

# ARIHHP Human High Performance International Forum 2020

## "Sports Sciences for Olympic and Paralympic Games"

Time	Titles / Speakers		Chairs
14:30-14:35	Opening Remark	Hideaki Soya Director of ARIHHP, University of Tsukuba	
14:35-15:35	Keynote Lecture	Martin Gibala McMaster University, Canada 「Physiological responses to interval training in health and disease」	Naoto Fujii
15:35-16:00	Lectures	Izumi Tabata Ritsumeikan University, Japan 「Tabata training」	Kazuya Suwabe Naoto Fujii
16:00-16:25		Sylwester Kujach Gdansk University of Physical Education and Sport, Poland 「High-intensity interval exercise and cognitive function」	
16:25-16:40	Coffee Break		
16:40-17:05	Lectures	Hideo Hatta The University of Tokyo, Japan 「Lactate is a signal for mitochondrial biogenesis」	Yasuo Sengoku Naoto Fujii
17:05-17:30		Yasuo Sengoku ARIHHP, University of Tsukuba, Japan 「Practical implication of High Intensity Training into annual training plan –Outcomes and Questions-」	
17:30-17:55	Panel Discussion		Yasuo Sengoku Naoto Fujii
17:55-18:00	Closing	Takeshi Nishiyasu Dean of Faculty of Health and Sport Sciences, ARIHHP, University of Tsukuba, Japan	
18:00-18:10	Group Photo		
18:15-20:15	Reception		



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