

Qusai Initiative

Phase I

Report (2014/8/1~31)

C S P R

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Report on Training Course held in August 2014

The contents of the Course consist of the following two parts;

1. Part I - Lectures

For the first one week, we concentrate on the lectures utilizing the projector and some printed materials.

2. Part II - Practical Skill Experiences

From the second week, we conduct mainly the training for the Practical Skill

Contents of Lectures and Practical Skill Experiences

- Lectures
- Role of athletic trainers
 - First aid and icing practical skill experience
 - Practical skill experience through introduction of taping
 - Practical skill experience through introduction of massage

Practical Skill Experiences

Taping

- Master a basic taping technique for FIXING ANKLES
- Master a taping technique for APPLYING STABILITY ON JOINTS
- Master a taping technique for MUSCLE

Massage

- Master procedures and techniques for WHOLE BODY MASSAGE

Reports on Lectures and Practical Skill Experiences

Lectures

Since this is the first attempt to hold a Training Course for the Jordanian Athletic Trainers, we were not sure if we could be enough prepared to conduct it due to lack of knowledge/information about Jordan country.

However, we recognize that we could, to some extent, prepare for the essential contents of the lectures on Taping and Massages which lead to the Practical Skill Training afterwards.

Especially, in the lectures on Massage, Amma Massage and Acupressure which belong to the category of the Oriental Medicine, we found some difficulty in introducing their concept to Jordanian people. It was effective, not only depending on the oral lectures, but also showing actual applying massages to some trainees. We trust that they could actually learn them through their physical experiences.

Practical Skill Experiences

In order to master the professional technique for Taping and Massage, it would be impossible to accomplish it within a month and it would take long time in units of a few years through the daily accumulated efforts. We were not sure how much technique, out of all we prepared, we could teach them within one month. But in the field of Taping and Massage, they almost achieved a greater progress than we expected.

In Taping, they mastered the basic handlings and procedures using the tapes which we brought in from Japan. Finally, we checked their proficiency level giving them a certain case as an example. We are sure that they reached the phase that they could respond flexibly, selecting the proper kind of tapes and applying correct taping.

In Massage, they mastered the procedure and how to use their hands and body according to the affected parts of the body for which Massage is needed. Finally, through applying Massage to the third persons during a given limited time, they actually obtained high evaluation from them who received the treatment.

Assignment

During this one month, we are confident that we could transmit the roles of athletic trainer, which we conduct in Japan, to the Jordanian athletic trainers. Since it would be impossible to master the skill as a trainer within one month, the continued accumulation of practical experiences should be necessary. In this sense, this one-month-long event should be the very initial one month out of long lasting whole program. Therefore this time we think we could transmit only a small part out of whole jobs/skills of Athletic Trainer.

Regarding the lectures, since we conducted them in the first week, when was the period which we had not yet known/understood each other. Therefore we had not yet fully grasped the differences between us on the knowledge and the awareness toward trainer's job. It was a pity that we had less opportunities to discuss each other exchanging each one's opinion and we just gave the one-sided lectures to them.

We strongly felt the significance of the interpreter and this became a good chance to think about his/her competence and roles in our future activities.

Regarding the practical skills from the 2nd week, we recognized a more remarkable progress than we expected as I mentioned above. But in detailed points, it is not yet good enough and it is no doubt that the further training must be necessary. During the limited time, we tried to give them instructions with great attention to detail which we had not usually done in Japan. It was to make Jordanian trainers understand the correct picture of Japanese style trainers and to make it taken root firmly in Jordan through the participants in these lectures and practical drills.

We think that we launched a first step to establish a big framework as the picture of the Japanese style trainers. But since actually it is still small one, we have to make it bigger in order to put further knowledge, techniques and experiences into it.

Outlook

During this one month, we could transmit the techniques to them to some extent but in fact we transmitted the very basic techniques. And furthermore, the more detailed techniques would become necessary. Even in order to master simply the basic techniques, the daily accumulated efforts should be necessary. Once a person could obtain it, to some extent, without further efforts, it will be easily lost after one month.

Apart from the aspect of the techniques, we should have conducted a lecture also including the importance of the awareness having considerations and courtesies extended to the patients/athletes without “trainer-centered way of thinking” and having the “way of thinking on the technique standing on the other party’s position”.

Regarding the content from the aspects of the basic techniques and the basic knowledge which we tried to transmit for this one month, it turned out to be a success. However, transmitting higher and more detailed techniques, the “way of thinking standing on the other party’s position” and furthermore the “trainer’s spirits” was carried over to the next opportunities.

We were able to understand a little bit about national character and the sense of value of the Jordanian people. Based on this experience, we would like to keep such a good relationship with them exchanging a lot of information, so that we can transmit our further thoughts to them and also understand their intention. In this way, this leads to the mutual understanding in details from both of the mental and the feeling aspects.

During morning of the last day of this Jordan Project, we held the Trainers' Meeting from both countries regarding the lectures and their attendees inviting Mr. Khalid Zeidan, Qusai Initiative Advisor of Crown Prince Office. The common feeling of both sides is that the techniques of all the attendees are in the very initial phase but there are diligent attitudes and strong passion to master them. Through continued learning and piling up the practical skill experiences, they should become very good and competent trainers. Once we set up the same purpose, we could reconfirm that the people even from the different countries could firmly unite in making every effort toward the common goal.

We would like to continue such a relationship with Jordan country so that our skills and techniques could take root there. In cooperation with Jordanian trainers, we wish this will finally lead to the techniques which are useful not only for the athletes but also for the ordinary people. It could become an opportunity to think about establishing a position as profession of a therapist in this country in the future. Cherishing the firm bonds between us through this opportunity, we would like to contribute and cooperate in order for further bilateral relationship.