**PERSONAL**

【Name】 Satoru Tanigawa

【Birth Place】 Tokyo, Japan

【Phone】 +81(298)53-2644

【E-mail】 tanigawa@taiiku.tsukuba.ac.jp / tanisato705@gmail.com

【Citizenship】 Japan

【Date of Birth】 July 5th, 1972

【Languages】 Japanese / English

**EDUCATION**

University of Tsukuba, Ibaraki, Japan

Ph.D. Sports Science, March, 2010

University of Tsukuba, Ibaraki, Japan

M.Ed. Kinesiology, March,1999

Chuo University, Tokyo, Japan

B.S. Economics, March, 1996

**PROFFESIONAL EXPEROENCE**

2005-Present University of Tsukuba, Doctoral Program in Physical Education, Health and Sport Sciences, Ibaraki, Japan, Associate Professor

Courses taught: Teach undergraduate and graduate courses．Training Planning, Biomechanical Basis of Human Movement, Evaluation Procedures, Exercise Testing and Prescription, Fitness Training, Track & Field．

【University of Tsukuba, Faculty of Health and Sport Sciences】

<http://www.taiiku.tsukuba.ac.jp/english.html>

<http://coaching.taiiku.tsukuba.ac.jp/?page_id=9>

2000-2003 Chuo University, Tokyo, Japan

Courses taught: Training Planning, Biomechanical Basis of Human Movement, Fitness Training．

1999-2005 Mizuno Corporation, Tokyo, Japan.

Sports Sales Promotion and Semi-Professional Athlete

<http://www.mizuno.com/>

**RESEARCH THEME**

Theory and methodology of sports training

Training Planning, Biomechanical Basis of Human Movement, Evaluation Procedures, Exercise Testing and Prescription.

**MANUSCRIPTS IN PUBLICATION**

**Satoru Tanigawa, Taiki Suematsu, Hiroaki Fujii**. The effect of sprinting training and walking-jogging-sprinting training program on sprinting performance of university students. Research Quartely for Athletics, 84, 8-19, 2014.

Naito Hikari, Yasushi Kariyama, Kenji Miyashiro, **Satoru Tanigawa**. Type-specific step characteristics of sprinters during the acceleration phase in 100-m sprint. Japan Journal of Physical Education, Health and Sport Sciences, 58, 523-538, 2013.

**Satoru Tanigawa**. The method of gait training for sprint performance. Research Quarterly for Athletics, 89, 2-14, 2012．

**Satoru Tanigawa**. The effect of sprint technical training program on sprint and jump ability of soccer players in competition season. The Japan Journal of Coaching Studies, 24, 129-138, 2011．

**Satoru Tanigawa**. The useful method of scientific data on sprint performance. Japan Journal of Physival Fittness and Sports Medicine. 60, 53, 2011

Keita Yada, Michiyoshi Ae, **Satoru Tanigawa**, Akira Ito, Koji Fukuda, Kota Kijima．Compersion of sprint running mortion between male elite and student sprinters with standard motion model．Research Quartely for Athletics, 87, 10-16, 2011

Keita Yada, Michiyoshi Ae, **Satoru Tanigawa**. Differences in kinetics of the recovery keg between male elite and student sprinters. Research Quarterly for Athletics, 88, 9-16, 2009.

**Satoru Tanigawa.** Kazushi Shimada, Koichi Iwai, Mitsugi Ogata. The Characteristics of running and walking movements between sprint skilled-athletes and non-athletes. Japan Journal of Physical Education, Health and Sport Sciences, 53, 75-85, 2008.

**Satoru Tanigawa**. The world-top 110mH athletes characteristics of race pace and movement in 11th World Championships. Japan Society of Biomechanics, 12, 101-108, 2008．

**Satoru Tanigawa**. The characteristics of men's 110m and women's 100m hurdle races in world class. Japan Journal of Studies in Athletics, 6, 46-54, 2007.

**Satoru Tanigawa**. Study on training methods for sprint and sprint hurdle performance. Japan Journal of Studies in Athletics, 4, 19-24. 2006.

**Satoru Tanigawa**, Taiki Suematsu．A study of the relationship between fitness test and the experiences and opportunities of sports exercises in non-athletic university students.

Journal of Sport and Physical Education Center University of Tsukuba, 28, 43-53, 2006.

**PRESENTATIONS**

Naoaki Tamiya, **Satoru Tanigawa**. The change of direction sprint ability in soccer players. –COD 3-5meters sprint tests -. The Japan Society of Coaching Studies 7th, Japan, May, 2014.

Ryo Watanabe, **Satoru Tanigawa**. The study of the race pattern progressions in 400mH performances. –comparing with high school, university, national and world top level-. The Japan Society of Coaching Studies 7th, Japan, May, 2014.

Fuyumi Sano, **Satoru Tanigawa**. The performance developing process in elite Japanese 100m Sprinters. –All time Top Fifty sprinters-. The Japan Society of Coaching Studies 7th, Japan, May, 2014.

Seita Kuki, **Satoru Tanigawa.** The immediate efficacy of uphill sprint to flat sprint performance. The Japan Society of Coaching Studies 7th, Japan, May, 2014.

Hikari Naito, Yasushi Kariyama, Kenji Miyashiro, Kohei Yamamoto, **Satoru Tanigawa**. Type-specific step characteristics of sprinters during the acceleration phase in 100-m race. 31st International Conference on Biomechanics in Sports, Taiwan, July, 2013．

Kazuhito Shibayama, Norihisa Fujii, Shunsuke Takenaka, **Satoru Tanigawa**, Michiyoshi Ae．A case study on ground reaction forces in sprint hurdles．31st International Conference on Biomechanics in Sports, Taiwan, July, 2013．

**Satoru Tanigawa**. The use of scientific data to improve sprint and sprint-hurdle

performance. 2011 International Sport Science Congress, Daegu, Korea, August, 2011.

Ryu Nagahara, Michiyoshi Ae, **Satoru Tanigawa**, Hiroyuki Koyama. The changes in sprint running motion in the acceleration phase of 100m race．International Society of Biomechanics , 2009．

**BOOKS**

Satoru Tanigawa．『Hurdle』．Baseball Magzine, Tokyo, Japan.

<http://www.worldcat.org/title/hadoru/oclc/820754700>

<http://www.yesasia.com/global/ハードル/1030773868-0-0-0-ja/info.html>

Satoru Tanigawa 『Kids Athletics』．Meitsu Magazine, Tokyo, Japan．

**COACHING**

【Track & Field】

Japan Association of Athletics Federations Hurdle Head Coach

Japan Association of Skating Training Coach

University of Tsukuba Track & Field Assistant Coach

Track & Field

100m10.30(2009), 200m 20.41 (2008), 400m 45.75 (2012), 110mH 13.54 (2012), 100mH(13.22), 400mH 47.97(2004)

Soccer

Professional Football player FW (Japan Top Team)

Professional Football player FW/U-19 (Japan Top Team)

Tennis

Professional Tennis player ITF 160th (female)

Baseball

Professional baseball player (PITCHER)

**As Athlete**

**【**Results**】**

Track & Field 110mH

13.39 : Japanese National Record

Olympic Games

2000 Sydney / 2004 Athena

Asian Games

2002 2nd

World Championships 1999 / 2001 / 2005

【Training Places as a athlete】

1997 University of Notre Dame, United States

1998 Berlin German Sport Academy, Germany

2002-2004 AIS at Melbourne, Australia