

2023年10月17日(火) 17:00~19:00

会場：筑波大学 5C604

世話人：藤井 直人 (2675) 参加費無料

※学外の方は事前の申し込みが必要です。【メール】office.arihhp@un.tsukuba.ac.jp

講演タイトル

「Sports Science for Occupational and Public Health」

Lee Kai Wei Jason, Ph.D.

Research Associate Professor
National University of Singapore, Singapore



In this talk, I will provide an account of my personal journey on applying knowledge that I first acquired from sports science to augment occupational and public health, safety and performance. I will also mention the need to quantify indirect impacts of extreme heat to trigger more urgent actions, hyper-contextualising solutions for effectiveness and learning to use heat as an eustress at times to augment heat resilience. Finally I will emphasise that our collective efforts cannot be just an academic exercise. Solutions are needed tomorrow on the ground and therefore collaboration across various disciplines and agencies is essential to truly allow humans to thrive in our warmer planet.



University of Tsukuba

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