

# Takato Ogasawara, B.S, NSCA-CSCS

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## EDUCATION

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### Master of Science in Biomechanics

*Expected Graduation: May 2025*

University of Nebraska at Omaha, Omaha, NE

### Diploma in Digital Marketing

*Aug 2021 - Jul 2022*

Tamwood International College, Toronto, Canada

- Related Coursework: Customer Profiling, Content Creation, Web Publishing, Social Media Marketing

### Bachelor of Health and Sports Sciences

*Apr 2017 - Mar 2021*

Chukyo University, Toyota, Aichi, Japan

- 3.68/4.00 cumulative GPA
- Related Coursework: Sport Biomechanics, Exercise and Sport Physiology, Functional Anatomy
- Thesis: The Relationship Between Swimming Streamline Performance and Flexion Angle of Shoulder.
- Used waterproof marked motion capture and analyzed the correlation between the angle of the shoulder, the force of a kick to a wall, and swimming performance. Reported on what contributed to swimming performance and conveyed results to the coach and athlete.

## RELEVANT EXPERIENCE

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### Sports Biomechanist

*Aug 2023 - Present*

University of Nebraska at Omaha Pitching Lab

- Corrected data using 3D motion capture (Qualisys), Force Plate (ATMI), Biodex, and Rapsodo
- Analyzed the data with visual 3D, Matlab, and Python
- Using corrected data, giving the feedback for training and injury prevention
- Project Involvement
  - Mechanical Energy Flow during the Drive Phase for Softball Windmill Pitching
  - The Biomechanical Differences in Male and Female Golf Swings
  - The Effect of Glute Muscle Activity on Lower Body Biomechanics in Baseball Pitching

### High Performance Coach

*Apr 2022 – June 2023*

Pro Teach Baseball, Toronto, CA

- Led high-performance course for middle school baseball players aged 11-14

- Conducted physical strength assessment monthly to track performance and reported to the parents with visualized data using Excel.
- Planning educational lessons to develop fundamental movement skills and build up physical strength and endurance.

### **Director of Digital Marketing**

*Apr 2022 – Mar 2023*

DA Baseball Academy, Nagoya, Japan

- Produced content for junior high school students to prepare for higher level baseball in high school over 100 pages with a baseball coach and a nutritionist
- Analyzed and developed marketing strategy with market research, SMART goals, Branding, SEO, and Social media channels.
- Designed and implemented events with Rapsodo for local young baseball players to measure their abilities.
- Designed and created a blog, Instagram post, flyer, and leaflet based on target audience.

### **Athletic Trainer and S&C Intern**

*Dec 2018 - Mar 2021*

Chukyo University Swimming Team, Toyota, Japan

- Trained over 100 athletes, including Olympic swimmers 5 times a week
- Used In-Body Machine, which measures BMR, BMI, and RMR, to ensure the athletic training program was successful
- Collaborated with local physiotherapists, implemented a medical screening, and created an Injury Prevention Program to ensure athletes trained in a safe environment
- Arranged a long-term training strategy and instructed training sessions, including warm-up, strength and movement training, post-exercise cooling down

### **Teaching Experience**

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BMCH 2500 Human Anatomy & Physiology II, University of Nebraska Omaha

- Instructed three 3 credits laboratory classes (Fall 2023, Spring 2024)

### **Grant / Funding**

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1. University of Nebraska Omaha Office of Research and Creative Activity

Title: Mechanical Energy Flow during the Drive Phase for Softball Windmill Pitching

Amount: \$5,000

Role: PI, 2024-2025

## **MEDIA RECOGNITION**

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- Featured in a famous sports magazine in Japan named *Sports Medicine* when I was a junior at Chukyo University (*Apr 2020*)

## **LICENSE**

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Basic Life Supporter - Japanese Red Cross Society

Certificated athletic trainer - Japan Sports Association

Certificated Strength and Conditioning Specialist - National Strength and Conditioning Association

## **ASSOCIATION**

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International Society of Biomechanics in Sports (2022-present)

European College of Sport Science (2021-present)

National Strength and Conditioning Association Japan (2021-present)

Japan Sports Association (2021-present)