

# ARIHHP

# Human High Performance International Forum 2020

## “Sports Sciences for Olympic and Paralympic Games”

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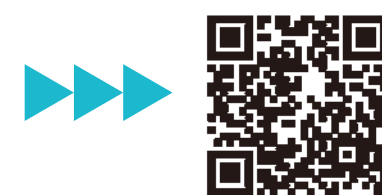
(Mon)

14:30-18:00

Laboratory of Advanced Research D  
Room116

5-min. walk from the bus stop “Tsukuba Daigaku Nishi”

Admission  
Free  
Registration



**Martin Gibala** Professor  
Department of Kinesiology,  
McMaster University, Canada

“Physiological responses  
to interval training  
in health and disease”

**Izumi Tabata**

Professor

Faculty of Sport and Health Science, Ritsumeikan University, Japan

“Tabata training”

**Sylwester Kujach**

Assistant Professor

Department of Physiology, Gdansk University of Physical Education  
and Sport, Poland

“High-intensity interval exercise and cognitive  
function”

**Hideo Hatta**

Professor

Department of Sports Sciences, The University of Tokyo, Japan

“Lactate is a signal for mitochondrial biogenesis”

**Yasuo Sengoku**

Associate Professor

ARIHHP, Faculty of Health & Sport Sciences, University of Tsukuba, Japan

“Practical implication of High Intensity Training  
into annual training plan -Outcomes and  
Questions-”

11:30-13:00 **Lunch & Poster Session** @ Gallery

18:15-20:15 **Reception** (fee 500 yen) @ Gallery

Forum Organizer : Advanced Research Initiative for Human High Performance (ARIHHP),  
Faculty of Health and Sport Sciences, University of Tsukuba

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ARIHHP INTERNATIONAL FORUM

ARIHHP  
SCIENCE  
WEEK  
2020



University of Tsukuba



Sports Research Innovation Project



For more information, visit our website  
[www.arihhp.taiiku.tsukuba.ac.jp/en/](http://www.arihhp.taiiku.tsukuba.ac.jp/en/)

