

## Results for Certified Evaluation and Accreditation for Junior College

Shigakkan University Junior College



Basic Information of the Institution	
Ownership: Private	Location: Aichi, Japan
Accreditation Status	
Year of the Review: 2015	
Accreditation Status: accredited (Accreditation Period: April.01.2016– March.31.2023)	

## **Certified Evaluation and Accreditation Results for Shigakkan University Junior College**

### **Overview**

Shigakkan University Junior College (hereafter, the College) started as Chukyo Women's Sewing School, which was founded in 1905. Chukyo Women's Junior College, which contained a Department of Physical Education and a Department of Home Economics, was established in 1950 and later became a junior college division of the four-year Chukyo Women's University in 1965. The College changed the name of the Department of Home Economics to the Department of Human Life and Science, and added the Department of Physical Education in 1988. The College reorganized its departments by closing the Department of Human Life and Science in 2007 and adding the Department of Athletic Trainer Advanced Course in 2009.

After its accreditation review by Japan University Accreditation Association (JUAA) in 2008 the College has set two major goals: "stable management foundation" and "Pursuing strength based on tradition and achievement." The College has also built a system to make improvements in education through the Future Planning Committee initiative and has established a new Department of Athletic Trainer Advanced Course (one-year course). In addition, the College has worked on fundamental reforms, including changing from a women's institution to a coeducational institution and changing the name of the College in 2010. The College has its campus in Obu City, Aichi Prefecture, and is working on education, research and social contributions based on its founding spirit.

Several efforts have been made for the current accreditation review. First, a career education initiative for first-year students encourages students to make decisions regarding the course they will follow, such as job-hunting or continuing their studies at higher institutions. Second, efforts to improve on-site learning opportunities, such as volunteering or social participation in nonprofit organizations, aim to foster persons of talent who acquire problem-solving and practical skills through such experiences. Yet another effort is helping students objectively evaluate their own physical and mental conditions and strengthen their athletic skills and avoid injuries by supporting their out-of-class activities such as athletics and other clubs.

Meanwhile, the issue of student enrollment in the Department of Physical Education should be addressed.

The College has also established healthy exercise classes for the elderly, where students work with elderly residents of the local community to measure their physical fitness and exercise with them as part of a comprehensive agreement project with Obu City, Aichi Prefecture. This program is expected to grow further as part of the College's community-based social contribution.

### **Notable Strengths**

#### *Educational Content, Methods, and Outcome*

- It is commendable that every year, many students take subjects in the contemporary liberal arts subjects grope, learn "social skills" which can be found in the College's educational philosophy, and accomplish other educational objectives. Contemporary liberal arts subjects grope consist of a well-balanced choice of subjects from the areas of "basic skills" and "basic education," with educational philosophy and educational objectives taken into consideration. "Basic education" provides the subjects required for student life in the first year and those for social life in the second year. "Theory on Comprehensive Social Participation," a required elective lecture course in the second year, offers educational content to help students understand social significance by

participating in local activities, volunteer opportunities, and NPOs' events and focuses on developing students' capacity to actively work on solving problems.

#### *Student Support*

- It is commendable that the Athlete Support System has resulted in a drastic decrease in the number of athletic training suspensions due to injuries and fatigue and has increased athletes' recovery after training. The efforts also have helped athletes objectively judge their own mental and physical conditions to enhance their attitudes toward the athletic skills. The Athlete Support System was developed by the Health Sciences Institute where several faculty members of the College engage in relevant research. The Institute is comprised of six departments, including Medical Service and Mental Management, and each department conducts its own research and practice, as well as provides athletes with strong support through a wealth of expertise in sport sciences.

#### *Social Cooperation and Contribution*

- It is also commendable that faculty members and students, employ their departmental and major specialties in workshops to improve health for seniors and the health exercise class for Obu residents, and in the health improvement class for Kariya residents, which is planned and run by the College in cooperation with the Kariya City government. These classes provide local residents with lectures, practical exercise instructions, and advice on daily life in order to help them maintain and improve their health and physical fitness and raise awareness of life-time sports. It is commendable that these efforts have contributed to the participation of Obu City in the WHO Alliance for Healthy Cities and has bolstered the promotion of health toward longevity in society. Furthermore, a request from Kariya City has been submitted asking for a renewal of these projects.

### **Suggestions for Improvement**

#### *Enrollment*

- In the Department of Physical Education, the average of the ratios of the last five years of enrolled freshmen to the freshman admission cap and the ratio of enrolled students to the student enrollment cap are high at 1.24 and 1.26 respectively. These numbers should be improved.