JPFSM: Editorial Article

On acting as the ninth President of the Japanese Society of Physical Fitness and Sports Medicine

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I have been acting as the 9th President of the historic and long-established Japanese Society of Physical Fitness and Sports Medicine (JSPFSM) since April 1, 2012. Since JSPFSM was founded in 1949, 63 years have passed; and due to the efforts of our predecessors, it has had no less than 5200 members in as the 39th subcommittee of the Japanese Association of Medical Sciences.

This society has steadfastly built its status as a leader in Japan's research in physical fitness science, sports medicine, and health science.

This society is an interdisciplinary society where many experts, researchers and practitioners in the fields of public health, epidemiology, clinical sports medicine including internal medicine and orthopedics, exercise physiology, nutritional science, physical education and sports psychology meet together.

The social circumstances surrounding this society are changing greatly. Although the human race has been advancing in the latest medical care, and making full use of technological developments such as the stent, gene therapy, regenerative medicine, and innovative drug development, there is also the need for further promotion of preventive medicine in order to improve overall health and prevent the onset of lifestyle-related diseases.

Moreover, it has been an important health policy to extend "healthy" life expectancy rather than prolong biological life. To achieve this, it is important to not only push forward behavioral changes for improving individual lifestyles, but also encourage changes in the society surrounding such lifestyles. In particular, is the ever-growing importance of research on physical activity, exercise, and sports, which is considered to be crucial to a healthy lifestyle and physical fitness. Indeed, in the new health promotion strategy, "Healthy Japan 21", the promotion of physical activity has taken priority, along with nutrition and the problems of smoking.

The researchers who belong to the Japanese Society of Physical Fitness and Sports Medicine are engaged in a wide variety of studies on basic medical science, instruction in physical education, exercise prescription, clinical medicine, social medicine, epidemiology, psychology and so on, in order to promote health enhancement of both the diseased and healthy, and to effectively improve the ability of athletes in competition.

I look forward to the privilege of serving this venerable organization accordingly. The concrete action policy for this term is outlined below.

- 1) In order that the society may realize its full potential, I intend to initiate more dialog between the executive board, the council, and the various committees, and aim for a more democratic style of management.
- 2) I intend to strengthen the organization by promoting changing the society to a general incorporated association during this term.
- 3) I plan to put publication of the English language "Journal of Physical Fitness and Sports Medicine (JPFSM)" back on track while continuing to publish the Japanese language "Japanese Journal of Physical Fitness and Sports Medicine"; and will work to improve the contents of these journals.
- 4) I plan to promote multi-level cooperation in research and practice in the society, not only between individuals, but also with the aim of cooperation (intersectional) between disciplines. Moreover, I will strive for cooperation between sports and exercise-related scientific associations, and interdisciplinary cooperation with medical associations, health-related scientific associations, and with international scientific associations.
- 5) I plan to apply the results of research from this society to creating proposals for the promotion of physical fitness, exercise, and sports, and the active development of further guidelines.
- 6) I would like to promote gender equality in this society.

Finally, I am grateful for the support of all the members and cooperation in the ongoing development of this society.

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