

QOM Training

In the human life, the concept of QOL(quality of life) is important because it relates to all factors included in the 'Health' defined by WHO. The notion of 'QOM' is proposed by Dr. Kando Kobayashi (Honorary Prof. of The University of Tokyo) from a view point of human movement, and is considered to construct the basis for QOL.

QOM means 'the quality of motion' which is related to all of the physical movements in daily living and sport activities. In general, aerobic exercise for cardio-vascular endurance and resistance exercise of muscle strength have been recommended to promote physical fitness and health. There, the load or intensity, the quantity or duration, and the frequency of exercise are widely considered as most essential for prescribing the exercise, but only a small attention has been paid to the quality of motion.

In the physical movement in sport, art and other daily activities, factors such as rationality, flexibility, balance, coordination and beautiful appearance are important, in addition to the factors such as being reasonable and natural so as to preventive from injuries. These factors are all related to the quality of motion (QOM).

The methodology of training to improve QOM was originally developed in the Laboratory of Sport Science, The University of Tokyo. Several exercise machines specially designed for this purpose, 'the cognitive motor-skill training machines', are used to ensure the effects of the training.

Opening Hour

Mon-Fri

9 : 0 0 ~ 1 4 : 0 0

1 6 : 0 0 ~ 2 1 : 0 0

Sat & Sun

9 : 0 0 ~ 1 3 : 0 0

1 4 : 0 0 ~ 1 8 : 0 0

Please book the training day and time on our URL.
No reservation is acceptable at not-crowded time.
Close on the 29th of every month.

Ticket Facility Procedure

Fees

All person who use QOM Gym have to buy a ticket in advance. Ticket is available by a ticket-vending machine in the QOM room 2.

- ①General : 2,700yen for a single visit or 10,000yen for 4 tickets.
- ②Member of Komaba Friendship Society : 2,200yen for a single visit, or 8,000yen for 4 tickets.
- ③Faculty Member of Univ. Tokyo : 1,300yen for a single visit , or 5,000yen for 4tickets
- ④Student of Univ.Tokyo : 300yen for a single visit , or 3,000yen for 11 tickets.
- ⑤Students other than Univ.Tokyo : 500yen for a single ticket, or 5,000yen for 11 tickets

Facility

In the QOM Gym, we have 18 training machines (Cognitive Motor-Skill Training Machines), which are all developed originally in the laboratory of The University of Tokyo. You can change clothes in the locker room. Please bring shoes for indoor exercise floor and towels with you. There is no shower facility.

Procedure

In the first visit, please ask to the reception in the QOM room1. Our staff will discuss to your proper training program. Give the ticket to the reception desk and start training following the instruction of the trainer.

Most of the training machines are unfamiliar for you and please do not use them without guidance of the trainer. You are recommended to record the detail of exercise performed on your personal training sheet at every visit. The training sheet is useful reproducibly from the next time onwards.

Exercise duration

Exercise duration for one time is 60 minutes for 1 ticket. If you would like to continue training for longer time, you have to buy another ticket for another time.

The University of Tokyo Sports Science Initiative Komaba QOM Gym



〒153-8902

3-8-1 Komaba, Meguro-ku, Tokyo, Japan

Komaba QOM Gym

TEL 03-5465-7281

E-Mail : QOMkomaba@grupo.jp

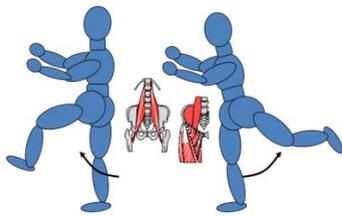
URL: <https://qomkomaba.grupo.jp>

<http://utssi.c.u-tokyo.ac.jp/exercise.html>



Knee & Hip Swing Machine

Swing hip & leg together



Merry Go-Round Machine

↑ Power-assisted multiple-way mobile bike with elliptical orbit



Stretch Machine of Crotch



↑ Stretch machine for wide stride (flexibility of hip, leg and pelvis movement)



Golf-Swing Training Machine

Golf-Swing Training Machine
Learn the down swing motion with one side arm and both arms on the turn platform.



Trunk Twist Machine

Trunk Twist Machine
Combination of the Inner and external rotation of the legs, trunk twist and stretch of whole body



Psoas Training Machine with the Moving Bed

Movable Axle Bike



Sprint Training Machine



Animal Walk Machine

Sprint Training Machine
Designated for improving run and walk movements. By combination of shuffling (walking with sliding feet) and pedaling on the standing position. One can learn the motor control on 2-independent axis and improve the balance, flexibility and coordination between spine, pelvis and hip joints.



Sprint Training Machine

Shuffling Machine

Right : Shuffling(Sliding Walk) Machine
This is used to gain the '2 axis walk technique', with which the flexibility between pelvis and spine and the dynamic balance at standing position are to be improved.



Power-assisted Rowing Machine



High-speed Treadmill

↑ High Speed Treadmill
(Max Speed is 36km/h)



Movable Axle Bike

↑ Movable Axle Bike
It can improve the balance at one leg standing position by simultaneously performing the pedaling movements around ipsilateral axis with leg, hip and arm .



Stretch Rowing

← Stretch Rowing Machine
It is designed for stretching shoulder, upper and lower back by using movable oar. By pulling the oar until it reaches as close as possible to the trunk and pushing it until shoulder, scapula and spine are fully stretched, unfavorable posture such as rounded back will be improved and recovery from fatigue will be facilitated.

