

BULLETIN OF RESEARCH INSTITUTE  
OF HEALTH AND SPORT SCIENCES  
CHUKYO UNIVERSITY

---

---

Vol. 30,

2016

---

---

**CONTENT**

**Originals**

*Akio KAWABATA, Kichiji KIMURA*

- On the promotion of social physical education in the Taisho and early Showa Era in Japan  
~Reports on physical education and sports in European nations by Hiroshi Ohi and  
his viewpoints for its development in Japan~ ..... 1

*Akio KAWABATA, Kichiji KIMURA*

- Development of the Japan Gymnastics Festival and its historical significance ..... 23

**Study Reports**

*Ayaka IWAMA, Gen HORIUCHI, Agus RUSDIANA, Shinji SAKURAI*

- Movement of a Badminton Shuttle Immediately after Impact  
– Comparison Between Feather Shuttle and Nylon Shuttle in Smash – ..... 45

*Yoshihisa UMEMURA, Akiko HONDA, Guodong WANG, Naota SOGO*

- Effects of jump training and high phosphorus intake on bone ..... 51

*Hajime MIKAMI, Shintaro KUMAGAI*

- „Erkenntnisprobleme“ über das Lernen der Sprungübungen am Sprungkasten und  
„Übungsstufen“ der Grätsche und der Hocke am Sprungkasten beim Gerätturnen ..... 55

*Mizuki YAMAGUCHI, Shinji SAKURAI*

- Relationship Between Lower Extremity Muscle Activity and Body Sway During Functional Reach Test ..... 67

**Athlete Supports**

*Kodai KATO*

- Activity Report of Athlete Support (Mental Management)..... 73

*Takahiko KOZUKA, Kagemoto YUASA*

- Report on Dismantling the Used Figure Skating Shoes of the Top Figure Skater ..... 75

**Lecture Reports**

*Izumi TABATA*

- TABATA TRAINING – Worldwide Development on a Scientific Basis – ..... 81

*Haruo NOGAWA*

- The Beginning of a New Age of Sports Policy ..... 85

**Regular Meeting Reports**

*Takashi SHIBATA*

- Operation and management of Nagoya Dome ..... 101

*Kazunori NOSAKA*

- Meaning of Acquire Sports Science Abroad ..... 119

- Activity Reports** ..... 129