Special Research Division of Methods in Physical Education

**ACTIVITIES OF THE RESEARCH DIVISION OF METHODS
IN PHYSICAL EDUCATION IN 1969-1971**

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The Research Division of Methods in Physical Education is mainly engaged in following activities ;

- (1) Symposium in the Annual Convention of J.S.P.E.
- (2) Presentation of individual papers in the Annual Convention of J.S.P.E.
- (3) Other research activities
 1. Monthly meetings or presentation of research works by the members
 2. Extraordinary meetings for research subjects and their method
 3. Publication of the research papers for the Division members

This Division contributes broadly to development in physical education through accumulation of research activities conducted by the members.

This Division today has two trends in research, the former is to study sports skills experimentally, and the latter is to study plans and teaching or guidance methods of physical education in the school and in the society.

I. Symposium at the Annual Convention of J.S.P.E.

This Research Division has been holding the symposium as an important part of the program in the Annual Convention of J.S.P.E. since 1969.

Their themes were as follows ;

- 1969: Effective teaching methods in sports skills (1)
 1. In teaching fencing skills
 2. In teaching gymnastic skills
 3. In teaching rhythmic movement for basketball
 4. The stand point of research method in sports skills
- 1970: An effective teaching method in sports skills (2)
 1. In teaching swimming skills
 2. In teaching volleyball skills
 3. In teaching track and field skills
- 1971: I. Developmental process in soccer techniques
 1. Techniques and strategy before the world war II
 2. Techniques and strategy after the world war II
 3. Techniques and strategy in foreign countriesII. An effective process for guidance in learning of physical education
 1. For development of physical fitness
 2. For advancement of skills

3. For development of manners

II. Presentation of individual papers in the Annual Convention

In the last three years, there were more papers of individual presentation in these fields of study than in other divisions.

For instance, our papers had 156 themes (22.6% of the total number of themes presented) in 1969, 194 themes (26.4%) in 1970, 125 themes (24.7%) in 1971.

The variety of the themes were wide enough to cover almost all the aspect of the methods in physical education.

The list below shows the trends of main themes sorted out from the presentation in those three years.

(1) Gymnastics

1. Study on the fundamental elements of gymnastics
2. Study on the balancing ability in competitive gymnastics
3. Study on a system of techniques in horizonatal bar
4. Research on gymnastics fits for ages and sexes
5. Study on construction of the floor exercise techniques
6. Factors of the skill in horse vaulting
7. Construction of gymnastics as warming-up exercise
8. Study on chinning exercises for boys and girls

(2) Track and field

1. System of skills in track and field
2. Teaching skills in short distance race
3. Comparative study in hurdle technique for boys and girls
4. Study on the stride of running at full speed
5. Take off in broad jumping
6. Training method in middle distance race for women
7. Study on the foot swing up in hurdling for beginner
8. Study on pace distribution in endurance running for students
9. Compartive study on the pattern of hop-step-and-jump

(3) Wrestling

1. Study on techniques in junior wrestling
2. Comparative study on physique and physiological function of the Japanese and foreign champions
3. Study on reduction of players' body weight

(4) Swimming

1. Analytical study on motion of crawl stroke
2. Study on the approach running for diving
3. Research on the water polo by time study
4. Study on the leg motion in the breast stroke

(5) Dance

1. Character building by creative dance

2. Study on creative dance by group
3. Teaching method for maladjusted pupils on the expression of dance
4. Analysis of motion in dance expression
5. Study on the teaching process in creative dance
6. Appreciation and evaluation of individual skills
7. Study on accompanying music for dance

(6) Ski

1. Study on a fundamental techniques in ski
2. Teaching method for beginning skiers
3. Short ski techniques
4. Research on safety binding
5. Research on turning mechanics in ski
6. Human relations in ski class
7. Analytical study of body motion in western

(7) Basketball

1. Study on the offensive pattern in basketball
2. Study on the effect of ball losing during offensive plays in changing the formation into defensive plays
3. Study on the goal post play in basketball
4. The process on construction of the combination
5. Exercise for dribbling skills in basketball
6. Analysis of shooting and free throw motion
7. Study on factors of mistaken pass
8. Study on factors of win and loss on games
9. Experimental study on motion of the various running shoots
10. Experimental study on the foot stancing
11. Experimental study on the feint motion
12. Analytical study on offensive pattern in basketball

(8) Handball

1. Study on the offensive pattern in handball
2. Analytical study on goal keeping
3. Analysis of game factor
4. Study on training method for handball

(9) Volleyball

1. Study on blocking play in volleyball
2. Analytical study on effect of offensive system
3. Analytical study on spike motion
4. An analytical study on service form
5. Study on factors of win and loss

(10) Soccer

1. Teaching method of various kicking skills
 2. Analytical study on factors of win and loss
 3. Study on the goal keeping in soccer
 4. Study on tactics (kick off, free kick) in soccer
 5. Study on offensive pattern in soccer
- (11) Rugby
1. Study on the play which cope with the opponent in rugby
 2. Study on fundamental skills by time study method
 3. Analytical study on hooking motion in set scrummage
 4. Study on passing in rugby: Accurcy and throwing distance
 5. Study on the maul and luck in fowards
 6. Study on major techniques and strategy
- (12) Physical education of infants
1. Study on expressive plays of infants
 2. Study on curriculum construction in P.E. of infant
 3. Teaching method and effort of P.E. for infant
 4. Motor reaction of rhythmic sensory in infants
 5. Analytical study on instruction of rhythmical play
- (13) Judo
1. Analysis on judo match (how to take on position and timing)
 2. Study on "SEOINAGE and TOMOENAGE"
 3. Study on left handed persons in judo
 4. Study on hand grasping in judo
- (14) Teaching and guidance
1. Study on the content and evaluation for program of play therapy
 2. The activities of sports club in college and university
 3. The program of physical eduction in college and university
 4. Circuit training program for students
 5. Study on promotion of students' physical fitness
- (15) Other themes
1. Experimental study on fielders' abillity of short-stop in baseball
 2. Effect of audio-visual aids in P.E.
 3. Study on the position and gesture of referee in sports