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.
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.

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.

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

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.