

# OUHS

OSAKA UNIVERSITY OF HEALTH AND SPORT SCIENCES

大阪大学

## UNIVERSITY POLICY

不断の努力により智・徳・体を修め  
社会に奉仕する

*Cultivate Mind, Virtue,  
and Body Through Ceaseless Effort to Serve Society*

### Message from the President

Osaka University of Health and Sport Sciences (OUHS) has produced many graduates who are active in fields such as education, sport, public service, and business. Since its establishment, the university has maintained as its core mission the training of teachers and instructors through practical sports activities. At the same time, it has also placed significant emphasis on developing individuals who can conduct the management of sports activities and health promotion, and support athletes in their roles.

Future society will require people who can collaborate with others, identify key issues, and play a leading role in the implementation of solutions. The characteristics of OUHS students include strong communication skills, leadership abilities, and initiative, making them well-suited to meet societal demands. The goal of OUHS is, through university life, to help students discover and enhance themselves, and to nurture individuals who will make a difference in the world. We look forward to seeing how you, with your abilities, can help OUHS become an even more valuable institution.

President, Osaka University of  
Health and Sport Sciences

**Hiroshi Kanzaki**



As a "comprehensive university of sports," Osaka University of Health and Sport Sciences is one of the leading institutions of its kind in Japan. It was established in 1965 as the first sports and physical education university in western Japan and, in 1992, became the first university in the Kansai region to open a graduate school in the field of physical education. The School of Sports Sciences offers six courses covering a wide range of sports-related disciplines, while the School of Education offers four courses. Graduates from the university excel in various fields such as school education, corporate sectors, government positions, and sports-related industries.

## UNIVERSITY OVERVIEW



# SCHOOL of SPORT SCIENCES

## DEPARTMENT of SPORT SCIENCES

### COURSE of SPORT EDUCATION

The COURSE of SPORT EDUCATION fosters individuals who can thrive as athletes and coaches by studying coaching and training methods to improve athletic performance and developing the ability to accurately analyze various sports techniques and tactics.



### COURSE of PHYSICAL EDUCATION

The COURSE of PHYSICAL EDUCATION aims to cultivate educators who continually seek better approaches to physical education by learning through practical application and analysis of lesson planning and developing the ability to identify challenges in physical education and health.



### COURSE of SPORT PSYCHOLOGY and COUNSELING

The COURSE of SPORT PSYCHOLOGY and COUNSELING aims to nurture individuals who can contribute to society as leaders and instructors with counseling skills by learning the specialized knowledge in sports psychology, including mental training, and both psychological and physical approaches.



### COURSE of SPORT MANAGEMENT

The COURSE of SPORT MANAGEMENT aims to cultivate individuals who can excel in diverse business fields, including sports, through the study of specialized knowledge and business skills required in the field of sports management.



### COURSE of ATHLETIC TRAINING

The COURSE of ATHLETIC TRAINING aims to nurture individuals who can excel in wide-ranging fields possessing both theoretical knowledge and practical skills in areas such as training and conditioning based on sports medicine and science, as well as preventive measures for sports injuries.



### COURSE of HEALTH SCIENCES

The COURSE of HEALTH SCIENCES aims to cultivate individuals who can contribute to society through the study of knowledge in health management, the mechanics of exercise, and the structure and function of the human body in order to scientifically illuminate the benefits of sports and physical activity for disease prevention and health promotion.



## RAILWAY AND HIGHWAY MAP



# SCHOOL of EDUCATION

## DEPARTMENT of EDUCATION

### COURSE of ELEMENTARY SCHOOL EDUCATION

The COURSE of ELEMENTARY SCHOOL EDUCATION aims to develop individuals with the expertise in elementary school teaching and foster the ability to nurture healthy children, striving to become educators who can provide appropriate care and attention to each child.



### COURSE of HEALTH and PHYSICAL EDUCATION

The COURSE of HEALTH and PHYSICAL EDUCATION aims to develop educators who can provide accurate instruction for each individual sport, but also approach teaching in a way that enables children, who are not naturally inclined towards physical activities, to enjoy sports.



### COURSE of PRESCHOOL EDUCATION

The COURSE of PRESCHOOL EDUCATION aims to nurture professionals such as kindergarten teachers and childcare workers who can promote the health and vitality of children and contribute to their physical development through play. Our comprehensive curriculum enhances the teaching abilities in physical education of students who may not be good at such exercise.



### COURSE of SPECIAL NEEDS EDUCATION

The COURSE of SPECIAL NEEDS EDUCATION aims to foster the ability to provide appropriate education tailored to the diverse educational needs of individual children, including disabilities, from early childhood to high school, in order to realize an inclusive society. (Available after selecting either of the courses listed above.)



## ACCESS

<b>Tennoji</b>	JR Hanwa Line 35min by rapid train	<b>Kumatori</b>	Nankai Bus 15min	<b>OUHS</b>
<b>Namba</b>	Nankai Main Line 30min by limited express train	<b>Izumisano</b>	Nankai Bus 30min	
<b>Kansai Airport</b>	JR Hanwa Line 15min by rapid train	<b>Kumatori</b>	Nankai Bus 15min	

# GRADUATE SCHOOL

The Graduate School of Sports Science offers academic research and education in five research areas according to the expertise of the faculty members, covering 11 academic disciplines. Furthermore, you can take courses online from anywhere.



**OUHS**  
OSAKA UNIVERSITY OF HEALTH AND SPORT SCIENCES

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# OVERVIEW of THE CAMPUS



## Indoor & Outdoor Sports Facilities



### 01 Gymnasium 1.

The first floor is a training hall for Judo, Kendo, and Naginata. The second floor is dedicated to basketball with a specialized court. All 6 gymnasiums are fully air-conditioned.



### 02 BASEBALL FIELD

This standard baseball field with a distance of 90 m on both sides and 120 m in the center is equipped with lighting facilities, a bullpen, a rainy weather practice field and also a large scoreboard behind the center field.



### 03 ATHLETICS STADIUM

This third-class certified all-weather athletics stadium with an 8-lane 400m track underwent a complete renovation in 2022. In 2007, it served for the U.S. national team's training camp prior to the Osaka World Athletics Championships.



### 04 INDOOR BASEBALL PRACTICE FIELD

This dome-roofed field allows for training during nighttime, rainy weather, and winters. It boasts one of the largest sizes among university baseball fields with a 45 m x 45 m infield, and is equipped with six state-of-the-art pitching machines.



# 05

## SOCCER FIELD

The first fully artificial turf field among universities in western Japan, it is equipped with lighting facilities and a mist sprinkler system.



# 06

## TENNIS COURTS

The East Courts feature five hard courts with the same surface as that of the US Open, while the West Courts have three sand-filled artificial turf courts. All courts are equipped with lighting facilities and have hosted international tournaments certified by the International Tennis Federation.



# 07

## RUGBY FIELD

This is the world's first artificial turf rugby field officially certified by the International Rugby Board (currently World Rugby), and features enhanced cushioning and in-field mist sprinklers.



# 08

## MULTI PURPOSE FIELD

Located at the highest site within our university facilities, it offers the best panoramic views. It is used for various sports such as American football, lacrosse, softball, and field hockey.



# 09

## Gymnasium 3.

The first floor features an S&C (Strength and Conditioning) room equipped with a wide range of state-of-the-art training machines. The second floor is exclusively for gymnastics, and is equipped with facilities that meet international standards.

# 10

## Gymnasium 5.

This gymnasium, exclusively for handball, also has an adjacent outdoor handball court, allowing for practice and matches anytime.

# 11

## Gymnasium 2.

The first floor is equipped with mirrors covering one side and has good stage lighting which is conducive for dance, karate, etc. The second floor is used for badminton, rhythmic gymnastics, etc.



# 12

## Gymnasium 6.

On the first floor is a certified 25 m x 10-lane indoor pool. On the second floor is a lecture room. On the third floor is a multipurpose arena which is also used for various activities, including sports classes for the disabled and children, and is equipped with a bouldering wall.



# 13

## Gymnasium 4.

This gymnasium, exclusively for volleyball, can accommodate two courts, with a high ceiling and a spacious layout. The floor is specially structured to minimize the strain on the body even with repetitive jumping.

## CAFETERIA

With over 300 seats, it offers a variety of meals, including "Athlete Set Meals," which take into consideration the required nutrients and calories for each sport discipline based on nutritional knowledge.



## OUHS SEMINAR HOUSE

With a capacity to lodge approximately 160 people, it is used not only for club training camps within the university, but also for training camps of groups nationwide and internationally.

# Education & Support Facilities



## LIBRARY

The library houses a collection of 205,000 books, 3,300 magazine titles, and 15 newspapers. On the bright and spacious floors, a wide range of specialized books on physical education, sports, and education as well as general literature are available.



## 50TH ANNIVERSARY MEMORIAL HALL

The second floor features a large lecture hall L201 with approximately 500 seats, while the third floor has L301 with approximately 300 seats, equipped with monitors for interactive sessions. The first floor is an S&C (Strength and Conditioning) room with the latest machines.



## STUDENT COUNSELING OFFICE

The Student Counseling Office provides support and guidance for various concerns, including academic and interpersonal issues. There is also a Sports Counseling Room where staff with specialized qualifications provide mental support for student athletes.



## S&C ROOM

In an area of approx. 1200 m<sup>2</sup>, 13 sets of bench press racks, squat racks, and platforms. In the area of approximately 1200 square meters, 13 sets of bench press racks, squat racks, and platforms are well arranged to facilitate functional training.



## CLINIC

Excluding universities with medical schools in the country, our university is unique in having physicians on staff. Internists and orthopedic surgeons provide medical examinations, diagnoses, and prescribe medication. Physical therapists are stationed in the rehabilitation room on site.



## ATHLETIC TRAINING ROOM

This facility is for athletes to train with the guidance of staff members who possess specialized qualifications as athletic trainers towards recovery from injury.