain and improve health by people of all ages and standards of health, including healthy individuals and people with disabilities.

The objective of the master's program is to cultivate personnel well-versed in the practical and theoretical grounding that will enable them to systematically apply the outcomes of learning and research concerning the scientific basis of sport, its social scientific value, and health promotion to the maintenance and improvement of human health and physical fitness, and the social development of sport.

The purpose of the doctoral program is to undertake research and education that contributes to the acquisition and creation of knowledge concerning the science of sport and health, with the goal of cultivating more advanced experts and coaches capable of conducting creative advanced research independently and, rather than simply focusing on specialization, applying the results to the advancement of health and sports science in order to develop more sophisticated educational programs.

#### Graduate Educational Programs





### High Performance Sports Science certification program

In the 2024 academic year, we introduced the High Performance Sports Science certification program for students enrolled on our master's and doctoral programs. This certification is awarded separately from the student's degree and is officially recognized by the graduate school.

To earn this certification, students must meet the completion requirements for both their enrolled degree program and this certification program. Through specialized coursework, internships, and research, the program aims to develop the advanced expertise and research skills necessary for careers in high-performance sports science.

### Establishment of a one-year course for individuals with practical experience

Starting in the 2025 academic year, we are offering a one-year master's degree course. The curriculum for this one-year master's course is designed for individuals with practical experience.

Across all sectors of society today, there are growing expectations concerning further study by working members of society, along with the cultivation of personnel with the advanced expertise and abilities required to play leadership roles. In the field of health and sports science, too, demand is increasing for professionals who can contribute to the development of the sporting world and to health promotion among the public. Accordingly, this graduate school aims to meet this social demand as a comprehensive health university.

Premised on the assumption that students will undertake research based on their practical experience, the one-year master's degree course combines research activities with the development of a systematic understanding of all levels, from athletes competing at the international level to ordinary members of the public, focusing on the three areas of sports science, sports social science, and health science.

With the establishment of the one-year course, we aim to expand opportunities for individuals to gain specialized expertise and advanced education. Additionally, we seek to cultivate researchers who can actively contribute as professionals across various sports-related industries. The course is designed to ensure that the research outcomes benefit society as a whole.

The course has been established as part of the Program to Train Early-Career Researchers to Assist in Improving International Competitiveness, which is funded under the Japan Sports Agency's Leading-edge Research Project for Sports Medicine and Science.

