THE DEVELOPMENT OF RESEARCHES IN PHYSICAL EDUCATION IN JAPAN

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The history of researches in physical education dates back as far as the beginning of the Meiji, 1868. The three divisions would be appropriate for understanding the developmental status in the field of physical education researches, that is, the first period, 1865-1923, the second period, 1924-1949, and the third period, 1950-present.

Reasons for this division are found mainly in the following characteristics of each period.

The first period...This begins with the Meiji Restoration in which Japan experienced a vast change and was remodeled into a country of more or less modern civilization. In the process, the educational system was established and physical education was included in the school curricula. Various physical education activities were introduced from other countries and the emphasis was laid upon the leadership training for the purpose of spreading the practice of physical education activities. As a matter of course, many books were written in order to educate leaders, but most of them were based on the reference materials published in foreign countries and very few books in those days were original. Nevertheless all the books published in this period played the important role of sowing the seeds for the future development of physical education. In this sense this period may be called a dawning in the history of research in physical education in our country.

The second period...The gradual increase in the understanding of the practice of physical education caused a great demand for researches among the educators in this field and as a result, in Ministry of Education founded the Institute of Physical Education. The institute gave a great impetus to researches in physical education. However, most of the researchers were medical persons, and only a few of the educators joined the circle mainly because they lacked adequate training in research methods. Most of the achievements in this period were found to be physiological, anatomical and hygienic. This status continued until 1949.

The third period...This begins 1950 with marks the period for regular researches in physical education in Japan. After World War II, Japan experienced a series of major changes, comparable to that of the Meiji Restoration and the educational system undertook an enormous transformation in which the 6-3-3-4 school system was newly adopted and health and physical education was included in school curricula and, for the first time in all the universities. Moreover, all the teacher training institutes took up physical education as a professional course and this resulted in engaging specialists for their faculties. The introduction of health and physical education into the university curricula caused a rapid progress in researches into physical education. In 1950, physical educators, physicians, educationists, and psychologists, who belong to the universities, all united in forming a professional organization called the Japanese Society of Physical Education. Here the systematic study of physical education was inaugurated among physical educators and its aim was the solution of problems both in theory and in

teaching. In the beginning there were only less than 350 members in the Japanese Society of Physical Education, but in 1961, the number of the members has increased up to 1,600 and at a national assembly, 1,000 members gathered together and 433 researches were read. These researches belong to one following areas: natural science, humanities, and social science. This society has published the official journal, The Research Journal of Physical Education, in which all the original researches are published. At about the same time a medical society was organized and called the Japan Physical Fitness Society and its official journal, Japanese Journal of Physical Fitness, publishes all the papers on fundamental researches in the field.

Table I

Tear	Order of the Assembly	Number of Members	Number of Branches	Number of Research Papers read at the Assembly	Place of the Assembly	Sponsor
1950	1st	345		51	Univ. of Tokyo	Univ. of Tokyo
1951	2nd	424	6	99	Univ. of Tokyo	Univ. of Tokyo Tokyo Univ. of Ed. Tokyo Univ. of Arts & Sciences
1952	3rd	594	10	150	Univ. of Tokyo	Tokyo Univ. of Ed. Ochanomizu Univ.
1953	4th	631	15	183	Univ. of Nagoya Nagoya Univ. of Technology	Tokai Branch
1954	5th	739	17	173	Tokyo Univ. of Arts & Sciences	Tokyo Univ. of Arts & Sciences
1955	6th	1,051	16	237	Univ. of Kyoto	Univ. of Kyoto
1956	7th	1,276	21	259	Chuo Univ.	Chuo Univ.
1957	8th	1,428	21	252	Kurume Univ.	Kyushu Branch
1958	9th	1,371	21	276	Japan College of Phys. Ed.	Japan College of Phys. Ed.
1959	10th	1,309	21	346	Univ. of Osaka	Osaka Branch
1960	11th	1,428	22	326	Waseda Univ.	Waseda Univ.
1961	12th	1,683	23	431	Aichi Cultural Hall and other five places	Tokai Branch

Furthermore, the Japan Olympic Committee has asked the Japanese Society of Physical Education and Japan Physical Fitness Society for co-operation in order to strengthen the Japanese representatives (athletes) who will participate in the Olympic Games which will be held in Tokyo in 1954. As a result, a subcommittee for conducting scientific research in relation to sports has been organized within the Japan Olympic Committee, and several members of the above mentioned two societies have been appointed as committee members. Thus, co-operating very closely with people who are actively engaged in the training of various sports, the committee is now conducting researches and coaching the athletes scientifically.