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## The 1st International Sport Science Symposium on "Active Life"

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"Sport Sciences for the Promotion of Active Life"

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The Global COE Program "Sport Sciences for the Promotion of Active Life" of Waseda University with cooperation of three prominent institutions, National Institute of Health and Nutrition, Japan Institute of Sports Sciences, and Tokyo Metropolitan Institute of Gerontology, was selected as one of nine new programs starting 2009. "The 1st International Sport Science Symposium on Active Life" was held as the first event of the GCOE program on November 8, 2009, at Ibuka Auditorium, International Conference Hall, Waseda University with over 120 participants from domestic and overseas.

Waseda University has a tradition of producing great athletes amongst its graduates, such as Mikio Oda, the first Japanese ever to win an Olympic gold medal. Moreover, graduates from many fields hold central roles in the realm of sport in Japan, contributing actively to its overall development. It was in this context that, in 2003, the School of Sport Sciences was established. Consequently, Waseda University now conducts the practical application of coaching techniques based on fundamental research findings from sport sciences, provides athletes with medical care utilizing leading-edge sport medicine, and formulates management strategies that combine these elements. This has led to our strong tradition of sports-based research - what we like to call 'Waseda Sports' -

enjoying unprecedented levels of success. This success is the result of a fusion between tradition and new sport sciences, and we are justly proud of it.

In 2006 the Waseda University Graduate School of Sports Sciences was established, and in 2008 the first ten students ever to gain a doctoral degree in Sports Science at Waseda University completed their courses. The new Global COE will build upon this nascent success, focusing on the construction of an international hub of education and research specifically designed to foster talented researchers equipped with both outstanding levels of specialist knowledge and a broad understanding and awareness of the diverse world of sports. In this context, I am very pleased that on the occasion of the symposium the Graduate School of Sport Sciences, Waseda University was able to officially exchange the MoU with the prominent four universities, Loughborough University, Tsinghua University, Seoul National University, and Shanghai University of Sport. I believe this will provide academics and postgraduate students with the opportunity to take part in exchanges, engage in shared research and build up international network of sport sciences.

Finally, I wish to express my sincerest gratitude to all the participants of the symposium.