



2022 International Conference of the Korean Society of Exercise Physiology (KSEP)

2022년 한국운동생리학회 정기국제학술대회

Role of Exercise Science: Moving ahead in the New Normal post COVID-19

코로나19 이후 운동과학의 역할과 대응전략

Jeju Oriental Hotel (Tapdong-Ro 47) , April 7th(Thur.) - 9th(Sat.), 2022

Date & Time		Room 1. Symposium	Room 2. Free Communication
		Moderator: Young-Min Park (Incheon Nat'l Univ.)	Moderator: Kyeong-Ho Byun (Incheon Nat'l Univ.)
7 (Thur.)	14:00-15:00	Registration & Reception	
	15:00-15:05	Symposium 1. Exercise and Musculoskeletal System (Eng) Chair: Ji-Seok Kim (Gyeongsang Nat'l Univ.) & Ho-Jun Lee (Seoul Women's Univ.)	Session 1. Free Communication I (Kor) Chair: Dae-Yeol Kim (Chonnam Nat'l Univ.) & Tae-Woon Kim (Gyeongsang Nat'l Univ.) & Kyeong-Lae Kim (Korea Nat'l Univ. of Education)
	15:05-15:30	1. Choung-Hun Kang (Inha Univ.) Exercise Strategy against Ultrafine Particles in Patients with Metabolic Syndrome	15:05-15:25 20. Woo-Hwi Yang (CHA Univ.) Physiological Responses and Energetic Contributions During Simulated Epée Matches in Elite Fencers
	15:30-15:55	2. Dong-Min Kwak (Hanyang Univ.) Frailty, Sarcopenia, and Aging Skeletal Muscle	15:25-15:40 21. Byung-Hun So (Inha Univ.) Development of Gut Microbiome Exercise Index (Gmei) and Its Future Prospects
	15:55-16:10	Coffee break	
	16:10-16:35	3. Seung-Yong Lee (Midwestern University at Glendale, USA) <i>Online lecture</i> Aerobic Exercise and Bone Metabolism: The Role of Bone-Associated Skeletal Nerves	16:10-16:30 23. Min-Hyeok Jang (Kyung Hee Univ.) Effects of a Single Bout of Remote Ischaemic Preconditioning on the Recovery after Ischemia-Reperfusion Injury on Obese Young Males
	16:35-17:00	4. Jorge Lira Ruas (Karolinska Institutet, Sweden) <i>Online lecture</i> Skeletal Muscle as a Regulator of Inter-Organ Communication and Systemic Energy Homeostasis	16:30-16:45 24. Na-Ram Moon (CHA Univ.) Effects of Individualized Low-Intensity Mat Pilates on Aerobic and Recovery Ability in Adults
			16:45-17:00 25. Ngeema Sara Thapa (Nepal Public Health Association, Katmandu & Dong-A Univ.) Exercise and Virtual Reality-based Intervention for Prevention of Dementia
	17:00-18:00	e-Poster session I (#1~50) Chair: Ki-Jeong Kim (Univ. of Ulsan), Soo-Hyun Park (Korea Institute of Sport Science), Kwang-Seok Hong (Chung-Ang Univ.), Ho-Jun Lee (Seoul Women's Univ.), Min-Chul Lee (CHA Univ.), Jin-Kyung Cho (Korea Institute of Sport Science)	
	18:00-18:10	Keynote Address. Corona Blue and Sport Neuroscience Chair: Seung-Soo Baek (Sangmyung Univ.) & Tae-Kyung Han (Andong Nat'l Univ.)	

	18:10-19:00	5. Chang-Ju Kim (Kyung Hee Univ. College of Medicine) Major Infectious Diseases that Swept the World	
	19:00-20:30	Welcome Ceremony & Banquet	
Date & Time		Room 1. Symposium	Room 2. Free Communication
		Moderator: Kwang-Seok Hong (Chung-Ang Univ.)	Moderator: Min-Chul Lee (CHA Univ.)
8 (Fri.)	08:50-09:00	Panel Discussion. Future Directions for Health and Fitness in Covid-19 Chair: Deog-Jo Jung (Seowon Univ.) & Kwang-Seok Hyun (Chungnam Nat'l Univ.)	Session 2. Free Communication II (Kor) Chair: Ho-Kyung Choi (Korea Institute of Sport Science) & Jin-Kyung Cho (Korea Institute of Sport Science)
	09:00-09:20	Bong-Seok Oh (Sunchon Nat'l Univ.) Min-Jung Kim (Hankuk Univ. of Foreign students) Han-Joon Lee (Univ. of Ulsan)	26. Ji-Eun Lee (Dankook Univ.) Long-Term Effects of Combined Exercise Training on Cognition and Balance in the Elderly with Mind Cognition Impairment
	09:20-09:40	Yi-Sub Kwak (Dongueui Univ.) Dae-Yeol Kim (Chonnam Nat'l Univ.) Eun-Jung Kim (Jungwon Univ.)	27. Ji-Yeon Kim (Inha Univ.) Effects of Combined Training with Blood Flow Restriction on Muscular Strength and Muscle Mass in Elderly People
	09:40-10:00	6. Tae-Beom Seo (Jeju Nat'l Univ.) New Therapeutic Approaches on Peripheral and Central Nervous System	28. Chae-Bin Lee (Sangmyung Univ.) The Influence of Aquabike Exercise on Cardiovascular and Fall-Related Fitness in Elderly Women with Obesity
	10:00-10:05	Plenary Lectures. Insights on Exercise and Brain for an Active Life in COVID-19 Chair: Chang-Sun Kim(Dongduk Women's Univ.) & Hyo-Yeol Moon (Seoul Nat'l Univ.)	
	10:05-10:30	7. Henriette van Praag (Florida Atlantic Univ. USA) <i>Online lecture</i> The Beneficial Effects of Exercise on the Brain	
	10:30-10:55	8. Hong-Sun Song (Korea Institute of Sport Science) Exercise for Dementia: Theory and Practice	
	10:55-11:00	Symposium 2. Applied Exercise Physiology (Eng) Chair: Kyeong-Ho Byun (Incheon Nat'l Univ.) & Young-Min Park (Incheon Nat'l Univ.)	Session 3. New Approached Studies in Exercise Science I (Eng) Chair: Ho-Seong Lee (Dankook Univ.) & Se-Won Lee (Incheon Nat'l Univ.)
	11:00-11:20	9. Ki-Suk Min (University of Texas at El Paso, USA) <i>Online lecture</i> The Role of MKP-5 in Cardiac and Skeletal Muscle Myopathy	29. Yu Liang (Beijing Sport Univ., China) <i>Online lecture</i> KAATSU: A Good Way to Improve the Repeated Sprint Ability
	11:20-11:40	10. Yan Li (Beijing Sport Univ., China) <i>Online lecture</i> Aerobic Exercise Ameliorates Inhibitory Synaptic Alterations in VTA Dopamine Neurons Induced by Nicotine Withdrawal	30. Won-Il Park (Chung-Ang Univ.) Effects of Protein-Added to the Lunch-Boxes and Combined Aerobic Exercise with Electromyostimulationon Vascular Function in Pre-Frail Elderly

11:40-12:00	11. Takashi Matsui (Univ. of Tsukuba, Japan) <i>Online lecture</i> Central Fatigue during Endurance Exercise and Preventive Strategies: A Role of Brain Glycogen	31. Dong-II Kim (Incheon Nat'l Univ.) The Effect of Exercise on Fasting Insulin and Fitness Levels in People with Spinal Cord Injury: Development of Evidence-Based Exercise Programs
12:00-13:00	Lunch time	
13:00-13:15	Opening Ceremony Moderator: Tae-Beom Seo (Jeju Nat'l Univ.) • Opening Address Young-Pyo Kim (Jeju Nat'l Univ.) The president of the Korean Society of Exercise Physiology • Welcome Address Eel-Hwan Kim (President of the JeJu Nat'l Univ.) • Congratulatory Speech Youn-Shin Nam (President of the Korea Institute of Sport Science)	
13:15-13:20	Symposium 3. Joint Symposium for JSPFSM and KSEP (Eng) Chair: Hyun-Tae Park (Dong-A Univ. Korea) & Takayuki Akimoto (Weseda Univ. Japan)	Session 4. New Approached Studies in Exercise Science II (Eng) Chair: Hyo-Bum Kwak (Inha Univ.) & Kijeong Kim (Univ. of Ulsan)
13:20-13:40	12. Nobuhiko Akazawa (Weseda Univ. Japan) <i>Online lecture</i> The Effect of Exercise on Brain Health: Insight From Vascular Function	32. Ho-Jun Lee (Seoul Women's Univ.) Exercise-Induced Myonucleus: Its Implication
13:40-14:00	13. Seung-Kyum Kim (Seoul Nat'l Univ of Science & Technology) Genetic Regulation of Cardiovascular Responses to Exercise	33. Su Hao (Beijing Sport Univ., China) <i>Online lecture</i> Effects of 32-Week Different Exercise Intervention on Mitochondrial Endogenous Apoptosis Related Proteins in Skeletal Muscle of Aging Rats
14:00-14:20	14. Haruki Momma (Tohoku Univ. Japan) <i>Online lecture</i> Muscle-Strengthening Activities and the Risk of Noncommunicable Diseases and All-Cause Mortality	34. Su-Jin Kim (Inha Univ.) Effects of Lactate and Beta-Hydroxybutyrate Induced by Aerobic Exercise in Fasted State on Fat Browning
14:20-14:40	15. Jin-Ho Ko (Gachon Univ. College of Medicine) <i>Online lecture</i> PPAR β is a Key Regulator That Transduces Metabolic Adaptation in Skeletal Muscle According to Exercise Modes	35. Seong-Ryu Bae (Dong-A Univ.) Strategies for Preventing Dementia in Community-Dwelling Older Adults
14:40-15:30	e-Poster session II (#51~100) Chair: Seung-Soo Baek (Sangmyung Univ.), Tae-Kyung Han (Andong Nat'l Univ.), Ji-Seok Kim (Gyeongsang Nat'l Univ.), Hyo-Yeol Moon (Seoul Nat'l Univ.), Kyeong-Ho Byun (Incheon Nat'l Univ.), Young-Min Park (Incheon Nat'l Univ.), Seung-Kyum Kim (Seoul Nat'l Univ of Science & Technology)	
15:30-15:35	Symposium 4 Injury And Rehabilitation In Sport Events (Kor) Chair: Sang-Ki Lee(Chungnam Nat'l Univ.)& Ji-Hong Park (Kyung Hee Univ.)	Korea Institute of Sport Science (KISS) Symposium Session 5. Digital Transformation For Untact Training (Kor) Chair: Hong-Sun Song (Korea Institute of Sport Science) & Soo-Hyun Park (Korea Institute of Sport Science)
15:35-16:00	16. Jae-Bum Yom (Univ. of Illinois Springfield, USA) <i>Online lecture</i> Rehabilitation 2.0: Biomechanical Aspects of Anterior Cruciate Ligament Injury	36. Ki-Tae Kim (Korea Institute of Sport Science) Application of Metaverse Technology in Sports Science
16:00-16:25	17. Ju-Pil Ko (Incheon Nat'l Univ.) Morphological Characteristics in Adolescent Athletes with Chronic Ankle Instability	37. Jin-Seok Lee (Daegu Nat'l Univ. of Education) A New Paradigm of Training in the New Normal Era
16:25-16:50	18. Seong-Eun Byun (CHA Univ. Medical Center) Fracture As a Sports Injury	38. Sae-Jong Park (Korea Institute of Sport Science) Application of Wearable Devices to Promote Physical Activity
16:50-17:15	19. Seong-Jun Son (CHA Univ.) Movement Patterns of Recurrent Ankle Sprain in Chronic Ankle Instability: A 2-Year Prospective Study	39. Byung-Ho Nam (Herings Corp.) Digital Therapeutics in Exercise

	17:20-18:00	Awards & KSEP Annual Meetings (정기총회)
Date & Time		Room 1. Round Tables & Build and Disseminate an Innovative Sport Science Community Moderator: Tae-Beom Seo (Jeju Nat'l Univ.)
9 (Sat.)	09:30-11:00	Round Tables : Counseling Session for Admission to Graduate Schools in Korea and Abroad Moderators: 1. Hyun-Tae Park (Dong-A Univ.), Min-Chul Lee (CHA Univ.), Kyeong-Ho Byun (Incheon Nat'l Univ.) 2. Ji-Seok Kim (Gyeongsang Nat'l Univ.), Ho-Jun Lee (Seoul Women's Univ.), Seung-Kyum Kim (Seoul Nat'l Univ. of Science and Technology.) 3. Seung-Soo Baek (Sangmyung Univ.), Hyo-Yeol Moon (Seoul Nat'l Univ.), Jin-Kyung Cho (Korea Institute of Sport Science.)
	11:00-13:00	Build and Disseminate an Innovative Sport Science Community Moderators: Tae-Beom Seo (Jeju Nat'l Univ.) Jin-Hwan Yoon (Hannam Univ.), Dong-Ho Park (Inha Univ.), Ki-Jin Kim (Keimyung Univ.), Bong-Seok Oh (SoonChon Univ.), Jae-Kyung Byeon (Chungbuk Nat'l Univ.), Jae-Ryang Yoon (Korea Nat'l Sport Univ.), Hyung-Sook Kang (Dong-A Univ.), Dai-Hyuk Choi (Sogang Univ.), Duk-Joe Jung (Seowon Univ.), Chang-Sun Kim (Dong-Duk Women's Univ. Korea), Jung-Jun Park (Pusan Nat'l Univ.), Min-Jung Kim (Hankuk Univ. of Foreign Studies), Eun-Jung Kim (Jungwon Univ.), Wook Song (Seoul Nat'l Univ.), Tae-Woong Oh (Yongin Univ.), Sung-Jin Yoon (Korea Univ.)
	13:00-14:00	Closing