

The 10th NIFISA Seminar Sports Performance Course
Kagoshima & Tokyo Japan
28 August – 7 September 2019

General Information

Location: National Institute of Fitness and Sports (NIFS), Kanoya, Kagoshima, Japan
 Nippon Sport Science University, Tokyo, Japan

1. Overview:

The NIFISA 10th Seminar will be an 11-day program composed of lectures on Olympic education, nutrition, sports performance, biomechanics, sport physiology and training, cultural programs, and so on. All participants will also attend the SFT International Sport Academy Tri-University Joint Seminar 2019 in Tokyo. The programme could provide an opportunity to exchange new ideas about the Olympic Movement and performance research.

2. Seminar Opportunities:

- Gain knowledge about sports performance and the Olympic Movement
- Communicate with Japanese instructors and students as well as foreign lecturers
- Exchange ideas with participants from several countries
- Experience Japanese culture and martial arts (kendo, judo)
- Participate in a homestay program
- Participate in the SFT International Sport Academy Tri-University Joint Seminar 2019 at Nippon Sport Science University in Tokyo

3. Skype Interview:

The NIFS panel will short-list suitable applicants for a **Skype interview** conducted in English. The Skype interview will be carried out in early July.

4. Expenses

- i) NIFISA will cover expenses for:
 - a. A return air ticket (E-ticket for flight will be provided).
 - b. Accommodation and breakfast during the seminar.
- ii) Participants will pay for any expenses such as:
 - a. Transportation between the Hong Kong airport and home.
 - b. Lunch and dinner during the seminar.
 - c. All other expenses.
- iii) Respective Member Association will be responsible for:
 - a. Travel insurance

5. Remarks

- All participants are required to attend all sessions.
- All participants are expected to give a presentation at the seminar.
- All participants are required to provide the following documents:
 - a. Photocopy of your current passport
 - b. Not more than 300 words to demonstrate a special interest in participating the Seminar.