



# The Sport Basic Plan

**Activating Japan through Sport!**

Photo: Akihiro Sugimoto,  
AñoSport



**MEXT**

MINISTRY OF EDUCATION,  
CULTURE, SPORTS,  
SCIENCE AND TECHNOLOGY-JAPAN

# Establishment of the Sport Basic Plan

Japan's first Sport Basic Plan was established in March 2012, pursuant to the Basic Act on Sport. Within the new Plan, in the interest of realizing the basic ideas set forth in the Basic Act on Sport, mention is made of the key principles of sport promotion for the 10-year period from fiscal year 2012, as well as the comprehensive and systematic measures to be advanced over the next five years.

For the establishment of the Plan, the Central Education Council engaged in intensive deliberations for approximately six months, following consultation from the Minister of Education, Culture, Sports, Science and Technology. In addition to this, the Sport Promotion Committee was held to coordinate policies among related ministries.

## Basic Act on Sport

The Basic Act on Sport was enacted in June 2011, following the first comprehensive revision of the Sport Promotion Act in 50 years. This newly established act maps out the basic ideas pertaining to sport, taking into close consideration such contemporary issues surrounding sport as demands for improvement in transparency and fairness/equity in the sport world, greater development of sport for people with disabilities, and increasing internationalization. The Act likewise stipulates that the Sport Basic Plan shall be established by the Minister of Education, Culture, Sports, Science and Technology.



Photo courtesy of Japan Hockey Association



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## I The Role of Sport and a Vision of the Society to be Realized through Sport

Sport possesses the intrinsic value to respond to the basic human desire for physical movement and to generate feelings of satisfaction, pleasure and joy. Sport plays a key role in diverse facets of people's lives, for example by supporting the sound fostering of youth, revitalizing local communities, the retaining and promoting of mental and physical health, the generating social and economic vitality, and raising national status in the international community.

Based upon the importance of such of roles achieved by sport, the Sport Basic Plan emphasizes the importance of striving to create a "society where all people can enjoy a happy and fulfilled life through sport." A more specific picture of such a society is offered by the following five definitions in the Sport Basic Plan.

- (a) A society in which the youth grow up soundly and value cooperation with other people, fairness and discipline
- (b) A society that ensures a long life replete with health and vigor
- (c) A vigorous and united society in which residents are deeply bound by active cooperation among themselves
- (d) An economically developed and vigorous society where citizens are proud of their nation
- (e) A nation which contributes to peace and goodwill, and is trusted and respected by the international community

To realize such a society, meanwhile, the Plan also stresses the importance of actively promoting sport via coordination and cooperation among the national government, incorporated administrative agencies, local governments, schools, sport organizations, private business operators and various other entities involved in sport.



Photo courtesy of Kyodo News



## II Key Principles of Sport Promotion for the Coming Decade

The Sport Basic Plan defines the road to a “society where all people can enjoy a happy and fulfilled life through sport” in the following terms: “Creating sport environments enabling participation in sport by a wide range of people in accordance with their specific interests and aptitudes, regardless of age, gender or disabilities.” Toward that end, policy goals have been established for each of the following seven themes, striving to actively promote sport and make Japan a Sport Nation.

- (a) Increasing sport opportunities for children
- (b) Promotion of sport activities in line with the life stages
- (c) Improvement of community sport environments where residents can actively participate
- (d) Training human resources and developing the sport environments in order to enhance international competitiveness
- (e) Promotion of international exchanges and contributions through bids for and holding of international competitions such as the Olympic and Paralympic Games
- (f) Improvement in the transparency and fairness/equity in the sport world
- (g) Creation of a virtuous cycle in the sport world

### ■ The Plan Overviewed ■

Creating sport environments enabling participation in sport by a wide range of people in accordance with their specific interests and aptitudes, regardless of age, gender or disabilities.



#### < Promotion of the Plan >

- Facilitation of public understanding and participation
- Systematic and integrated promotion through coordination and cooperation amongst those involved in sport
- Securing financial resources to promote and utilizing them efficiently
- Assessment and revision of the Sport Basic Plan

## 1. Increasing sport opportunities for children at schools and in local communities

### Policy Goal

Towards the enrichment of sport opportunities for children, improving sport environments so that all children can enjoy sport at schools and in local communities.

As a result of such measures, the aim is to sustain and stabilize an upward trend in children's physical strength over the coming five years, so that they can surpass the level in the late 1980s within a decade.

### (1) Promotion of policies for improving children's physical strength from an early age

- Establish improvement cycles for initiatives to raise physical strength based upon the National Survey on Physical Strength and Athletic Performance
- Promote nationwide awareness through initiatives and research based upon the Early Childhood Exercise Guideline

### (2) Enrichment of physical education activities at school

- Enrich instructional environments by dispatching physical education teachers and specialists called Coordinators for Physical Education Activities in Elementary School and other efforts
- Enrich teaching skills and facilities for the new compulsory subject of martial arts, Budo
- Promote advanced approaches such as joint sport clubs among schools and sport clubs that conduct different sports every season, etc.
- Promote cooperation between schools and specialists from local medical institutions and provide training opportunities for safety improvement
- Promote progressive approaches concerning effective teaching methods for students with disabilities in elementary, junior high and high school



### (3) Improvement of sport environments surrounding children

- Promote provision of sport opportunities for children at Comprehensive Community Sport Clubs and the Junior Sports Clubs in response to the bipolarization trend seen in children's participation in sport
- Promote outdoor activities, sport and recreational activities as opportunities for enjoying exercise

## 2. Promotion of sport activities in line with the life stages – such as increased sport opportunities for the young and support for the physical fitness of the elderly

### Policy Goal

In order to promote sport activities at each life stage, promoting the improvement of environments to realize a life-long sport society where everyone can safely enjoy sport whenever, wherever and for however long they want, in accordance with their physical strength, age, skill, interest and purpose.

Through such measures, the aim is to achieve as early as possible a society in which two out of three adults (about 65%) engage in sport once or more a week and one out of three adults (about 30%) engage in sport three or more times weekly.

In addition, with due consideration to people for whom it is difficult to engage in sport due to factors such as the state of their health, the aim is to reduce the number of adults who do not engage in any sport (do not play any sport in a one-year period) to close to zero.

### (1) Promotion of sport activities in line with the life stages

- Implement investigative research and other efforts to grasp the actual situation surrounding sport activities in line with the life stages
- Establish guidelines providing benchmarks for amounts of desirable daily exercise by age, gender and other categories
- Promote research and development of manuals and sport equipment to host people with disabilities at community sport facilities
- Promote Sport Volunteering through the introduction of actual cases and other efforts
- Improve sport opportunities by promoting sport tourism that offers opportunities to enjoy various sports while traveling

### (2) Ensuring safety in sport

- Promote epidemiological research in sport medicine and science to grasp actual situation pertaining to nationwide sport accidents, injuries, impediments, etc. and develop ways to prevent such occurrences
- Promote training opportunities and other initiatives for instructors and other specialists to acquire the latest knowledge on accidents, injuries, impediments, etc. for sport instructors
- Disseminate information and promote awareness for the installation and use of AED



### 3. Improvement of community sport environments where residents can actively participate

#### Policy Goal

In order to improve of community sport environments where residents can actively participate, develop Comprehensive Community Sport Clubs, sport instructors and facilities.

#### (1) Development and promotion of community sport clubs as community centers

- Promote the development of Comprehensive Community Sport Clubs adapted corresponding to local circumstances and needs
- Expand assistance to community sport clubs that take up only a specific sport but aspire to become Comprehensive Community Sport Clubs
- Develop Club Advisers (tentative name) that provide integrated advice on the establishment, independence and management of Comprehensive Community Sport Clubs

#### (2) Enrichment of community sport instructors

- Support human resource development for sport instructors and management personnel by universities, the Japan Sports Association, National Recreation Association of Japan, the Japan Sports Association for the Disabled and other entities
- Clarify the demand for training courses and utilization of sport instructors, followed by instruction of effective methods of utilization
- Promote the hiring of passionate and qualified personnel as Community Sport Leaders by local governments and expand training opportunities for them

#### (3) Improvement of community sport facilities

- Disseminate progressive cases showing joint utilization of school gymnastics facilities with local communities
- Examine models of sport facilities that enable use by people with or without disabilities

#### (4) Cooperation in community sport with private companies and universities

- Promote sport medicine and science research, personnel exchanges, public access to facilities and community development by utilizing sport through coordination and cooperation among local governments, private companies and universities
- Promote initiatives to utilize the research outcomes, human resources of universities, etc. concerning models that enable people with and without disabilities to participate in sports at the same venues and measures to prevent sport-related impediments and injuries



Photo courtesy of Ikiiki Club Kaminokawa (Tochigi Prefecture)

### 4. Training human resources and developing sport environments to enhance international competitiveness

#### Policy Goal

With the aim of enhancing our international competitiveness, developing sport environments and building a structured system of human resource development for top sport, from the junior- to the top-level, that includes highly competitive sport for people with disabilities. These shall be based upon a profound understanding of the Fundamental Principle of Olympism – namely, that sport is placed at the service of the harmonious development of man.

As a result of the above, the aim is to surpass the existing records for medals won at Summer Olympics and Winter Olympics, as well as to better the records for athletes placing eighth or higher in past Olympic Games and World Championships. The goal is that this lead to raise Japan to fifth place in the gold medal rankings at the Summer Olympics and to 10th place in that category at the Winter Olympics.

For the Paralympic Games, the aim is to improve upon Japan's gold medal rankings at the most recent games – 17th place at the 2008 Summer Olympics in Beijing, and 8th place at the 2010 Winter Olympics in Vancouver.

#### (1) Enhancement of strategic support from junior to top levels

- Support the deployment of national coaches and other specialized staff at National Sports Federations and other bodies
- Conduct Multi-Support Project providing multidimensional and advanced support from sport medicine and science, sport intelligence and other fields
- Promote information-gathering on women's sport and investigative research to resolve issues unique to women
- Honor private companies contributing to the enhancement of top athletes with awards as measures to develop company-based sport
- Scout, train and enhance top athletes in highly competitive sport for people with disabilities



Photo courtesy of the Japan Institution of Sports Sciences

## (2) Training of sport instructors and referees and development of Career Cycles

- Support the Japanese Olympic Committee for the National Coach Academy and other initiatives to expand and carry out overseas study opportunities for referees, specialized staff and other relevant personnel
- Establish effective systems of human resources, dispatching efficient personnel to domestic institutions and overseas by National Sport Federations

## (3) Building core facilities of anti-doping activities for top athletes

- Strengthen the National Training Center and the Japan Institute of Sports Sciences based upon analysis of the results of the Olympic Games and other competitions
- Improve environments contributing to more effective reinforcement of athletes' competitiveness through close cooperation between Core Facilities and Event-Specific Affiliated Facilities of the National Training Center

## 5. Promotion of international exchanges and contributions through bids for and holding of international competitions such as the Olympic and Paralympic Games

### Policy Goal

In order to promote international exchanges and contributions, actively bidding for, and efficient holding of international competitions such as the Olympic and Paralympic Games, as well as gathering and transmitting information globally and building international human networks, based upon a profound understanding of the Fundamental Principle of Olympism – namely, that sport is placed at the service of the harmonious development of man.

### (1) Bids for and holding of international competitions such as the Olympic and Paralympic Games

- Toward the smooth execution of international competitions hosted in Japan, support for dissemination of information overseas, receiving of sport-related people from overseas and other efforts, and improve and enhance the National Kasumigaoka Stadium and other facilities

### (2) Promotion of international exchanges and contributions through sport

- Establish international networks through dispatching and exchange of personnel and other efforts in the sport world
- Reinforce international collaboration in anti-doping activities
- Promote the dispatching of instructors, granting of sport equipment and other human and material exchanges and contributions in the sport world
- Promote international exchange at the civic level through the dispatching and acceptance of personnel at amateur sport tournaments and other efforts



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Photo courtesy of Kyodo News

## 6. Improvement of the transparency and fairness/equity in the sport world via the promotion of anti-doping and sport arbitration

### Policy Goal

Towards the improvement of the transparency and fairness/equity in the sport world, preparing environments to promote anti-doping activities such as courses for sport organizations/athletes and education for junior athletes, while establishing operational transparency by enhancing the governance of sport organizations and establishing a solid foundation for the arbitration of sport disputes.

### (1) Promotion of anti-doping activities

- Support the Japan Anti-Doping Agency to enhance international-standard testing and research systems and conduct research and development of testing technology and equipment as well as research and study on future regulations while taking international trends into account
- Enrich outreach programs for sport organizations and athletes and education on anti-doping at school

### (2) Promotion of activities to enhance governance of sport organizations and improve their transparency

- Establish a governance guideline for sport organizations and follow up by disseminating and utilizing it
- Secure operational transparency and strengthen management functions at sport organizations

### (3) Promotion of activities for the prevention and prompt and smooth resolution of sport disputes

- Facilitate understanding on arbitration and mediation from sport organizations and athletes and promote human resource development for arbitrators and other specialists
- Develop environments for dispute resolutions through promoting the adoption of automatic acceptance clause by sport organizations and other efforts

## 7. Promotion of coordination and cooperation between top sport and sport in local areas with the aim of creating a virtuous cycle in the sport world

### Policy Goal

Towards the creation of a virtuous cycle in the sport world to develop top sport and to expand participation in sport, promoting coordination and cooperation between top sport and sport in local areas.

#### (1) Promotion of coordination and cooperation between top sport and sport in local areas

- Establish a virtuous cycle in which next-generation athletes are scouted and fostered from community sport and athletes return to their communities as community sport instructors
- Support the deploying of outstanding instructors to hub clubs, visiting and instructing at other clubs and schools nearby
- Enlighten top athletes on “dual careers”<sup>\*</sup> and promote scholarships and other support for their career formation
- Support dispatching programs for Coordinators for Physical Education Activities at Elementary School

#### (2) Cooperation in community sport with private companies and universities

- Promote sport medicine and science research, personnel exchanges, public access to facilities and community development by utilizing sport through coordination and cooperation among local governments, private companies and universities
- Promote initiatives to utilize the research outcomes, human resources of universities, etc. concerning models that enable people with and without disabilities to participate in sports at the same venues and measures to prevent sport-related impediments and injuries



Photo courtesy of Crenca Sports Academy (NPO)



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\* “Dual careers” refers to the approach of maintaining environments necessary to support the performance and training needed for top athletes while providing them with provident education and occupational training needed for post-retirement careers

## IV

## Considerations for the Comprehensive and Systematic Promotion of These Policies

#### (1) Facilitation of public understanding and participation

The national government, incorporated administrative agencies, local governments and sport organizations endeavor to deepen public interest and understanding in sport, promote public participation in and support for sport activities.

#### (2) Systematic and integrated promotion through coordination and cooperation amongst those involved in sport

Expectations run high for the autonomous coordination and cooperation of sport organizations and other entities. In addition, in accordance with the stipulations of the Basic Act on Sport, the national government shall liaise and coordinate on the Sport Promotion Committee with the relevant administrative bodies, review the modality of administrative organization including establishment of a Sport Agency and implement necessary measures. At local governments, there are hopes for stronger links between executive organs, boards of education and other organizations that have jurisdiction over sport.

#### (3) Securing financial resources to promote and utilizing them efficiently

The national government shall strive to expand the budget, as well as to introduce and utilize private sector resources. In addition, the Sport Promotion Lottery System shall be utilized effectively by expanding earnings through improvements in its sales performance and business operation.

#### (4) Assessment and revision of the Sport Basic Plan

Progress shall be constantly verified during the term of the Plan, and this shall be reflected in improvements when the next plan is formulated. Methods and indicators to check and evaluate the Plan’s progress and the impact of policy measures are to be developed.

# The Basic Act on Sport

- ◆ In June 2011, the Basic Act on Sport was enacted with the comprehensive revision on the Sport Promotion Act for the first time in 50 years. (In force in August 2011)
- ◆ In March 2012, Japan's first Sport Basic Plan was established pursuant to the Basic Act on Sport.

## Preamble

Locates sport as universally shared human culture, and states **the significance, role and efficacy of sport**

## Chapter 1 General provisions

- Purpose, basic principles
- Responsibilities of the national government and local governments
- Efforts of sport organizations
- Promotion of citizens' participation and support
- coordination and cooperation between the parties involved
- Legislative and financial measures

States the need for **a virtuous cycle between community sport and competitive sport**

Stipulates that **"living a happy and fulfilled life through sport is the right of the people"**

Defines **professional sport** and **sport for people with disabilities**

Defines **governance of sport organizations** to secure transparency in the operation of sport organizations

## Chapter 2 Sport Basic Plan, etc.

- **Sport Basic Plan**
- Local Sport Promotion Plan

The Minister of Education, Culture, Sports, Science and Technology shall formulate **the Sport Basic Plan**, and promote that Plan in a comprehensive, integrated and effective manner.

## Chapter 3 Basic measures

- Development of fundamental conditions for promotion of sport, etc.
- Development of an environment for ensuring various opportunities to play sport
- Improvement at competition level, etc.

Establishes provisions on the prompt and proper resolution of disputes concerning sport so that **the rights and interests of those who play sport are protected**

Stipulates the significance and ideas of community sport and community sport clubs as **"new public commons"**

Stipulates new measures that address changes of the times, including **anti-doping activities, and the bids for and holding of international competitions**

## Chapter 4 Development of a system concerning promotion of sport

- Sport Promotion Committee
- Sport Promotion Council, etc. of prefectures, cities, towns, and villages
- Community Sport Leaders

**The Sport Promotion Committee**, a body comprised of related ministries, has been established within the government

From the perspective of **decentralization**, mandatory obligations for local governments have been abolished

## Chapter 5 Subsidization by the national government, etc

The title of Community Sports Commissioners has been changed to **Community Sport Leaders**

## Supplementary provisions

The modality of administrative organization including establishment of **a Sport Agency and a council** shall be reviewed



The Sport Basic Plan is posted on the official website of the Ministry of Education, Culture, Sports, Science and Technology  
<http://www.mext.go.jp/english/>

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