

Overcoming Challenges in the Development of High-Performance Training Centres in Asia



About ASIA

ASIA is a non-profit, non-governmental organization that serves as the representative body for high performance institutes in Asia. The association operates its primary activities at the regional level.

Mission

The mission of **ASIA** is to foster the best practices in the area of long-term athlete development across Asia through a comprehensive model of collaboration, knowledge exchange and networking opportunities for high performance sports administrators across all of Asia.

Objectives

Knowledge Sharing... To establish a platform for **sharing and exchanging knowledge** and experience related to high performance training.

Collaboration... To **collaboratively develop** and improve the quality, function, management, and operation of high performance institutes, directly and indirectly supporting the development of athletes, coaches, sports scientists and support staff.

Leadership... To demonstrate **leadership** and presence in raising the profile of Asia's high performance institutes both regionally and internationally through collaborative activities.

Capability development... To foster engagement and **development of human resources** who actively deliver services in the specific fields of high performance sport, promoting innovative practices and enhancing the quality of programs and service delivery.

About ASIA

Collaborative Activities

1. *Talent Identification & Development*
2. *Sport Science & Sports Medicine*
3. *Recovery Centers*
4. *Funding & Investment Evaluation Scheme*
5. *Strategic Planning & Evaluation*
6. *Olympic & Paralympic Preparation*
7. *Elite Coach Development & Methodologies*
8. *Management of High Performance Institutes*
9. *Sports Intelligence & Analytics*
10. *Career Development & Education*
11. *Elite Competition Preparation*
12. *Roles with international federations, National Olympic/Paralympic Committees and national governing bodies*



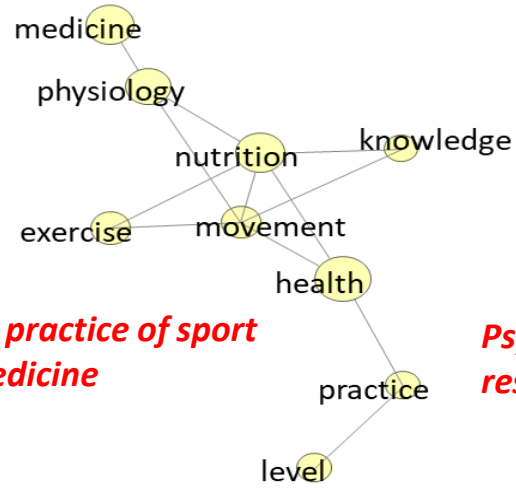
Research Fields

(Analyzed the data from ASIA directory)

Nutrition intervention for women athletes

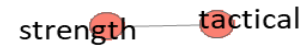


Technology

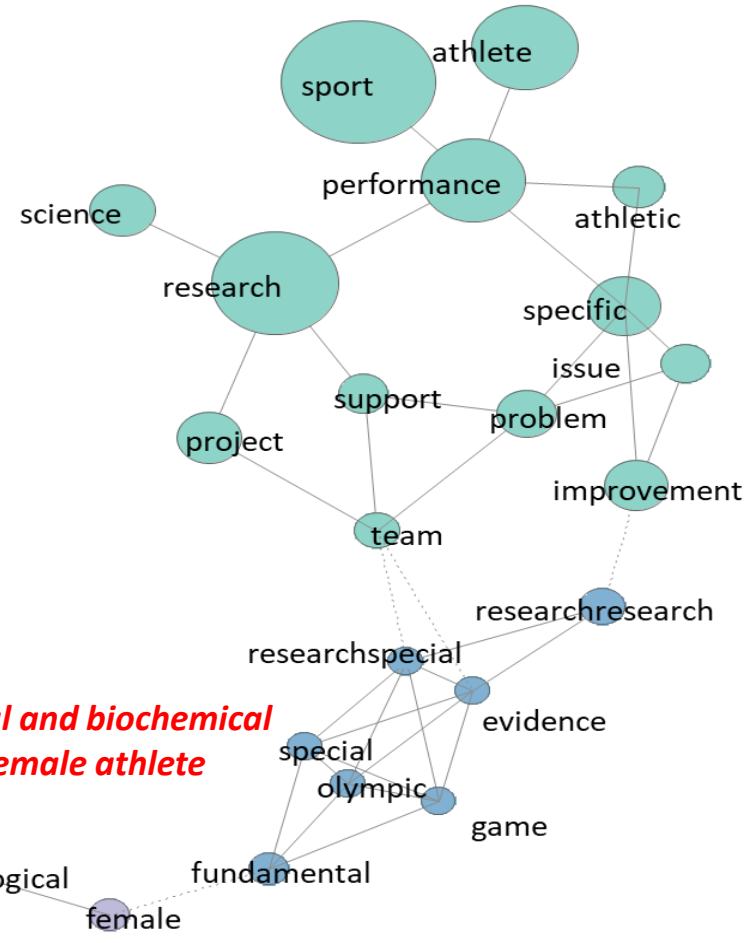


Knowledge & practice of sport sciences & medicine

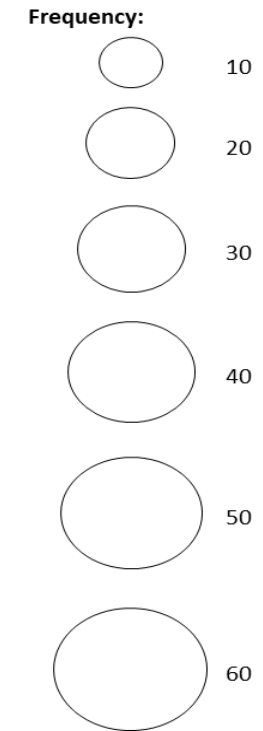
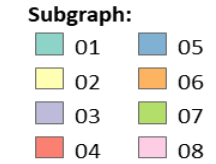
Tactics in strength



Specific issue on performance

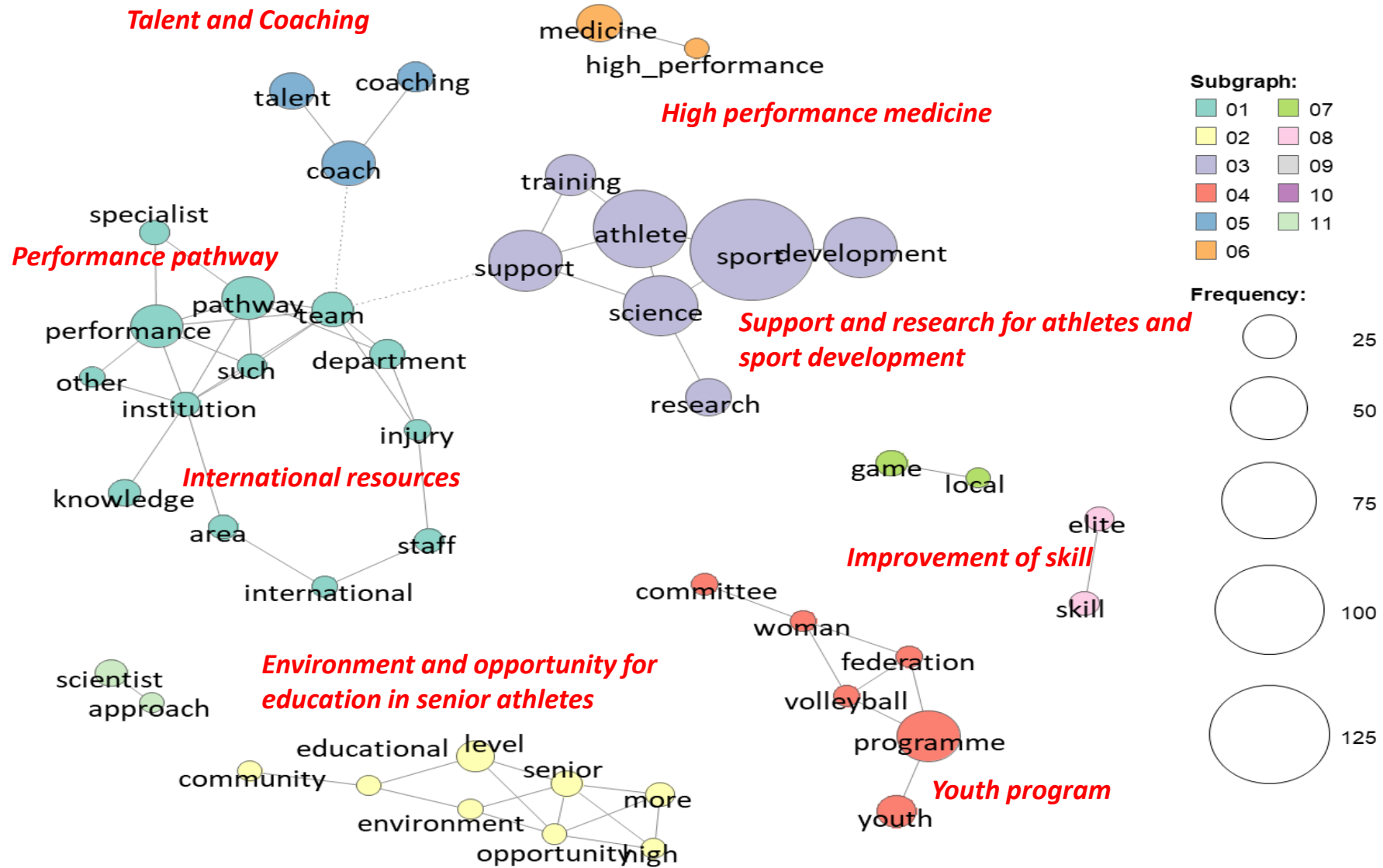


Psychological and biochemical research in female athlete



Programs

(Analyzed the data from ASIA directory)



Specific Activities in ASIA

ASIA Congress



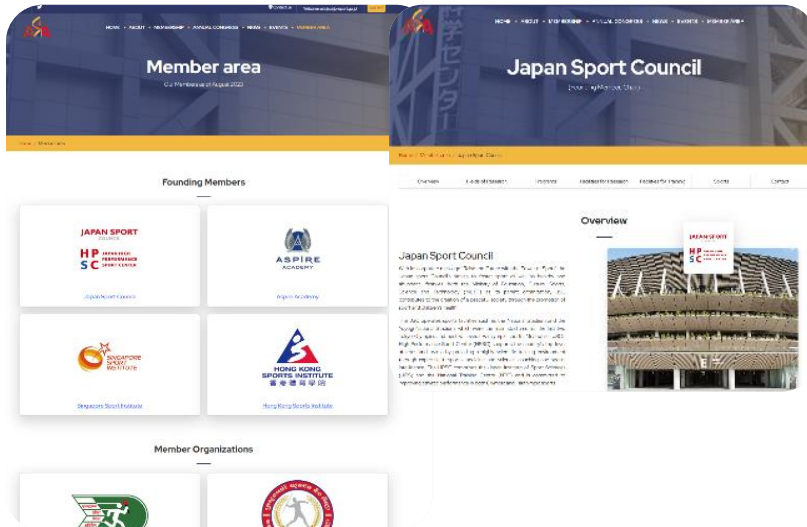
ASIA Rio Project



Asian Games Project



ASIA Directory



ASIA Gathering Event at Paris 2024



ASIA Study Tour



Themes of ASIA Congress

(Analyzed the data from ASIA Congresses)

Covid-19

Optimization and enhancement of training environment

Sport integrity

Prevention of injury

Tokyo 2020+1 Covid-19

High performance

Mental health, training, and education, monitoring

Scientific support and approach

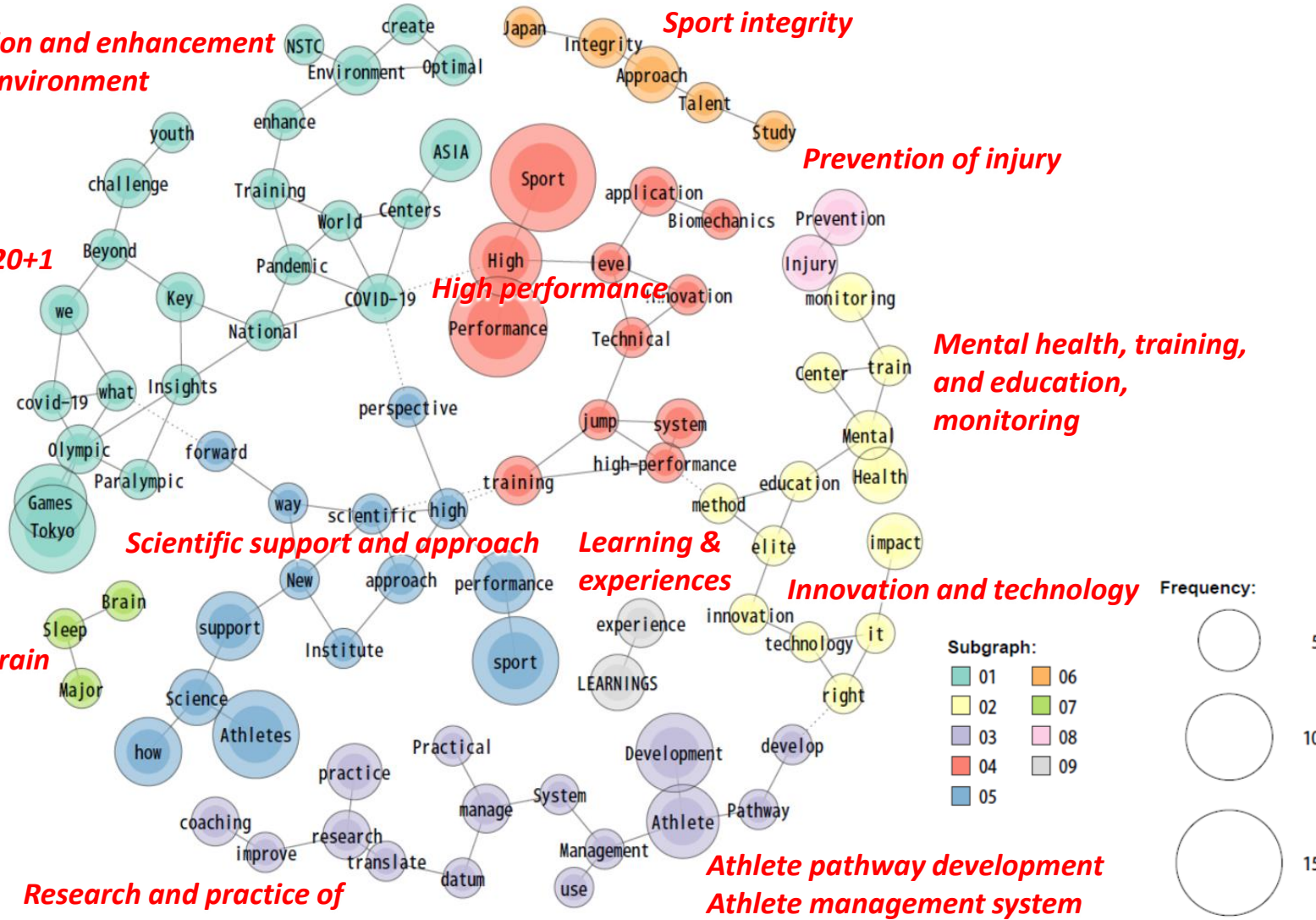
Learning & experiences

Innovation and technology

Sleep and brain

Research and practice of coaching improvement

**Athlete pathway development
Athlete management system**



Specific words in each year

2017; application, monitoring, coaching

2018; performance, integrity, environment, brain, youth

2019; practice, innovation, technology, research, monitoring, translation

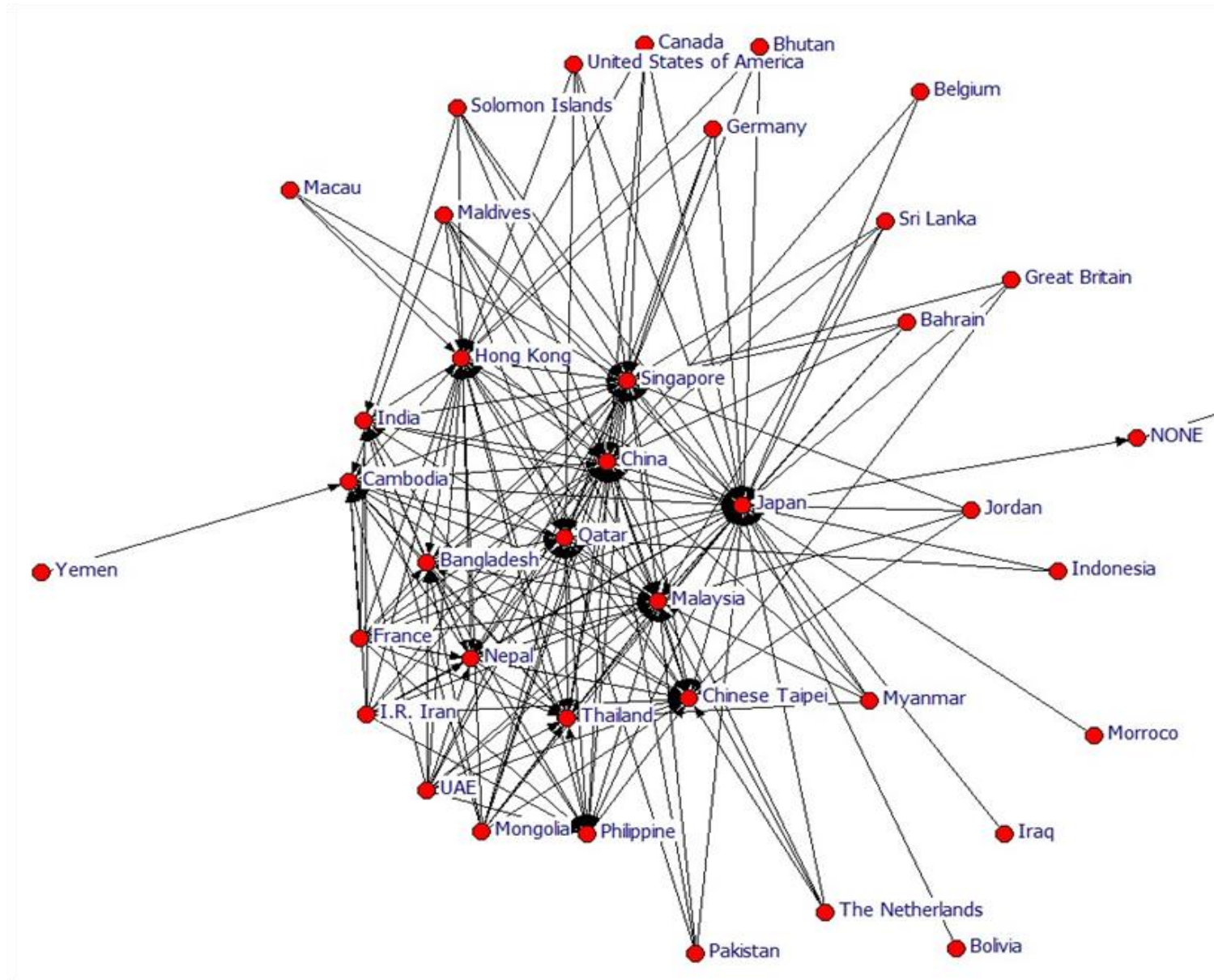
2022; Covid-19, experience, learning, Olympic

2023; data, technology, injury, performance, sport

2024; performance, development, study, jump, system

Network Structure & Property

(Analyzed the data from the 5th ASIA Congress)



Strengths of ASIA

- 1. Focusing on Asia***
- 2. Providing specific and unique opportunities for sharing knowledge and experiences***
- 3. There is strong commitment from ASIA members***
- 4. Centrality of the founding members for ASIA***

