

# Japan Institute of Sports Sciences (JISS) Supporting the Performance of Japanese Athletes at the Athens Olympic Games

As a backdrop to the wonderful performance of the Japanese athletes at the Athens Olympic Games, the Japan Institute of Sports Sciences supported them in a variety of forms in areas of sports medicine and science and information provision.

JISS is located in Tokyo and supports top-level competitors through the use of state-of-the-art technologies.

The following shows some examples of the support activities that JISS conducts for various sports events.

Photos on p. 6 and p. 7: JISS (excluding ① through ⑨)



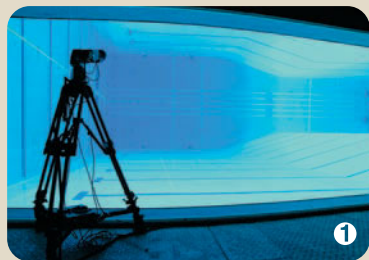
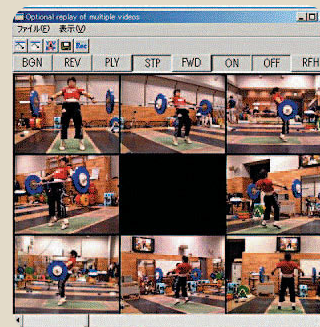
## Competition pool

- Analyzing forms and races
- Measuring blood lactate level



## Weightlifting gym

- Analyzing weightlifting forms by applying a system that takes images from multiple viewpoints



①



②

## Synchronized swimming pool

- ① Underwater viewing window to analyze forms
- ② Analyzing the swimmers' movements and lifting forms above the water's surface as well as underwater

Wrestling gym

Second floor



Fencing gym

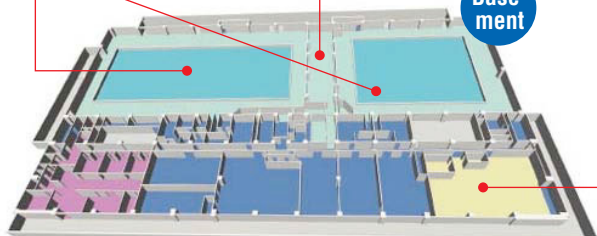
Training gym

First floor



Shooting/archery range

Base-ment



## Rowing/canoe test site

- The test site has a water tank, in which water is circulated to analyze rowing technique, including oar angle and oar force. Also at the test site, image data are collected and provided.



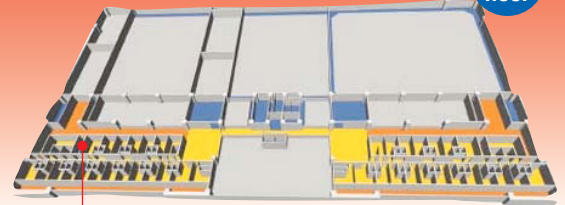
### Sports medicine and science research facilities

- Measuring maximum oxygen uptake in the low-pressure laboratory



### Gymnasium

- Gymnastic appliances that are same as those used in the Athens Olympic Games are installed.
- Performance can be recorded from many angles using cameras fitted into the walls and ceilings.



Fifth floor



### Normobaric hypoxia dormitory

- In the dormitory room, oxygen concentration can be set to be as low as that at an altitude of 1,800 to 3,000 meters.
- The altitude corresponding to the oxygen concentration level set for the room is displayed on a monitor.

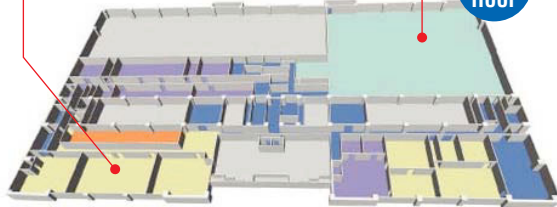
Fourth floor



### Research Gym

- Forms and strategic movement of athletes are analyzed through the use of video cameras.

Third floor



### Normobaric Hypoxia Dormitory

- The dormitory provides a low-oxygen living environment that corresponds to 1,500 – 3,500 meters above sea level.
- The photo shows a competitive swimming team training in the low-oxygen training room.

## Major athletes who trained by themselves at JISS and left great results at the Athens Olympic Games

- ① Men's artistic gymnastics team winning a gold medal for team competition  
The gymnastics team trained using the same gymnastics appliances as those used in the Athens Olympic Games at the gymnasium of JISS.
- ② Hisashi Mizutori, a member of the artistic gymnastics team, winning a gold medal
- ③ Isao Yoneda, men's horizontal bar bronze medalist
- ④ Reiko Nakamura, women's 200-m backstroke swimming bronze medalist  
Japan's swimming team trained at JISS, where their swimming forms were analyzed. As a result, the team won three gold medals, one silver medal, and four bronze medals.
- ⑤ Chikara Tanabe, men's wrestling bronze medalist  
Japan's men's and women's wrestling teams both trained at JISS and won two bronze medals, two gold, one silver, and one bronze.
- ⑥ The women's softball team held a training camp at JISS and had their throwing and batting forms analyzed. They won a bronze medal at the Olympic Games.
- ⑦ The synchronized swimming team held a training camp at JISS and won a silver medal.
- ⑧ The women's table tennis team, which included Ai Fukuhara as one of the members, held a training camp at JISS immediately before the start of the Olympic Games.
- ⑨ Hiromi Miyake has her training base at the weightlifting gym of JISS. She was ranked ninth at the Athens Olympic Games.



Photo: Kyodo News Service

