**The 20th EASESS Annual Congress**

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##### *Date*

August 7th —9th, 2015

##### *Place*

Tokyo University of Agriculture and Technology (Koganei Campus)

2-24-16, Nakacyo, Koganei, Tokyo, Japan

Sponsor

East Asian Sport and Exercise Science Society

**The 20th EASESS Annual Congress**

**PROCEEDINGS**

**Tokyo University of Agriculture and Technology**

**Tokyo, Japan**

**August 7th – 9th, 2015**

**Welcome to the 20th EASESS**

It is our great pleasure that the 20th Annual Congress of East Asian Sport and Exercise Science Society (EASESS) is held at Tokyo University of Agriculture and Technology, Japan. We want to extend a warm welcome and heartfelt respect to all the participants to this congress. Especially, we pay courtesy to President Emeritus HONG Jin-Pyo and MASUDA Takuji, who is founder of this EASESS, Professor PARK Jun-Hyeon, President of EASESS in Korea, Professor SUN Qi-Lin, President of EASESS in China, and all the distinguished guests from Korea and China who came and graced this annual congress.

This annual congress has been held without missing it every year in Korea, Japan and China, since EASESS was established in Daedu, Korea in 1996. We are proud of the achievement of the result that this academic society enhanced at the time of each congress. The number of the presentation in the annual conference increased, and we think that the presentation contents are progressing every year. This congress will surely give an impetus to the development in the physical education and sport science in East Asia. We would like to expect also that this meeting and your stay will be a great memory.

It has been said that, 21st Century would be the century of happy life through sports. That means everyone watches and everyone actually plays sports activities as a part of happy life. The importance of EASESS becomes, we feel, extremely high. It is happy to know many papers have been submitted to this conference and many scholars visited Tokyo in order to present them. We believe this kind of efforts will change our world toward right direction. We would like to expect EASESS to develop more and more. We hope also that all the participants will be able to make your research activities and health progress further.

Once again, we would like to pay great homage to EASESS, and thank you from bottom of our hearts for your participation and cooperation.

We sincerely hope that our friendship last forever.

8th August, 2015

**Tetsuro Ogaki**

President of EASESS in Japan

Professor at Kyushu University, Japan

**Greetings**

I am very pleased to meet again members from China, Japan and Korea at Tokyo.

I am very thank associates of Tokyo University of Agriculture and Technology at Koganei Campus to provide facilities for successful opening of 20th East Asian Sport and Exercise Science Society. Also I appreciate to professor Ogaki, president of EASESS in Japan and Japan members.

In Korea, celebration is held on people become 20 years of age. As our society became twenty years old, I hope that conference will be successful by publishing more paper and more discussion.

Finally, I wish our society is in magnificent progress and meet again China next year.

Thank you very much.

August 8, 2015

**Jun-Hyeon PARK**

President of EASESS in Korea

Prof. of Dongyang University, Korea

**Greetings**

First of all, I’d like to thank Professor Ogaki for the invitation and thanks to Professor Saito as well. Secondly, I would like to extend my sincere thanks to Tokyo University of Agriculture and Technology for hosting this conference. I also am grateful to all the Japanese friends who have worked hard for this conference.

This is 20th EASESS. In the past 20 years, scholars and researchers from Japan, Korea and China have paid close attention to many of the important issues in relation to the development of college sports, enhanced worldwide academic exchange in the area of sports science, explored new ideas and methods for the progress of international sports and school sports, shared the new findings and breakthroughs of sports science research and practice in various countries in East Asia, and promoted internationalization of school sports. While exchanging research results, experts and scholars at the conference also enhanced their friendship.

Theme of this conference is “the future of the university physical education”. The lever of sports constitutes a significant symbol of the development of society and progress of human civilization. We should greet the future of college sports with an open mind and make sure that in the future more people can enjoy the charm of sports and experience changes of life brought about by sports.

In closing, I wish the 20th EASESS a great success, and I look forward to seeing you at the next conference in China. Thank you very much!

8th August, 2015

**Qilin SUN**

President of EASSES in China

Professor at Shanghai Jiaotong University, China

Schedule of the 20th Annual Congress

|  |  |
| --- | --- |
| August 7 (Fri) | Sectional Meeting (Each Group) |
| August 8 (Sat) | Main Academic Meeting |
| August 9 (Sun) | Sectional Meeting (Each Group) |
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Program of Main Academic Meeting

Registration (9:30 - 10:00)

Opening Ceremony (10:10 - 10:30)

Opening Address OGAKI Tetsuro (President of EASESS in Japan)

　　　　　　　 PARK Jun-Hyeon (President of EASESS in Korea)

SUN Qilin (President of EASESS in China)

Invited Lecture (10:30 - 11:10)

**The Present Conditions and Issues of Physical Education and Sports** **in Higher Education**

**in Japan, China, and Korea**

Katsunori KOBAYASHI (Bunkyo University, Japan)

Keynote Speech 1 (11:20 - 12:00)

**Research on long-term effect of intervention program on university students:**

**Focusing on two years follow up of skills relating to bachelor’s degree ability and exercise**

**behavior**

Seigo NAKAYAMA (Beppu University Junior College, Japan)

Photo Shoot (12:10 - 12:30)

Lunch Break (12:30 - 13:30)

Keynote Speech 2 (13:30 - 14:10)

**A Study on the Physique and Fitness between the Japanese and Chinese Children and**

**Adolescent**

Liu JI1), Xiao-Jian Yin1), Jin-Kui LU1),Hiroshi KATO2), Akira SUZUKI3),Akihoko

KONUMA3), Syuji SHINDO3), Tetsuro OGAKI4), Atsushi SAITO4), Sadayoshi

TAGUCHI5) and Mitsuo OTSUKA5)

(1)Key Laboratory of Adolescent Health Assessment and Exercise Intervention, Ministry of

Education, College of Physical Education & Health, East China Normal University,

2)Wakayama University, 2)Daito Bunka University, 4)Kyushu University, 5)Ritsumeikan

University)

Keynote Speech 3 (14:20 - 15:00)

**Influence of Social Component and Psychological State on Future Attendance**

Jaehyun HA (Keimyung University, Korea)

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