

## Calgary visit

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From Sep. 7 to Sept. 9, 2011, I went to University of Calgary in Canada for a short academic visit. During these days, we have visited the campus and laboratories in the first visiting day, had a poster presentation and keynote speakers' speeches in the second visiting day. This report shares my experience during this visit.

First of all, I would like to thank Global COE (GCOE) program for providing this great opportunity for this academic visit. Especially, I am an international student of graduate school of sport sciences. It was not only a great experience for me to visit another foreign country but also a chance to travel with Japanese professors and colleagues.

The University of Calgary is a public university in Calgary, Alberta, Canada, which is composed of about 25,000 undergraduate and 5,500 graduate students. My first impression of University of Calgary was its natural feeling in the main campus. The students could lie down in the green space to read their books or relax.

In the first visiting day, we started with Laboratory visit in the department of Kinesiology (Roger Jackson Center for Health and Wellness Research). On the first floor, I found that there is a sport medicine center, which provides Physiotherapy, Athletic Therapy, Acute Knee Injury Clinic and consultations of nutrition.

In my personal opinion, it is a good idea to have a sport medicine center in the department. It might be not only a good design for educational purposes, but also easier to recruit the participants for the researches. Afterwards, we visited the Human Performance laboratory (HPL), which is consisted of several basic and applied research laboratories. We are so lucky to have Dr. Leonard Tim, who has attended the 3<sup>rd</sup> GCOE symposium this year, explained the multidisciplinary knowledge for us. We operated the microscope with fine resolution to observe the musculature, watched the motion analysis for ski, and observed the muscle fiberres. Although my major is not related to neuroscience or biomechanics, I really learned a lot of new knowledge from the laboratory visit.

Besides, we also visited old facilities of Winter Olympic Games, new stadiums and sports training center in Calgary. Two experts introduced the utilization of facilities and also explained the training systems of Olympic players in detail. I was so impressed by the great training environment for Canadian players.

In the second visiting day, we had a Life and Sport Sciences Symposium between Waseda University and University of Calgary. The atmosphere of poster presentation in University of Calgary was quite different with Waseda University. The professors and students from

University of Calgary looked relaxed but were so confident for their researches. And we did have a lot of discussions with the professors and students. Whom I talked most was with Dr. Nicole Culos-Reed (Picture 1), who shared her current research interests to me, which mainly focused on the effective of Yoga exercise for cancer survivors. She mentioned that she had several Yoga programs for enhancing the health of the cancer patients. She also gave me her business card and “YOGA for CANCER SURVIVORS DVD”. It is quite an unforgettable interaction with the faculty of University of Calgary.

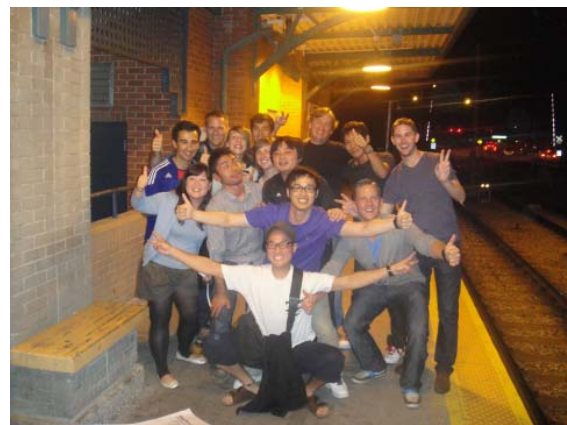
After having the first interaction with the

students of University of Calgary, they invited us to have some drinks with them. They also shared us their lifestyle and some leisure activities in Canada. Therefore, in addition to academic knowledge, we also have had a friendship with UC Students (Picture 2). As a result, we are looking forward to their visit in the near future. This visit is a precious and unforgettable experience for me.

Again, I would like to thank GCOE program for providing me this special opportunity for visiting University of Calgary. What I learned not just the academic knowledge, but have an open mind to the world.



Picture 1. The great discussion with Dr. Nicole Culos-Reed



Picture 2. The friendship with students of University of Calgary