

Outline of JSPO-AT Curriculum

1. JSPO-AT's Roles (Competencies and Duties) and Philosophy

JSPO-AT is given status as a coaching qualification who utilizes their knowledge and ability to practice the following roles to help individuals engaged in sports recover and improve their performance while ensuring their safety and security.

- 1) Sport-related Injury Prevention
- 2) Conditioning and Reconditioning
- 3) Player Safety and Health Management
- 4) Emergency Response and Referral for Healthcare Professionals

The targeted population includes not only athletes such as those representing Japan or professional players, but also encompasses all individuals engaged in sports activities at local sports clubs, school and college varsity teams, private sports facilities, and community sports centers.

(1) Admission Policy

JSPO accepts candidates who understand the roles of JSPO-AT outlined above, and who are willing to collaborate with sports-related organizations and/or groups to ensure the safety and security of individuals engaging in sports, and to support the recovery and performance enhancement.

(2) Curriculum Policy

In order to achieve the Diploma Policy, the JSPO encourages systematic learning through two curricula: Common Subjects and Specialized Subjects.

Common Subjects	To understand the significance and value of sports and to acquire a wide range of knowledge in sports medicine and science.
Specialized Subjects	To acquire specialized knowledge and skills related to sport-related injury prevention, emergency response, conditioning and reconditioning, and safety and health management during sports activities.

In addition, the JSPO encourages to develop the knowledge and skills acquired in the Common Subjects and Specialized Subjects into practical application through more than 180 hours of practical training in sports settings.

(3) Diploma Policy

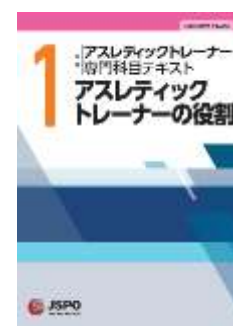
JSPO-AT certification is granted to those who have completed the JSPO-AT educational curriculum and have acquired the following qualities and skills in addition to those common to

JSPO-AT certified sports leaders (thinking and judgment, attitude and behavior, knowledge, and skills).

Knowledge and skills	Those who have knowledge of sports medicine and science and possess the skills to ensure the safety and security of sportspeople in the field of sports, and to assist them in recovering and improving their performance.
Thinking and attitude	<ul style="list-style-type: none"> - Those who can keep learning to carry out their role. - Those who can contribute to the construction of a sports environment based on scientific evidence. - Those who can organically collaborate with diverse human resources.

2. Specialized Curriculums Overview

The Specialized subject curriculum consists of content related to specialized knowledge and practice in line with competencies, and content related to basic knowledge of sports medicine and science that forms the foundation for such knowledge.



	Subject	Hours
1	The role of JSPO-AT	30
2	Sport-related Injury Prevention, Player Safety and Health Management	90
3	Conditioning	90
4	Reconditioning	90
5	Emergency Response	60
6	Examination, Measurement and Assessment	30
7	Human Anatomy and Functional Anatomy	60
8	Introduction to Sports Science	90
9	Introduction to Sports Medicine	60
10	Practical Experience	180

3. Revision Specialized Curriculum and Athletic trainer system

The JSPO established the Athletic trainer system in 1994 as one of the JSPO certified sports coaching qualifications, as a person in charge of health care of sports players, sport-related Injury prevention, emergency care of sports injuries, athletic rehabilitation and strength & conditioning, in close cooperation with sports doctors and coaches, within the scope that does not conflict with medical-related laws in Japan. Then we officially began nurturing for JSPO-AT in 1996 and revised the education curriculum in 2006. However, more than 10 years have passed, and in response to the following changes in society and sports settings we are revising the

education curriculum and JSPO-AT system in 2022, such as refined the JSPO-AT's mission and educational philosophy (Admission Policy, Curriculum Policy, Diploma Policy), based on the premise of collaboration among Healthcare Professionals.

- Changes in the background around the JSPO-AT certification system
- Expanding needs in the sports field and changes in the required roles
- Insurance to support erroneous recognition and guidance in sports
- Advancement of conditioning techniques, advancement of education for domestic professionals, and diversification of related qualifications

(1) Textbooks

The textbooks revision is consisting of the standard and universal contents necessary for JSPO-AT, on the premise that correct, fair, and reliable and contribute to the functional improvement of society as a whole and to the expansion of the scale of society. In addition, it explains the practical contents focused on the skills that JSPO-AT can perform on the law in Japan.

Therefore, actions to be performed by medically qualified personnel (e.g., massage, specific diagnostic testing methods) are organized and described as knowledge and information required for performing duties as a JSPO-AT. When describing such information, the scope of what JSPO-ATs can perform is made clear, and procedures whose outcomes vary depending on clinical experience, or concepts and treatment methods that have attracted attention in recent years but have not been agreed upon by the relevant major academic societies, etc. are avoided.

(2) Examination System

The previous examination had consisted of a written exam and a practical exam. However, in accordance with the reorganization of the roles and competencies of the JSPO-AT, the examinations have been integrated into a single exam that corresponds to the written exam. The practical skills examination is now positioned as a practical skills verification test in part of the curriculum of specialized subjects at training seminars or schools (universities and vocational schools) approved for the training/examination waiver course. The format of the examination has been revised to consolidate the six specialized subjects directly related to JSPO-AT competencies into three categories.

Specialty subjects directly related to JSPO-AT competencies	Categories of questions in the practical skills confirmation test
· Role of JSPO-AT	Category I: Emergency Response
· Sport-related Injury Prevention, Player Safety and Health Management	Category II: Conditioning and Reconditioning Category III: Safety, Health Management and

<ul style="list-style-type: none"> · Conditioning · Reconditioning · Emergency Care · Examination, Measurement and Assessment 	Prevention of sports injuries and disorders
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(3) The Revision of Certification Renewal System

The new certification renewal system will be applied sequentially starting in 2025, because it is necessary to continue to learn in accordance with the ever-changing society and the sports world, and it is important to continue to learn systematically based on self-analysis of everyone's necessary learning.

	Before	After
Requirement 1	The applicant must have a valid BLS certification in accordance with the BLS standards of the association.	No change
Requirement 2*	Attend one or two renewal training courses (2-4 hours) designated by JSPO.	Earn 10 credits. The credits consist of "credits earned through participation in renewal training" and "credits earned through actual activities" as described below.

*Details of Requirement (after the change)

- A. Basic Life Support training recognized by JSPO
- B. Integrity training
- C. Training in Japan recognized by JSPO
- D. Training outside Japan recognized by JSPO
- E. Various seminars
- F. Training on teaching methods
- G. Activities as JSPO-AT in the sports field
- H. Academic and research activities related to the field of athletic training
- I. Educational activities at workshops, etc.
- J. Educational activities for JSPO-AT conducted by schools approved for AT exemption adaptation course
- K. Educational activities of JSPO-AT conducted by JSPO