

## AASP 2024 Asian-Pacific Regional Conference Summary Report

The AASP 2024 Asian-Pacific Regional Conference was held at Rikkyo University, Japan on August 3<sup>rd</sup> and 4<sup>th</sup>. The conference was hosted by the Project Members from several universities across Japan (<https://aasp2024tokyo.wixsite.com/asia-pacific>).

- **Conference Attendance: 25**
  - Students: 15
  - Non-Faculty Professionals: 4
  - Faculty Professionals: 5
  - Other: 1
  
- **Schools Represented: 4**
  - Osaka University of Health and Sport Sciences, Japan
  - Hiroshima University, Japan
  - Tsukuba University, Japan
  - Rikkyo University, Japan
  - Fort Lewis College, USA
  
- **Private Entities Represented: 2**
  - CORAZON, Co., Ltd., Japan
  - Inner Edge, Hong Kong, China
  
- **The Conference Program Included:**
  - **2 Keynotes**
    - Keynote 1 by Prof. Masato KAWABATA, PhD  
Title: *'Enjoy challenges to break through the boundary for thriving'*
  
    - Keynote 2 by Ms. Karen HO, MEd  
Title: *'Expanding Sport Psychology Eastward: Lessons Learned as a Private Practitioner in Asia'*
  
  - **2 Workshops**
    - Workshop 1 by A/Prof. Susumu IWASAKI, PhD  
Title: *'Go Beyond Boundaries with Cultural Competence'*
  
    - Workshop 2 by Mr. Ken KATO and Ms. Risa HASHIOKA  
Title: *'Introduction to Sport Mental Training'*
  
  - **6 Oral Presentations**
  
  - **2 Social Events** (Day 1: Review for the day; Day 2: Networking morning coffee)



- **Conference Expenses and Budget**

| Expenses                  |         | Income              |       |         |
|---------------------------|---------|---------------------|-------|---------|
| Items                     | JPY     | Items               | USD   | JPY     |
| AASP banners              | ¥4,705  | AASP Regional Grant | \$500 | ¥72,730 |
| Travel fees for a guest   | ¥20,000 | Registration Fees   |       | ¥7,500  |
| Accommodation for a guest | ¥3,650  |                     |       |         |
| Dinner for guests         | ¥24,530 |                     |       |         |
| Coffee                    | ¥21,001 |                     |       |         |
| Water                     | ¥4,106  |                     |       |         |
| Light snacks              | ¥1,935  |                     |       |         |
| Wet wipes                 | ¥303    |                     |       |         |
| Total Expenses            | ¥80,230 | Total Expenses      |       | ¥80,230 |

- **Attendee's Feedback** (from 17 respondents)

- **Satisfaction of the conference**

94% of the respondents ( $n = 16$ ) satisfied the conference 'a lot' or 'a great deal.' One person (6%) satisfied with the conference moderately.

- **Usefulness of the conference**

94% of the respondents ( $n = 16$ ) considered that the conference was useful 'a lot' or 'a great deal.' One person (6%) considered that the conference was useful moderately.

- **Re-organization of the regional conference in Japan**

94% of the respondents ( $n = 16$ ) considered that we should organize the conference again in Japan, whereas one person (6%) considered that we should not do.

- **How to improve if we re-organize the conference in Asia**

- "I think we need invite participants more than this conference and we have to require skills of English."
- "Start to prepare earlier, students need to make much more effort."
- "Thank you for providing this invaluable opportunity for us! This is the great first step. The early preparation of organizing the conference would help the conference to promote the conference and to collect more participants from overseas and other areas."
- "Since this is a good season (summer break), I think it is a better idea to collaborate with young students in middle school."
- "If we have a next chance, it would be better to invite more people. In order to do that, we should plan earlier than this time and make a strategy how to advertise."
- "I hope more information about this conference will spread."
- "We should prepare earlier, and more financial support will lead to the larger number of attendant from the faraway region."
- "I think we have to notice everyone this conference earlier and if we can, we hold this conference online. This makes more people to join this. However I enjoyed this conference and I appreciate Masato san and every member!"



- “Sometimes, I think you should help poor English speaker.”
  - “I appreciate your time and effort in organizing the conference!!”
  - “I needed more break time between presentations because understanding English was difficult for me and I was too tired. But I could enjoy the conference and it was great opportunity to meet new friends thank you for your support.”
  - “Need more time to prepare and. budget to operate a conference.”
  - “It was great. I appreciate much efforts by the staff. This was a success.”
  - “I want more time to know other participants including professors.”
  - “More marketing, so that more people in and out of Japan can come (not only Sport science But also Psychology, physiotherapy, sport medicine etc departments.)”
  - “Preparation Period.”
- **Organizing Committee**
    - Dr. Masato Kawabata, Rikkyo University, Japan
    - Dr. Kaori Araki, Juntendo University/CORAZON, Co., Ltd., Japan
    - Dr. Susumu Iwasaki, Fort Lewis College, USA
  
  - **Project Members**
    - Mr. Ken Kato, Osaka University of Health and Sport Sciences, Japan
    - Ms. Risa Hashioka, Osaka University of Health and Sport Sciences, Japan
    - Mr. Shinya Nagahara, The University of Tokyo, Japan
    - Mr. Shoi Nishioka, Osaka University of Health and Sport Sciences, Japan
    - Mr. Takeru Onishi, Osaka University of Health and Sport Sciences, Japan
    - Mr. Taku Oshima, Hiroshima University, Japan
    - Mr. Tsutomu Okada, Rikkyo University, Japan
    - Ms. Yui Kudo, Certified Public Psychologist, Japan
    - Ms. Yuki Anzai, Rikkyo University, Japan
    - Ms. Sara Nishino, Rikkyo University, Japan



# **Association for Applied Sport Psychology**

## **2024 Asia-Pacific Regional Conference**

**Tokyo, Japan**

***“Be Brave to Break Through a  
Boundary!”***

Hosted by

Rikkyo University at Niiza Campus

Supported by

Association for Applied Sport Psychology(AASP)

Presented by

AASP 2024 Asia-Pacific Regional  
Conference(APRC) Committee

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# Conference Program

## August 3-4, 2024

The AASP Asia-Pacific Regional Conference, hosted by Rikkyo University, is a student-oriented academic conference. This is the first time the AASP regional conference will be held in the Asia-Pacific area. This conference theme is "Be brave to break through a boundary!" The objective of this conference is to provide students with opportunities for oral presentations in English and broad interaction with a diverse range of professionals and students without boundaries. The majority of this conference presentations will focus on two keynotes and student research and applied work.

### Location

Tachikawa Memorial International Hall, Rikkyo University at Niiza Campus  
1-2-26, Kitano, Niiza, Saitama 352-8558, Japan

<https://spirit.rikkyo.ac.jp/tachikawa/SitePages/index.aspx?wovn=en>

Venue and Access information:

<https://spirit.rikkyo.ac.jp/tachikawa/Shared%20Documents/pdf/HallGuideTachikawa.pdf>

### Contact Information

For questions about this conference, including accessibility concerns, please contact: [aasp2024aprc@gmail.com](mailto:aasp2024aprc@gmail.com)

### Note

- All sessions will take place in the Reception Hall at Tachkawa Memorial International Hall.
- Each oral presentation will be **19 minutes** in total. **14 minutes** for a presentation and **5 minutes** for a Question and Answer session.

# **Time Table**

## 2024 Asia-Pacific Regional Conference

### **Day1: Saturday, August 3, 2024**

**12:30 - 1:00 PM**                      **Opening reception**

**1:00 - 1:45 PM**                      **Keynote 1**

**Dr. Masato Kawabata**, Professor of Sport and Exercise Psychology at Rikkyo University

Website: <https://univdb.rikkyo.ac.jp/view?l=en&u=100002960>

***“Enjoy challenges to break through the boundary for thriving”***

Dr. Masato will talk about the importance of the mindset to enjoy challenges to break through the boundary for thriving. In doing so, he will share with the audience his journey to pursue PhD at the University of Queensland, Australia (2nd in sport-related courses) and get a tenured position at Nanyang Technological University, Singapore (1st in young university ranking).

**2:00 - 3:30 PM**                      **Workshop**

**Dr. Susumu Iwasaki**, Associate Professor of Health & Human Performance, Fort Lewis College, USA

Website: <https://www.fortlewis.edu/academics/schools-departments/faculty-directory/iwasaki>

***“Go Beyond Boundaries with Cultural Competence”***

During the workshop, participants and the instructor will discuss “barriers” and “strategies” to be culturally competent and to be task-involved with various individuals through activities.

**3:30 - 4:00 PM**                      **Coffee break**

**4:00 - 5:30 PM**

## **Keynote 2**

**Karen Lo, M.Ed., CMPC**, author, practitioner, university lecturer, and Hong Kong's renowned expert in Applied Sport and Performance Psychology  
Website: <https://www.inneredge.com.hk/>

***“Expanding Sport Psychology Eastward: Lessons Learned as a Private Practitioner in Asia”***

**5:45 - 7:00 PM**

## **Review for the day**

We reflect on Day 1 events at the conference venue and then go out together for dinner and drinks. Feel free to join us!

## **Day 1 Closed**



# 2024 Asia-Pacific Regional Conference

## Day2: Sunday, August 4, 2024

**8:00 - 9:00 AM**                      **Morning Coffee**

**9:00 - 9:45 AM**                      **Introduction of Sport Mental Training**

**Ken Kato & Risa Hashioka**, graduate students at Osaka University of Health and Sport Sciences

*“Introduction to Sport Mental Training - focusing on the activities of Osaka University of Health and Sport Sciences and assertion training”*

They will introduce the practical activities of the Osaka University of Health and Sport Sciences student SMT team. Additionally, they will introduce assertion training, which is their research theme and practical activity.

**10:00 - 12:00 PM**                      **Oral presentations**

**1. Yui Kudo**

*“Exploring barriers faced by girls in male-dominated sports in Japan”*

**2. Yuki Anzai**, Rikkyo University

*“The relation between the involvement of fathers and emotions towards sports of boys: qualitative research from an attachment perspective”*

**3. Takahiro Shimizu & Keigo Hatto**, Graduate School of University of Tsukuba

*“Psychological support for athletes using network analysis for university student tennis players”*

**4. Shoi Nishioka**, Osaka University of Health and Sport Sciences

*“How young athletes develop their leadership”*

**5. Taku Oshima**, Hiroshima University

*“Examination of the effects of psychological pressure on gaze behavior and kicking motion in soccer penalty kicks”*

**6. Kaede Tai & Masao Nakayama**, University of Tsukuba, Institute of Health and Sports Sciences or University of Tsukuba  
*“Psychological barriers faced by women coaches in soccer”*

**Conference Closed**

# Presentation Abstracts

## #1. Presentation on a completed research study

### 1. Exploring barriers faced by girls in male-dominated sports in Japan

*Yui Kudo, M.Ed., Certified Public Psychologist(Japan)*

**[Background]** Increasing female participation in sports is essential for achieving gender equality. However, female involvement in sports, particularly in male-dominated sports, remains lower than that of their male counterparts. Notably, dropout rates among teenage girls in sports are higher than those of boys. The prevalence of male-dominated sports cultures contributes to this trend. Yet, there is insufficient research on the challenges and obstacles of girls in male-dominated sports in Japan despite a persisting significant gender gap in these sports. This study investigated the negative experiences and barriers faced by girls participating in male-dominated sports in Japan. **[Method]** Semi-structured interviews were conducted with 8 female undergraduate students (18 - 22 years of age) who have engaged in male-dominated sports (soccer or baseball) during their school years. **[Results]** The thematic analysis revealed 3 main themes and 10 subthemes: (1) dropping out of male-dominated sports due to lack of opportunity (being denied participation, fewer opportunities to continue, no choice but to give up the sport for their career goals, unequal sporting environments and cultures); (2) being exposed to negative attitudes from others (facing negative attitudes towards girls' participation, experiencing discouragement of playing male-dominated sports); (3) feeling discomfort in a male-dominated environment (feeling not belonging in a male-dominated environment, facing inappropriate behaviors from boys, experiencing underestimation of girls in sports, changing clothes in a different place). **[Conclusion]** Girls participating in traditionally male-dominated sports have encountered negative attitudes and comments based on gender stereotypes and misogyny in sports. They have also been more likely to be forced to give up their sports pursuits due to unequal opportunities. This study underscores the critical need to create more inclusive environments for girls and women and to address the reduction of gender stereotypes and misogyny in the realm of sports.

## #2. Presentation on a practical work or research plan

### 1. The relation between the involvement of fathers and emotions towards sports of boys: qualitative research from an attachment perspective – Research Plan

*Yuki Anzai, Rikkyo University*

My research question is how do boys who are influenced to start by fathers with same athletic experiences have emotions towards the sports? I will consider by the perspective of an attachment.

### 2. Psychological support for athletes using network analysis for university student tennis players – Practical Work

*Takahiro Shimizu & Keigo Hatto, Graduate school of University of Tsukuba*

In recent years, the statistical method of network analysis has been attracting attention in the field of psychological support in clinical psychology. I have been providing psychological support to athletes using network analysis and would like to introduce my practice.

### **3. How young athletes develop their leadership – Research Plan**

*Shoi Nishioka, Osaka University of Health and Sport Sciences*

Leader is necessary for youth sport team and children's career development. Through my research, I would like to explore the process and the experiences of youth athlete leader development.

### **4. Examination of the effects of psychological pressure on gaze behavior and kicking motion in soccer penalty kicks – Research Plan**

*Taku Oshima, Hiroshima University*

I will talk about my experiment in progress, focusing on the method. I would like to discuss the limitations and improvements.

### **5. Psychological barriers faced by women coaches in soccer – Research Plan**

*Kaede Tai & Masao Nakayama, University of Tsukuba, Institute of Health and Sports Sciences of University of Tsukuba*

In Japan, the first professional women's soccer league (WE League) was started in 2021. The WE League is the first top league in Japan to require the promotion of women in its entry criteria and has its original items such as "at least one woman coach must be included in the coaching staff" on the field. However, it is not easy to promote women coaches, who are in minority compared to men coaches, and one of the barriers clubs have faced in promoting women coaches is lack of self-efficacy among women coaches. Therefore, this study aims to clarify the psychological barriers faced by women coaches in WE clubs, focusing on coaches' self-efficacy and the Imposter Phenomenon (IP). It is expected that this research will help to increase the number of women coaches and help them to continue coaching.

# **AASP 2024 APRC Committee**

## **Organizing Members**

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- Dr. Kaori Araki, Juntendo University/CORAZON, Co., Ltd., Japan
- Dr. Susumu Iwasaki, Fort Lewis College, USA

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- Risa Hashioka, Graduate School of Sport and Exercise Sciences Osaka University of Health and Sport Sciences, Japan
- Sara Nishino, College of Sports and Wellness at Rikkyo University, Japan
- Shinya Nagahara, The University of Tokyo, Japan
- Shoi Nishioka, Graduate School of Sport and Exercise Sciences Osaka University of Health and Sport Sciences, Japan
- Takeru Onishi, Graduate School of Sport and Exercise Sciences Osaka University of Health and Sport Sciences, Japan
- Taku Oshima, Graduate School of Hiroshima University, Japan
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