

Juntendo University Institute of Health and Sports Science & Medicine Postdoctoral Researcher (PD) Recruitment Guidelines (AY2026 Applications [New])

1. Purpose

Institute of Health and Sports Science & Medicine focuses its research on identifying factors that safely and effectively promote mental and physical health enhancement and functional recovery tailored to each life stage, from children to the elderly. It aims to establish algorithms for creating effective exercise programs. To contribute to achieving this goal, the institute also advances fundamental and applied research related to improving athletes' performance.

- 1) Quantification and measurement of biological information related to exercise adaptation phenomena
- 2) Investigation of factors related to exercise adaptation phenomena at the protein and gene levels
- 3) Pursuit of factors determining individual differences in exercise adaptation phenomena (including gender and age differences)
- 4) Psychological and neuroscientific investigation of exercise and mental health
- 5) Physiological and biomechanical analysis of exercise movements
- 6) Sports medicine investigations into various phenomena related to exercise and health, including disorders and maladaptations

2. Number of Positions Available

A few

3. Eligibility Requirements

Individuals who have obtained a Ph.D. degree within the past five years* as of April 1, 2026 (including those expected to obtain it in March 2026) and are capable of independently conducting fundamental and applied research in sports health and medical science. However,

- 1) Research experience in areas such as basic research on the effects of exercise and training using laboratory animals; research targeting children, the elderly, or elite athletes; or research examining the relationship between lifestyle habits, exercise implementation, and physical fitness, motor abilities, and various health-related indicators is desirable.
- 2) In principle, applicants must have applied for a Japan Society for the Promotion of Science (JSPS) Postdoctoral Fellow (PD) position.

* If you have interrupted your research activities for three months or more due to childbirth, childcare, or raising a child with illness or disability, exclude that period.

4. Employment Period

From April 1, 2026 to March 31, 2027.

For those wishing to renew beyond the initial employment period will be evaluated annually based on their performance and other factors. In principle, the maximum employment term will be until the end of the academic year of their fifth year of employment.

* Persons who wish to extend their employment further beyond that may be able to do so for a maximum period of until the end of the academic year of their tenth year of employment, after a stringent evaluation of their performance and other factors.

* If a person has been employed under a different position within the same organization (Juntendo University), the employment term in that position will be included, and the maximum employment term will be until the end of the academic year of their tenth year of employment. However, this shall not include any periods of employment as SA, TA, or RA while enrolled as a student at the university.

5. Employment Terms and Conditions

- 1) Annual wage: 350,000 yen per month (Basic wage: 250,000 yen; Fixed overtime: 100,000 yen)
- 2) Working hours: A flexible working hours system will apply, implemented from Monday to Friday, based on the following prescribed working hours.
Weekdays: Between 9:00 and 17:10 (Actual working hours: 7 hr 10 min; Break: 1 hr)
Saturdays: Between 9:00 and 13:00 (Actual working hours: 4 hr; No break)
- 3) Social insurance (health insurance, pension (Promotion and Mutual Aid Corporation for Private Schools of Japan), employment insurance, long-term nursing care insurance)
- 4) Transport expenses provided (up to 50,000 yen per month)

6. How to Apply

1) Required Documents

- [1] Application form (print on both sides)
- [2] Letter of recommendation (To be completed by someone who has a good understanding of the applicant's research. The completed form should be placed in an envelope and securely sealed before being given to the applicant.)
- [3] Accepting Researcher's comments (To be prepared by the host researcher at this university and sealed before being handed to the applicant. However, if the host researcher at this university is undetermined, submission is not required.)
- [4] Copy of degree certificate (Applicants expecting to receive a degree must submit this promptly after obtaining it.)

2) Submission Method

Mail or deliver the above documents to the contact person below **by noon on Friday, November 28, 2025.**

3) Submission/Inquiry Contact

Juntendo University, Sakura Campus

1-1 Hirakagakuendai, Inzai-shi, Chiba 270-1695

Institute of Health and Sports Science & Medicine (Attn: Nanke)

E-mail: sc-ikagaku@juntendo.ac.jp

7. Screening Process

After the document review, selected candidates will be asked to make a separate presentation on the contents of their research, etc.

The schedule, format, and other details of this presentation will be notified to the candidates at a later date.

8. Other

- Individuals who have already been selected for JSPS Postdoctoral (PD) Research Fellowships, Japanese Government Scholarships, or equivalent programs starting in fiscal year 2026 are ineligible to apply. (Those currently in the application process are eligible.)
- Submit a designated research progress report once per semester. (Planned formats include poster presentations or slide-based research reports. Presentations may be in English.)
- Participate in institute-related duties (outreach activities, seminars, measurements, etc.).
- If you do not possess the necessary residence status to work in Japan, you may not engage in any work until permission for a change of residence status is granted. Particular caution is advised if you are currently a graduate student requiring a change from a student visa.
- We cannot provide any information regarding the selection process or reasons for acceptance/rejection.
- Travel expenses incurred for interviews (including visits to our university for presentations, etc.) will not be reimbursed.
- Submitted application documents will be used solely for this recruitment selection process and will be disposed of appropriately.
- Please note that submitted application documents cannot be returned.