

TGSW2018 [8-8]



2018/9/22 (Sat) 9:30 - 17:30

Tsukuba International Congress Center
Conference Room 406

Promotion of East Asian Sports Sciences Focusing on Body Work Study

The beneficial effects of exercise on our brain and mental health, especially prevent cognitive dysfunction have more increased attention. Thus, it is necessary to figure out the effects of very light intensity exercise, breathing and posture on the brain which are essence of **the Oriental Body Work (OBW)** such as YOGA, TAI CHI and Thai Massage, and also develop and popularize these exercise programs. To this end, the aims of this session are 1) building the network between the origin places of the OBW such as China, Thailand and India together with the fundamental research bases of advanced sports neurosciences such as Japan, Korea and Taiwan; 2) developing the talent for studying the effects of the OBW and very light intensity exercise integrated research program in East Asia.

Timetable

Work Shop —Practice of Oriental Body Work—

- 9:30 **Opening remark & Short lecture "Possible benefits of oriental body work (OBW) on the brains and mental health"**
Hideaki Soya (Director of ARIHHP, University of Tsukuba, Japan)
- 9:45 **Two-dimensional Mood Scale-Short Term (TDMS)**
Kazuki Inagaki (ARIHHP, University of Tsukuba, Japan)
- 10:00 **Practice Yoga** Genboku Takahashi (Zen-Yoga Institute, Japan) Please bring a yoga-mat (if you have) or bath towel and beverage
- (Break time)
- 11:20 **Practice Slow aerobic dance exercise** Kazuya Suwabe (ARIHHP, University of Tsukuba, Japan)
- 11:45 **Closing**
- 12:00 Network Session @The first floor lobby ※Sandwiches & Coffee (free)

Seminar —Beneficial effect of exercise on the brain: Insight from Human and Animal study—

- 14:00 **Greeting & Short lecture "Animal Exercise model for sport neuroscience"**
Masahiro Okamoto (ARIHHP, University of Tsukuba, Japan)
- 14:15 **"Exercise prevents aging-associated dopaminergic neuron loss in the substantia nigra via BDNF signaling pathway"**
Yu-Min Kuo (National Cheng Kung University, Taiwan)
- (Break time)
- 15:05 **"Neuroprotective effects of treadmill exercise against amyloid- β accumulation and cognitive dysfunction in APP/sw transgenic mice model of Alzheimer's disease"**
Jung-Hoon Koo, Eun-Bum Kang, Yoo-Sung Oh, Dong-Joo Hwang, Dong-Hun Choi, Ki-Chun Kwon, Dae-Seung Yang, and Joon-Young Cho (Korea National Sport University, Korea)
- (Break time)
- 15:55 **"Acute mild exercise stimulates human brain resulting in better cognitive performance: functional neuroimaging studies"** Kyeongho Byun (ARIHHP, University of Tsukuba, Japan)
- 16:35 **Practice Thai massage** Akkaranee Timinkul (Khon Kaen University, Thailand)
- 17:00 **Closing remark** Rakwal Randeep (TIAS, University of Tsukuba, Japan)
- 17:30 Reception @The first floor lobby
<Purchase a ticket through Peatix: 1,000yen, Student 500yen>



Registration (~17th Sep.)

Session no. 8-8

<https://peatix.com/event/386078>



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