

## 2014年度 海外課外研修報告 : ボイシ州立大学での 経験

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## 2014 年度 海外課外研修報告：ボイシ州立大学での経験 What did I learn in Boise? A 2014 sabbatical report

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[要旨]

2014 年度に海外課外研修期間を得た筆者の 1 年間のアイダホ州ボイシにおける生活の記録である。初めて米国（海外）で生活を始める際の困難や失敗、英語（学習）について、研修・研究先である Boise State University での経験が記されている。Boise State University では主に Athletic Training Program での経験と Broncos のアスリート達へ鍼治療を行えるようになった経緯について触れている。海外の生活で得られるものは困難も含めて楽しく、自身に大きな成長をもたらしてくれることを筆者も実感できた。この文章が今後海外への留学を目指す学生達の背中を押すことができれば幸いである。

Key words : Sabbatical, Boise State University, Athletic Training

キーワード : サバティカル、ボイシ州立大学、アスレティックトレーニング

### 1. Introduction

The Faculty of Sports and Health Studies at Hosei University authorized my sabbatical from April 2014 to March 2015. I chose to spend this period studying in Boise, Idaho (USA). I had been to Boise four times previously to support our study abroad students, so I had become acquainted with some of the professors and members of the clerical staff at Boise State University<sup>1)</sup>. Boise is regarded as a friendly and safe city; additionally, the cost of living has remained low since the first time I visited the city. This document is a record of my daily life in Boise during 2014; it does not reflect research about professional education in athletic training or acupuncture for Boise State University athletes. Such topics will be addressed in future research papers. In other words, this document is to be considered as an essay.

### 2. Starting my New Life in Boise

I reached the Boise airport at 3 p.m. on April 6th (Figure 1). Taka, a graduate student and friend from Boise State University (BSU), picked me up at the airport. I checked into the hotel, but I did not sleep well that night because of jet lag. I woke up at 9 a.m. the next day and realized that I needed a bike or car. I walked all day looking for a bike. I also needed to look for an apartment. This was an unfamiliar task but I happened to visit BSU's Intensive English Program (IEP) office because I wanted to learn how to converse in English. Fortunately, the office clerk gave me a list of apartments near BSU. Several days later, I purchased a new mountain bike (second hand) at Boise Bike Project and completed a contract to lease an apartment. However, the contract confused me, and I observed that there were substantial differences

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Figure1. Boise Air Port

between living contracts in Japan and the U.S. First, I did not understand the meaning of “Money Order.” Eventually, I learned that it is similar to a check. However, I did not know how to obtain or use it. I asked several people for assistance and, eventually, I was able to obtain a money order and finalize a contract on an apartment.

My new life in Boise required a lot of things. Before moving into my new apartment, I bought several commodities at Walmart. In addition, I applied to purchase a cellular phone, but I was not able to sign the contract initially because I did not understand any of the salesperson’s words. I asked Taka for help in securing a cell phone, and we went to an Internet/ phone retailer the next day and purchased a prepaid cell phone. The next problem was establishing a bank account. It was a challenging project, and I asked the bank clerk a number of questions before finally opening one. The last hurdle to tackle was locating an Internet connecting device. It had been three days since my appointment with the Internet provider, and the modem had not been delivered to my apartment yet. I was not good at speaking English over the phone, but I made a call to CenturyLink, the Internet provider, and UPS, the service designated to deliver

the modem; I was able to communicate with them in English! I picked up the modem at the UPS store in Boise and set up my Internet connection.

### 3. Learning English in BSU

I knew it would be difficult for me to speak English in Boise. I had to learn the art of English conversation; therefore, I decided to take English as a Second Language class as soon as I arrived there. At BSU, the class is known as the Intensive English Program (IEP) for international students<sup>2</sup>). I went to one IEP communications class in the spring semester upon my arrival at BSU. The focus of the class was listening and speaking. The level of difficulty was appropriate for me. In addition, I learned about tutoring offered by linguistic students, so I immediately went to meet the facilitator of the tutoring program, who introduced me to my tutor, Danny. We had a tutoring session every Wednesday through the end of July.

Students enrolled in IEP were from many countries; the biggest group (80%) was from Middle Eastern countries, Saudi Arabia, and Kuwait. In IEP field activities, we had to talk to each other in English. We went to nearby Camel’s Back Park by bus, where

we played soccer, badminton, and volleyball. I became friends with three Brazilian fellows, and we hiked together in the park. Such opportunities were useful for making new friends. Another time, we went to Celebration Park for our IEP communications class; to get there, we rode a bus for about an hour. There was a nice view of a mountain and Idaho's natural world (Figure 2). These cultural events taught us about Boise and Idaho. The IEP teacher gave us homework for almost every class and required us to make presentations in front of other students. Presentations were generally group projects; thus, we had to talk to each other. The biggest project was assigned toward the end of the semester.

Because I lived by myself, I spent most holidays alone. Learning English was my hobby, so I went to see a movie. At first, it was quite difficult to understand English when watching movies, but it was good to get used to hearing the language. The first movie that I watched in Boise was Noah. Since the setting for the movie was B.C., the English spoken by the characters was archaic, and I did not understand

it at all. Consequently, I decided to focus on action movies. I enjoyed watching an X-Men movie and understood more of the English language than before. A movie is a good tool for learning English, and movie prices are lower in the U.S. than in Japan.

Ultimately, I recognized that it is important to use English daily. However, my progress has been slow.

#### 4. Athletic Training Program at BSU

My research project at BSU is a comparison of educating systems for athletic training professionals in the U.S. and Japan. Therefore, I wanted to meet Dave, the director of BSU's Athletic Training Program<sup>3</sup> (ATP). We met on April 24th and were joined by John, an ATP research assistant. Subsequently, I was able to observe some athletic training classes during the spring semester. I attended Dave's class, but his English speaking abilities were too fast for me. I could barely catch his words, and his lecture contained technical terminology associated with athletic training. I mostly remembered or understood words. When I am unable to understand English spoken by

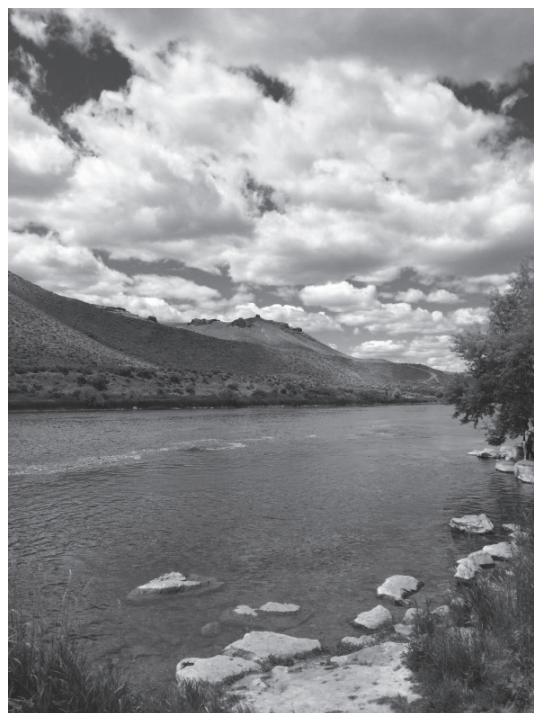


Figure2. Celebration Park

certain native speakers, I consider it a big problem. In fact, English is a big problem for me most of the time. Later, I joined John's class, which involved student presentations of various sports injuries. I found it hard to follow the presentations, but the American students seemed to enjoy their discussions with each other. When I came to Boise, the spring semester was almost over. Therefore, I was able to attend only two ATP classes.

Besides attending ATP classes, I attended a number of sporting events. I watched a Broncos softball game at Dona Larsen Park, and then I checked out a women's volleyball game in Bronco Gymnasium (in the Kinesiology Building). With friends, I attended a minor league baseball game featuring the Boise Hawks. The Boise Hawks is the farm team for the Colorado Rockies. Another day, I visited a women's gymnastics summer camp, held in the gymnasium. Keita, the only Japanese athletic trainer at BSU, invited me to observe camp activities, and I listened to the head coach of women's gymnastics speak about the Japanese coaching system. He understood the Japanese coaching system very well after being trained in gymnastics at Chukyo University in western Japan. I was also invited to attend the Boise Ironman race. A friend and I met in the morning near

my apartment and rode our bikes to Lucky Peak State Park where the swimming portion of the triathlon was held. Of course, I have been a spectator at a Boise State Broncos football game at Albertsons Stadium several times (Figure 3). In the first home game on September 6th, after an IEP tailgate party, I watched the game with students from Hosei University's Department of Sports and Health Studies, and the Broncos got their first win of the season. That was a good game.

I learned a great deal about ATP in the fall semester, and I expect to learn more during the 2015 spring semester. I plan to write about my experiences from this fall and next spring on another occasion.

### 5. Acupuncture at BSU

As it turned out, I was able to perform acupuncture on BSU athletes. After having been at BSU for two weeks, Keita called me regarding a gymnastics coach who was suffering from lower back pain. Keita suggested that the coach try acupuncture; accordingly, I treated the coach with needles from Japan. The treatment was a successful first opportunity to practice acupuncture at BSU. At one point, I dropped in on Keita's class on taping and lapping, where I was introduced to Dana, an acupuncturist at BSU. One



Figure3. BSU Broncos football game at Albertsons Stadium



Figure4. Dana's acupuncture session for the athlete

week later, I met Dana at her office. We discussed our acupuncture treatments with each other, and I asked about the process for obtaining an acupuncture license in Idaho and providing acupuncture treatments to football players. Consequently, I began observing her therapy sessions once a week. One week after meeting to discuss my interest in providing acupuncture, I went to Dana's office again to watch her perform acupuncture treatments on three different patients over three hours. I performed Japanese massage called Shiatsu on the third patient at Dana's recommendation. I began to visit Dana's office every Sunday to watch her at work and/or to practice acupuncture on Dana. Sometimes, I practiced acupressure on Tammy, one of Dana's clients. Dana practiced the Japanese acupuncture method called the Kanshin method, which is the method I used when treating patients. We often had time to talk to each other about differences in Chinese and Japanese acupuncture methods. Thus, I had to learn about oriental medicine in English terms.

After a while, Dana invited me to observe her therapy with football players—Broncos athletes—in her office (Figure 4). I also met Dr. Lewis, a medical doctor who works with the Broncos. Eventually, Dana and I collaborated to treat football athletes with acupuncture during this year's season.

Later, she gave me information about the Idaho State Board of Acupuncture<sup>4</sup> (ISBA). I completed the ISBA application with her help. Dana sent my application to ISBA, but we have not heard back yet. Maybe no reply is ISBA's reply. However, BSU Athletics has permitted me to perform acupuncture for Broncos athletes.

I learned that my Japanese acupuncture seminar would be presented at the Idaho Athletic Trainer Association (IATA) at the end of July. Therefore, I had to prepare a lecture in English. That was a big challenge for me. I went to a public library and borrowed some books on acupuncture. I read these books and prepared the presentation file for the lecture. I met with Keita to discuss the presentation since we were going to present it together. Once, we discussed this planned presentation for two hours. Keita assured me that it was complete. Fortunately, I was able to calm my mind before participating in the 2014 IATA Summer Symposium (Figure 5). Keita and I gave a research presentation about the application of Japanese acupuncture in athletic training, with Keita translating my Japanese into English. After our lecture, I actually performed Japanese acupuncture on some participants. My presentation went fairly well, and I was glad that I had the opportunity to participate.



Figure5. The 2014 IATA Summer Symposium

## 6. Other Activities

On my days off, I worked out as much as possible. Before leaving Japan, I decided to join a fitness center in Boise. I visited a few fitness centers after I moved into my apartment: Axiom, the Boise State Recreation Center and YMCA. Of these, the monthly rates at the Recreation Center were the lowest. Because this fitness center is located on the BSU campus, full-time students can use the facility without paying an extra fee. I joined the Recreation-Center and have enjoyed using the facility, especially the strength training space and the treadmill. Occasionally, I have attended group exercise sessions with friends. The “Turbo Kick” class was really tiring.

I also took part in the Famous Idaho Potato Marathon by running a half marathon; I have participated a race for the first time in four years. After completing the half marathon, I had a good beer. I have also participated in the TRX class as a guest at the YMCA. It was a challenging class, but at the same time it was really fun.

In another activity, I went rock climbing with some friends. This sport is physically demanding. Recently, I joined Young, a South Korean friend, in a mountain biking trek on the Fort Boise Trail near downtown Boise. We rode mountain bikes for about two hours. I was tired, but I thought the experience was really

fun! Therefore, I decided to join my friend on a mountain biking expedition on the Table Rock trail. We climbed Table Rock. I was very tired because this course was more difficult than the Fort Boise Trail. I decided to attempt mountain biking for a third time at Military Park. However, I fell off my bike there and sustained some injuries and bruises; my lower back was especially sore. Since then, I have taken a break from mountain biking.

## 7. Conclusion

As mentioned previously, this report summarizes my experiences in Boise for the first six months of my sabbatical. To tell the truth, my schedule here has been full since August, beginning with football season, when I began treating athletes with acupuncture. At the same time, I dropped in on some ATP classes. These experiences have paved the way for other opportunities; additionally, I have valuable information to share with my faculty students and study abroad students from foreign countries who visit Hosei University. I truly appreciate opportunities to interact with BSU professors and staff. Finally I cannot thank my seminar students too much.

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