

CONTENTS

Original

- Research on Making of the Rulebook and Classification System in Wheelchair Softball
.....Masami ONISHI (1)
Yuta SAITO
Wataru HORIE
- Development of an Exercise Program to Promote the Health of a Local Community with a Dwindling Population
— “Health and Sports Mind Promotion Project” of S Town in Hokkaido—
..... Tomoyuki UEDA (15)

Reports

- Study on Physical and Psychological Effects of the Snow Games I
~ Examination through Pre-experiment for University Students ~
..... Kotaro AOKI (29)
Masahiro YOSHIDA
Masahiko TOKUDA
Tadashi TAKEDA
Makoto YOSHIDA
- Effects of 6-month Aerobic Training in Smokers with Multiple Cardiovascular Risk Factors
..... Koichi OKITA (37)
Shingo TAKADA
Kengo TAO
Aya KUMAGAI
Noriteru MORITA
- Report on the 13th European Association for Sociology of Sport Conference
..... Akari YOKOYAMA (41)
Minoru NAGATANI
- Study on Physical Fitness Test and Training Program for Ski Athletes
: From the Measure in 2015 Fiscal Year
..... Tadashi TAKEDA (43)
Yuichiro KONDO
Keizo YAMAMOTO
Makoto YOSHIDA
Masahiro YOSHIDA
Toshimi YAMAMOTO
- Report on the 21th annual Congress of the European College of Sport Science (ECSS)
..... Tadashi TAKEDA (51)
Keizo YAMAMOTO
Minoru NAGATANI
Masahiro YOSHIDA
Shinichi OMIYA
- Report on Characteristic of Physical Strength and Training Support Program of Snowboard Athletes
: From the Measure in 2015 Fiscal Year
..... Tadashi TAKEDA (67)
Misako WATAYA
Yuichiro KONDO
Tsubasa YOSHIOKA
Toshimi YAMAMOTO
Masahiro YOSHIDA
Makoto YOSHIDA
- Teaching Program of Skiing for Elementary School Teachers
..... Tadashi TAKEDA (75)
Yuichiro KONDO
- Report on Training Program and Characteristic of Physical Strength of Junior Figure Skating Athletes
..... Tadashi TAKEDA (89)
Toshimi YAMAMOTO
Yuichiro KONDO

Akabira Study for Healthy Longevity among Community-living Older People	Rumi KOZAKAI (97) Tomoyuki UEDA Hiroko SASAKI Kojiro IDE Atsuko HANAI Yuta KURODA Shiro ODA Miyuki HOMMA Risa HONDA Hiromi OGAWA Masako ODAJIMA Toshikazu AIUCHI Koichi OKITA
Living Arrangement and Change in Participation in Hobby Activities among Community-living Older People in Hokkaido	Rumi KOZAKAI (103) Tomoyuki UEDA Kojiro IDE Shiro ODA Risa HONDA Toshikazu AIUCHI
Health Condition, Sleep and Food Intake Classified by Exercise Level in Elderly People	Hiroko SASAKI (109) Tomoyuki UEDA Rumi KOZAKAI Kojiro IDE Shiro ODA Atsuko HANAI Miyuki HOMMA Risa HONDA Masako ODAJIMA Toshikazu AIUCHI Koichi OKITA
Report on Physical Fitness Measurement in Older People	Tomoyuki UEDA (117) Rumi KOZAKAI Kojiro IDE Atsuko HANAI Yuta KURODA Shiro ODA Miyuki HOMMA Hiroko SASAKI Risa HONDA Hiromi OGAWA Masako ODAJIMA Toshikazu AIUCHI Koichi OKITA
Studies on Jumping Play Programs in Lower Grade Elementary Students	Shin-ichi OMIYA (123) Akiya NAGAO Shiori NAKANISHI Tadashi TAKEDA Keizo YAMAMOTO
Development of a Light Exercise Promotion Program to Secure People's Continuity	Tomoyuki UEDA (127) Shiro ODA Rumi KOZAKAI Hiromi OGAWA Masako ODAJIMA Toshikazu AIUCHI

Transitions of Maximum Strength for Men's Basketball Players in H University	Naoki CHIBA (131)
Approach to Establish the Screening Test for Flexibility of Lower Extremity	Masahiro YOSHIDA (133) Makoto YOSHIDA
Survey of New Scoring Rule for Aerobic Gymnastics —FIG Code of Points 2017-2020—	Haruhi KIKUCHI (137)
Study on Exercise Contents Incorporated in "Rhythm Exercises"	Shuhei HIROTA (143) Haruhi KIKUCHI
Study on Free Hip Circle Backward of Horizontal Bar	Shuhei HIROTA (151)
Plan for the Support of Para-sports Athletes in Hokusho University	Rumi KOZAKAI (155) Keizo YAMAMOTO Tadashi TAKEDA Makoto YOSHIDA Masahiro YOSHIDA Satoshi TAKIZAWA
Relationships between Intra-individual Jumping Distance and Kinematics during the Takeoff Preparation and Takeoff Phase in Japanese Varsity Top Long Jumper ~ Athletic Meeting under the Inter-University Athletic Union of Hokkaido at 2nd and 3rd Grade in University ~	Shin-ichi OMIYA (159) Toshifumi SHIGENARI Ryota IMARUOKA Masami MATSUHASHI Hiroyuki NAKAMURA Saori KITAKAZE
A Study about Local Contribution Activities through Volleyball by Student Leaders —From Guidance Activities for Beginner Elementary School in Sapporo-City A-Ward—	Minoru NAGATANI (165) Norio KUDO
Application of Stroke Check Lists in Swimming	Atsuko HANAI (171) Tomoyuki UEDA
Cooperation with Hokkaido Badminton Association for Reinforcement of Junior Badminton Players in Northern Region Area (Report)	Masaaki KITAMURA (177) Kenichi YAMASHITA
A New Promotion of Soft Tennis in Community-based Sports Club (I)	Takako HATAKEYAMA (181)
Research Activities	(185)