

# The 1<sup>st</sup> Asia Pacific Conference on Coaching Science 2014

Theme: "Better Exercise and Sport Coaching Innovation"

11<sup>th</sup> (Friday) to 13<sup>th</sup> (Sunday), July, 2014  
Hokkaido University, Sapporo, Japan

Schedule:

Friday 11 July, 2014

9:00	Preparation of the site (Hokkaido University)
14:00	Registration: "Sapporo Garden Palace Hotel"
18:00	AACS Board Meeting: "Sapporo Garden Palace Hotel"

Day 1 (Saturday 12 July, 2014)

Time	Category	Program	Lecturer/Presenter	Chair/Moderator
8:30		Registration: Hokkaido University		
9:00-9:20	Opening Ceremony	Welcome speech Guest's short congratulatory remark Demonstration: 'Japanese martial arts: Budo'	Prof. Masao ASAOKA (President: Japan Society of Coaching Studies) Prof. Peter CHEN (International Adviser, New Zealand)	Prof. Tadashi TAKEDA (Executive Committee of APCOCS 2014, Japan)
9:20-10:00	Keynote Lecture (1)	Proposal the 'Sensitive Biomechanics': Innovation of methodology of Coaching & Training for Sport and Exercise	Prof. Kazuhiko WATANABE (President of AACS, Prof. Emer. Hiroshima University, Japan)	Prof. Peter CHEN (International Adviser, New Zealand)
10:05-10:45	Invited Lecture (1)	The Coach Training Course in the University and the Student Activities after Graduation in Taiwan	Prof. Jasson CHANG (Chinese Culture University, Taiwan)	Prof. Junichi KASAI (Waseda University, Japan) & Prof. Dr. Xiaoping CHEN (Ningbo University, China)
Break				
11:00-12:25	Symposium (1)	Sport Performance and the Coaching Science 1) "Hotspots and Inspiration of the Physical Training in High-level Athletes in China" 2) Ski Jumping Training: Looking Back on Sochi Olympics 3) Coaching Science for Top Athlete in Korea	Prof. Dr. Xiaoping CHEN (Ningbo University, China) Assoc. Prof. Satoshi MORI, (Tokai University, Japan) Prof. Dr. Jae Kyung BYEON, (Chungbuk University, Korea)	Prof. Tae Won JUN (Seoul National University, Korea) & Prof. Dr. Tadashi TAKEDA (Hokusho University, Japan) Prof. Tomohiro NOGUCHI (Nihon University, Japan)
12:30-13:30	Luncheon Work Shop (1)	Designing Safe and Effective Strength and Conditioning Training Programs for Collegiate Athletes	Dr. Andy Li-An HO (Chinese Culture University, Taiwan)	Dr. Masamitsu ITO (Nippon Sport Science University, Japan) & Dr. Junjiro KUBO (Heisei-International University, Japan)
13:30-14:30	Poster Presentation (1)			Prof. Akira SHIONOYA (Nagaoka University of Technology, Japan) & Prof. Tomohiro NOGUCHI (Nihon University, Japan)
14:30-15:30	Symposium (2)	Coaching Science and its applications in Kinesiology 1) The Development of Shoulder Instability in Pitchers 2) Multi-muscle synergies and its trainability	Dr. James Shih-Chung CHENG (National Sport University, Taiwan) Dr. Yun WANG (Tianjin University of Sport, China)	Prof. Dr. Tadayoshi ASAKA, (Hokkaido University, Japan) & Dr. James Shih-Chung CHENG (National Sport University, Taiwan)
Break				
15:45-17:00	Oral Presentation (1)	( 15min×5 presentation ×2 rooms )		
18:30		Banquet at Sapporo Beer Garden ( Bus departs from Hokkaido University at 17:45 )		

Day 2 (Sunday 13 July, 2014)				
Time	Category	Program	Lecturer/Presenter	Chair/Moderator
8:30			Registration: Hokkaido University	
9:00-9:40	Invited Lecture (2)	Physical education and future coaching science in Korea	Prof. Tae Won JUN (Seoul National University, Korea)	Prof. Masao ASAOKA (International Pacific University, Japan)
9:45-10:25	Invited Lecture (3)	Neuromuscular Functional Training and Innovative Instruments Development	Prof. Liu YU (Shanghai University of Sport, China)	Dr. Yun WANG (Tianjin University of Sport, China)
10:25		Coffee Break		
10:45-11:30	Special Lecture	Thirst for more- before, during and after exercise- how sport professionals in Singapore fare in hydration knowledge & the efficacy of an intervention exercise hydration education programme	Prof. Michael CHIA (Dean, National Institute of Education, Singapore)	
11:30		Break (Japanese Traditional Tea Ceremony Service)		
12:00-13:00	Poster Presentation (2)			Mr. Kuniaki IIZUKA (Japan Forum of Winter Sport Science) & Dr. Junjiro KUBO (Heisei-International University, Japan)
13:00-16:00	Oral Presentation (2) ( 15min×11 presentation ×2 rooms )			
16:00-16:30	Work Shop (2)	New Model of Equipment for Coaching and Training (Demonstration)		Dr. Masamitsu ITO (Nippon Sport Science University, Japan) Dr. Andy Li-An HO (Chinese Culture University, Taiwan)
16:30-17:00	Closing Ceremony	1) Commendation ceremony: 'Young Coaching Scientist's Award' 2) The "Declaration of Sapporo" for development of Coaching and Coaching Science in Asia, by the APCOCS 2014 and the AACS.		
17:00		End of the day 2		
<b>Monday 14 July, 2014</b>				
9:00		Sightseeing of Sapporo City (option) (-13:00)		
<b>The list of the Optional Satellite Workshop</b>				
(Scheduled before the term of the APCOCS 2014)				
2) Open lecture for citizen: 'Walking' for health and protecting from fall (Monday 2 July, 2014, 12:10-13:00, 16:30-18:00)			Lecturer: Prof. Dr. Tadayoshi ASAKA (Hokkaido University, Japan) and Prof. Kazuhiko WATANABE (Prof. Emer. Hiroshima University, Japan)	Prof. Dr. Tadashi TAKEDA (Hokusho University, Japan)
1) Practical teaching and coaching for Gymnastic basic movement in elementary school. (Saturday 5 July, 2014, 12:00-13:30)			Lecturer: Shuhei HIROTA (Hokusho University)	Prof. Dr. Tadashi TAKEDA (Hokusho University, Japan)