

Project East Africa (Uganda, Tanzania and Rwanda) 2019 : Linking TIAS Alumni to Sports Development and Sharing Japan Sports Expertise

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1. Introduction

The SPORT FOR TOMORROW (SFT) 'project aims to over 10 million people in 100 countries, including developing countries, over the seven years from 2014 to 2020 when the Tokyo 2020 Olympic and Paralympic Games are held'⁹⁾. SFT is an international contribution project through sports promoted by the Japanese government, which aims for a better future in the world by conveying value of sports and expanding Olympic and Paralympic movements to people of all ages. Three main areas of activity are: i) international cooperation and exchange through sports, especially for developing countries involving both hardware and software, i.e., trained human resources; ii) development of an international sports human resource base in order to develop future international sports leaders by learning about Japanese culture, sports management-science-coaching, etc.; and, iii) support for strengthening the international anti-doping promotion system, by Japan Anti-Doping Agency (JADA)¹⁾. In particular, JADA helps provide support to develop educational programs to foster youth generation and leaders, protects value of sports, and spreads value of 'play true'.

Tsukuba International Academy for Sport Studies (TIAS)¹⁰⁾ is part of University of Tsukuba (UT, Faculty of Health and Sport Sciences), which has a history of involvement in Japanese Olympic Movement stretching back over 100 years, longer than that of any other university. Now, its reputation as a center for excellence in sport education has risen another level with the establishment of TIAS. Located nearby Tokyo, site of the Olympic and Paralympic Games in 2020, TIAS is an ideal place for student's world over to further their knowledge in Sport and Olympic and Paralympic studies.

TIAS is positioned as an academic legacy project of Japan Sports Agency (JSA)²⁾ and an activity for creation of an international sports human resource development base of "SFT". TIAS is an early completion degree program (18 months) established in 2015 aiming to produce around 100 graduates worldwide (to date around 45 countries including Japan) by 2021. TIAS strives for - student's literacy, academic competencies through research projects, management ability and confidence building through useful career skills, and networking during internships. Additionally, joint seminars and showcase conferences by UT-TIAS¹¹⁾, Institute of Fitness and Sports in KANOYA (NIFS-NIFISA)⁴⁾ and Nippon Sport Science University (NSSU-NCDA)⁵⁾ have been held as part of SFT International Tri-University Sports Academy project⁷⁾. Graduating TIAS degree program, overseas students return to home countries and are active in the fields related to physical education and sports, a legacy of the SFT. To develop legacy related to Olympics and Paralympics as long-term activities, it is necessary to plan and implement local projects, which are sustainable.

To promote sustained (long-term) cooperation between TIAS alumni and UT, the so-called 'legacy projects' were initiated with a general aim to first, understand the local sport issues, and second, support activities in alumni home countries by sharing specialized knowledge of physical education and sports at all levels (including coaching, training, anti-doping education and practices in Japan). For example, TIAS has carried out various activities, especially in East Africa looking at the possibility of developing sustainable projects in the future; and discussed below.

On the other hand, in Japan, research on challenges and possibilities for improving the quality of education

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in East Africa is underway⁶⁾, with Rwanda at the center of attention for economic development and the role of universities³⁾. Looking at East Africa and role of TIAS in context of 'sport and Olympic studies', the current visit objectives were to: i) strengthen existing network between Japan and East Africa, ii) develop a cooperative relationship between Japan and East Africa and explore possibilities of joint research projects, internships, and various events, and iii) identify and select a new cohort of international students from East Africa in anticipation of a new program after 2020 at UT-TIAS. Following the first 2018 East Africa visit⁸⁾ workshops and seminars were conducted according to current need and state of sports in each country, in Uganda, Tanzania and Rwanda. Specifically, the visiting faculty dealt with contents of UT physical education system and TIAS, sports coaching, sports science and medicine and anti-doping, sports club management, school physical education curriculum, and so on. UT-TIAS faculty members and TIAS graduates collaborated to hold workshops in each country, and with cooperation of Japanese students in East African countries and JICA volunteers, etc. Information was shared from various viewpoints. Additionally, faculty was able to interact with coaches, sports teachers, sports managers, officials of official federations, others, in each country. Below is a summary of the activities conducted in each country.

2. Uganda – Kampala : 2019. 9-12, August

TIAS 4th batch student from Uganda, Mr. Tonnie Kasujja, a coach and team manager at Dolphins swimming club, in Kampala was the catalyst for this visit. Joining TIAS, introduction and invitation to Secretary General of Uganda Olympic Committee (UOC) and President Uganda Swimming Federation (USF), Dr. Donald Rukare for the TIAS 3rd batch graduation ceremony (March 2019) and guest lecture, helped cement the relationship. The 2-day workshops was organized (and invited) by UOC in conjunction with TIAS; and entitled 'International Coaching Practices (Japanese Perspectives): Empowering Coaches for the Better of Sport' held on the 10th and 11th August 2019 at its offices in Kampala. The workshop was delivered by Drs. Randeep Rakwal, Hirokazu Matsuo and Kazuhiro Kajita. An UT-IDS program Master's student, Ms. Yoshiko Kubo, going to Uganda on her internship, also joined the workshop. Opening the workshop, Assistant General Secretary, National Council of Sports, (NCS, Ministry

of Education and Sports, Uganda) Mr. David Katende, commended the UOC for organizing this important workshop with TIAS. A group of 35 training participants were selected from UOC member federations/associations, clubs, schools and universities in Uganda. Topics covered were: a) Sport for Tomorrow initiatives including TIAS, b) Coaching practices and principles, c) Research practices for sports, d) UT sports facilities and TIAS areas, e) Anti-doping, f) Sports psychology, and g) College and university physical education and Baseball club system management. Following the last session, an 'evaluation' of the workshop was performed by participants to reveal around 95% enjoyed the contents and that it was fruitful for their learning. Further, the need for continued and tailored workshops was greatly emphasized by the participants. Training workshop primary objectives were to enable participants to first, get to know international coaching practices, and second, build and foster networks and collaborations between UT-TIAS and UOC and USF, as well as other stakeholders. Participants were able to learn, discuss and gain in-depth understanding of above mentioned topics seen by how actively participants performed individual and group works and raised important questions in highly interactive sessions. Some issues were raised as follows: - to provide more information on anti-doping (Dr. Koichi Watanabe joined at Tanzania; Prof. Rakwal briefly touched upon anti-doping practice and education), - content of physical education, and reporting of research results or lack of it therein. Workshop concluded with a certificate of participation to all participants, and Dr. Rukare on closing, commended participants for their active involvement in the training and hoped that participants were committed to playing their part in promoting coach development and sport in Uganda. Prof. Rakwal thanked UOC and participants mentioning that this first workshop in Uganda by TIAS-UT was a step forward in understanding and identifying needs of the sporting world.

As additional networking, we met the Chair of UOC Medical Commission Dr. Nana Nakiddu and head of NADO, Dr. Aya Nakitanda, where anti-doping and sports Science was discussed. We also visited Embassy of Japan in Kampala and acknowledge their meeting us at very short notice. Thanks also to Mr. Katsuhisa Tanaka, Baseball Coach of Uganda National Team, and various other people who supported us in Uganda. To end, we quote NCS General Secretary, Dr. Ogwel Benard Patrick



Photo 1. Workshop at the UOC in Kampala, Uganda



Photo 2. Group Photo at UOC, Kampala



Photo 3. NCS of Uganda

(PhD) “as government we are very happy to have the TIAS TEAM – need more capacity building- various challenges – need professional administrators with an aim towards developing a long-term relationship/ exchange programs/and good to create opportunities for athletes with us at the NCS.”

3. Tanzania - Arusha : 2019.13-17, August

Connecting to Arusha, Tanzania, near the majestic Mt. Kilimanjaro, we arrived from Kampala/Entebbe for second part of the program. Mr. Leonard Thadeo (TIAS 2nd batch) and currently - Director of Sports Development, President's Office, Regional Administration and Local Government (Dept. of Education Administration, Sokoine Building - CDA Road, P. O Box 1923, Dodoma, Tanzania) invited us on behalf of the Secretary General of the National Sports Council (NSC) of Tanzania, Ms. Neema Y. Msitha. Workshop for secondary school coaches (August 13th to 15th), who were part of the Tanzanian delegation to the 18th Federation of East Africa Secondary School Sports Association (FEASSA) Games was conducted. Day started with meetings at HQ for 18th FEASSA games at secondary school in Arusha with school and education board officials, followed by a courtesy call to Regional Administrator. The 3-days training workshop

was held at Trust St. PATRICK'S School (Arusha), with around 25 secondary school coaches and teachers and administrators on the following topics - a) Sport for Tomorrow initiatives including TIAS, b) Coaching practices and principles, c) Research practices for sports, d) UT sports facilities and TIAS areas, e) Sports psychology, f) College and university physical education and Baseball club system management, and, g) anti-doping education and practices (Dr. Watanabe joined us here). Sessions were held in the time between post-morning and pre-evening training of Tanzanian team in a classroom setting with lectures and highly interactive session both inside and outside. JICA volunteers, including an ex-TAIKU student, Ms. Ayane Sato joined and supported this workshop. Two practical activities were of special interest to the participants - ‘flag-football’ and ‘new MO’ anti-doping game. On the sidelines, post-workshop time, we met and interacted with regional school board officials and various Professors of Sports/ Education Universities with an aim to develop joint research on PE, coaching and sports science and medicine.

Finally, we attended 18th FEASSA Games – around 7,000 students were in attendance from East African countries, and we were honored guests at the opening (August 16th, 2019) to observe various activities and an



Photo 4. Workshop in Arusha, Tanzania



Photo 5. Flag Football Session in Arusha



Photo 6. Networking with Sport Leaders in Tanzania

opening soccer match. Continuing on last year (2018) meeting, we re-touched on various topics of interest with NSC President, Mr. Tenga on future cooperation with UT-TIAS, including proposed visit to JSC, Tokyo during upcoming TAFISA board meeting and congress in Tokyo. In all, an intense but highly productive workshop and meetings with stakeholders (coaches to teachers to administrators and students) in Tanzania SPORT.

4. Rwanda - Kigali : 2019.18-21, August

Continuing the 3rd leg of the East Africa journey, we arrived in Kigali, Rwanda and interacted with 3 TIAS Alumni (Rurangayire Guy Didier, Celestin Nzeyimana, and Shema Maboko Didier) and JICA volunteers, student and Japanese businessmen interested in sport. A 3-day workshop for invited participants (coaches, teachers and administrators) in conjunction with Rwanda National Olympic and Sport Committee (RNOSC, Amahoro

National Stadium Remera, P.O. Box 2684, Kigali, Rwanda) was conducted. The visit was facilitated by Ambs. Valens Munyabagisha (President, RNOSC) who was in Tsukuba in March, 2018, and helped strengthen the relationship further. The workshop entitled 'Link TIAS Alumni to Sports Development in Rwanda and Sharing Japan Sports Expertise: Training Workshop on Sports Development for Coaches and Sport Leaders in Rwanda' covered the following topics - a) Sport for Tomorrow initiatives including TIAS, b) Anti-doping education and practices, c) Coaching practices and principles, d) Research practices for sports, e) UT sports facilities and TIAS areas, f) Sports psychology, g) College and university physical education and Baseball club system management, and h) Water polo culture and system in UT and Swimming education and practices in Japanese Schools. 25 training participants were selected from RNOSC member federations/associations,



Photo 7. Opening of Workshop in Rwanda



Photo 8. Play True in Kigali, Rwanda



Photo 9. Flag Football in Rwanda



Photo 10. TIAS Faculty and Alumni and TAIKU Students

clubs, schools and universities in Rwanda. Opening ceremony keynote talk was graciously given by H.E. Takayuki Miyashita, Ambassador of Japan to Rwanda, followed by 'omotenashi' for visiting TIAS faculty and RNOSC members and TIAS alumni at H.E.'s residence in Kigali. Other than lectures, two practical sessions involving coaching lecture, namely 'flag-football' and anti-doping game 'new MO' generated great interest and fun among participants. Workshop also gave TIAS faculty a chance to personally interact and answer queries of individual participants for developing new workshops, projects and research collaborations. An important observation was the value and respect given to TIAS alumni by participants, and we at TIAS saw this confidence in our alumni during their conduct and translation of the knowledge during the workshop. Once again, we thank JICA volunteer (Mr. Hyuga Nishimura) and a UT student (Mr. Jindo Morishita) in Rwanda to support some of workshop activities.

5. Summary

The 2019 summer East Africa sport-project journey to East Africa by TIAS faculty was also the first time for Drs. Watanabe, Matsuo and Kajita to be in the African continent. By conducting and concluding this current visit, the TIAS faculty are convinced that the value provided by collaboration with TIAS graduates (alumni

and current students) and strengthening the network was beneficial. In particular, this type of sport project involving Olympic committees and Sports Associations and Universities and Secondary Schools in each country has potential and value not only for the participating local coaches, teachers and administrators, but also for expanding research fields at UT and recruiting students from East Africa. As far as we could understand, in East African countries, PE and sports are not clearly positioned in education, and university teachers and top coaches from various countries recognize need for long-term training between physical education teachers and sports science professionals in higher education. Providing a sports coach training program in East Africa is a valuable example of how TIAS graduates are creating value as a legacy of TIAS at the UT. This is also an example of utilizing a network of TIAS graduates spread across other countries in the future. Furthermore, we hope to create a next level of association through a more sustainable and structured project, e.g., 'a kind of center for East Africa' in cooperation with Uganda-Tanzania-Rwanda as a first step. In the countries we visited, there were proposals such as joint research with TIAS alumni, local universities, sports associations and NGOs for providing short-term courses and internship programs. Moreover, the possibility of opening a 'sports academy' in East Africa, based in Rwanda was also

discussed with some Japanese businesses involved in education-development and sport-related projects.

Some specific projects proposals come to mind in context of the participants request for creating better sport management systems in their clubs and universities. For example, creating a program for improving sports ability and sports education in baseball as a case example. In the coming months we will continue to discuss and propose specific cooperation methods and activity systems involving other faculty members at TAIKU-UT. From now on, we have recognized that joint activities in East African countries are one of the mission and responsibility of Japanese physical education teachers, coaches and scientists. While it is highly possible that East African countries will continue to develop in the future, this training progra/workshops revealed that they have many issues and challenges. Training of teachers specializing in health and physical education and the training of coach leaders in each sporting competition, which are systematized in Japan, is an urgent task for East African countries. It will be indispensable to develop sports facilities and physical education curriculum, and to supply local resources for teaching. Finally, we hope to become a bridge between physical education and sports in East Africa and Japan.

6. Challenges and Future Works

1) Alumni Works

The 3-country (EAST AFRICA) ALUMNI, are doing what can be called "Translating the Knowledge gained at TIAS" back to their respective organizations and sports areas. Both at Tanzania and Rwanda, the 4 graduated students have initiated numerous projects and also working towards the pre-games training camps for their respective countries for Tokyo 2020. Further collaborative projects were discussed especially related to education-research and development of PE, and importantly anti-doping education and sports science and medicine.

2) Challenges and Future Directions

A major challenge is human capacity, time, and funding for any project planned and conducted. However, with cooperation and support of TAIKU faculty and partners in 3 countries, we hope to move forward for a sustained legacy in the coming years.

MoUs with each country Olympic-Paralympic committees and sports councils is the next step forward. One is to develop and implement coaching-training

programs for both coaches and athletes in respective countries, and also in Tsukuba. Proposal for establishing the East Africa Sports Center is being actively discussed. Taken together, the 2019 East-Africa visit was a fruitful and meaningful trip at various levels in SPORT and HUMAN NETWORKING, contributing towards TIAS LEGACY moving ahead for SUSTAINABILITY.

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