



2024 KSEP Annual Meeting

2024 한국운동생리학회 정기국제학술대회

Exercise Science in a Super-Aged Society

초고령 사회의 운동과학

Jeju Nat'l Univ., April 11th(Thur.) - 13th(Sat.), 2024

Date & Time		Room 1: Ara Convention Hall
		Moderators: Dong-Min Kwak (Hanyang Univ.) & Young-Min Park (Incheon Nat'l Univ.)
11 (Thur.)	14:00-15:00	Registration & Reception
	15:00-15:05	Session 1. Graduate students and Young Investigators Chair: Soo-Hyun Park (Korea Institute of Sport Science) & Taekyung Han (Andong Nat'l Univ.)
	15:05-15:30	1. Joo-In Yu (Jeju Nat'l Univ., Korea) How much intensity of exercise is needed during detraining phase to maintain the effect of high intensity interval training in obese women?
	15:30-15:55	2. Ji-Eun Lee (DanKook Univ., Korea) Obstacles crossing Treadmill walking Training improves on Balance and Gait Cycle of Elderly with Stroke-associated Hemiplegia
	15:55-16:20	3. Yun-Hwan Lee (Dankook Univ., Korea) <i>English</i> Essential Elements of Physical Fitness Analysis in Male Adolescent Athletes using Machine Learning
	16:20-16:30	Break
	16:30-16:35	Symposium 1. Anti-Aging and Exercise Chair: Kyeongho Byun (Incheon Nat'l Univ.) & Hyo-Yeol Moon (Seoul Nat'l Univ.)
	16:35-17:00	4. Min-Seong Ha (Univ. of Seoul, Korea) Potential Impact of Enhanced Proprioception on Cognitive Function
	17:00-17:30	5. Hideaki Soya (Univ. of Tsukuba, Japan) <i>English</i> Dopamine hippocampal memory boost by light exercise: translational research
	17:30-18:00	6. Bong-Moon Kim (National Research Foundation of Korea) Human Resource Development and Value Creation through Global Industry-Academic Cooperation

Date & Time		Room 1. <u>Symposium (Ara Convention Hall)</u>	Room 2. <u>Free Communication (College of Humanities, R# 1108)</u>
		Moderators: Hyun-Chul Jung (Kyunghee Univ.), Jung-Hyun Kim (Kyunghee Univ.)	
12 (Fri.)	08:40-08:45	Symposium 2. Paralympic & Exercise Science in a Super-Aged Society Chair: Han-Jun Lee (Univ. of Ulsan) & Kwangjun Kim (Korea Institute of Sport Science)	Session 2. Graduate students and Young Investigators Chair: Tae-Beom Seo (Jeju Nat'l Univ.) & Kijeong Kim (Univ. of Ulsan)
	08:45-09:10	7. Jooyeon Jin (Univ. of Seoul, Korea) The Paralympic Movement for Individuals with Disabilities Living in a Super-Aged Society	17. Tae-Gu Choi (Univ. of Seoul, Korea) Long COVID and the role of exercise
	09:10-09:35	8. Byungmo Ku (Yong In Univ., Korea) Home-based Balance Training on Balance and Mobility in Persons with Multiple Sclerosis: A Systemic Review and Meta-analysis	18. Tae-Jin Kim (Kyunghee Univ., Korea) Effect of hypoxic aerobic exercise on post-exercise hypotension
	09:35-10:00	9. Inhwan Lee (Changwon Nat'l Univ., Korea) Exploring the role of physical activity and physical fitness on chronic diseases in middle-aged and older adults in Korea: Based on the nationwide data	19. Dongmin Lee (Univ. of Tsukuba, Japan) Restriction Resistance Exercise and Moderate-Intensity Resistance Exercise on Body Composition and Blood Lipids in Normal Weight Obese Women
	10:00-10:05	Symposium 3. Joint Symposium between JSPFSM and KSEP Chair: Takayuki Akimoto (Weseda Univ. Japan) & Hong-Sun Song (Andong Nat'l Univ.)	Session 3. New approached studies in Exercise Science Chair: Kwang-Seok Hong (Chung-Ang Univ.) & Seongryu Bae (Dong-A Univ.)
	10:05-10:30	10. Seung-Yong Lee (Incheon Nat'l Univ., Korea) <i>English</i> Implicating the significance of peripheral nerve in bone: what is the roles of exercise?	20. Jahyun Kim (California State Univ. Bakersfield, USA) <i>Online</i> Remote Ischemic Preconditioning: Intervention for Individuals with High Cardiovascular Disease Risks
	10:30-10:55	11. Kohei Watanabe (Chukyo Univ., Japan) <i>English</i> Effects of exercise and nutritional supplementation on motor unit activation properties in older adults	21. Changhyun Lim (McMaster Univ. Canada) <i>Online</i> Practical Strategies to Prevent Sarcopenia: Protein Ingestion and Physical Activity
	10:55-11:05	Break	
	11:05-11:10	Symposium 3. Joint Symposium between JSPFSM and KSEP Chair: Takayuki Akimoto (Weseda Univ. Japan) & Hong-Sun Song (Andong Nat'l Univ.)	Session 4. Applied Exercise Science for Anti-Aging and Exercise Chair: Seung Kyum Kim (Seoul Nat'l Univ. of Science and Technology) & Moon-Hyon Hwang (Incheon Nat'l Univ.)
	11:10-11:35	12. Dongwoo Hahn (Seoul Nat'l Univ. Bundang Hospital, Korea) <i>English</i> Dietary nitrate supplementation in skeletal muscle injury recovery and power by aging	22. Seongkyun Lim (David Geffen School of Medicine, UCLA, USA) <i>Online</i> Alterations in skeletal muscle during the development of cancer cachexia
11:35-12:00	13. Katsuji Aizawa (Senshu Univ., Japan) <i>English</i> Mechanism of exercise-induced local androgen production in skeletal muscle	23. Soon-Gook Hong (Univ. of California, Los Angeles, USA) <i>Online</i> Mitochondria-mediated regulation of endothelial cell phenotype under different flow patterns: Molecular insights into benefits of exercise in prevention of vascular disease	
12:00-13:00	Special Sponsor Session with myocare (Room 1) Lunch time		

	Opening Ceremony		Moderator: Sang Ki Lee (Chungnam Nat'l Univ. Korea)
13:00-13:15	Opening Address Ho-Seong Lee (President of the Korean Society of Exercise Physiology, Dankook Univ. Korea) Welcome Address Eel-Hwan Kim (President of Jeju Nat'l Univ. Korea) Congratulatory Speech Kang-Young Song (President of the Korea Institute of Sport Science. Korea) Duk-Soon Yang (President of the Jeju Research Institute. Korea)		
13:15-13:20	Plenary lecture: Exercise Science in a Super-Aged Society Chair: Duk-Joe Jung (Seowon Univ.)		
13:20-14:10	14. Ryul Kim (Seoul Metropolitan Government-Seoul National University Boramae Medical Center, Korea) Physical exercise for Parkinson's disease: updated evidence and future direction		
14:10-15:30	Poster Session (80 min) Seung-Soo Baek (Sangmyung Univ.), Soo-Hyun Park (Korea Institute of Sport Science), Kwang-Seok Hong (Chung-Ang Univ.), Tae-Kyung Han (Andong Nat'l Univ.), Hyo-Yeol Moon (Seoul Nat'l Univ.), Jinkyung Cho (Sungkyunkwan Univ.), Young-Min Park (Incheon Nat'l Univ.), Seung Kyum Kim (Seoul Nat'l Univ. of Science and Technology), Jung-Hyun Kim (Kyunghee Univ.), Dong-Min Kwak (Hanyang Univ.), Hyun-Chul Jung (Kyunghee Univ.), Jae-Seung Chang (Hannam Univ.)		
15:30-15:35	Symposium 4. Basic Exercise Science for Anti-Aging and Exercise Chair: Buong-O Chun (Myongji Univ.) & Young-Min Park (Incheon Nat'l Univ.)	Session 5. Joint Session between KISS and KSEP: Olympic & Sport Science Chair: Bong-Seok Oh (Sunchon Nat'l Univ.) & Sae-Jeong Park (Korea Institute of Sport Science)	
15:35-16:00	15. Liao Yuanpeng (Chengdu Sports Univ., China) <i>English</i> The effect of blood flow restriction training on promoting muscle strength and its application prospects in the elderly population	24. Jungjun Im (Korea Institute of Sport Science) How Sleep Affects Athletic Performance	
16:00-16:25	16. Ning Jiang (West China Hospital, Sichuan Univ., China) <i>English</i> Aged-related EEG characteristics and the implications for EEG-based brain-computer interface applications in stroke rehabilitation	25. Joo-Nyeon Kim (Korea Institute of Sport Science) Development and application of VR-based cross-country ski training system	
16:25-16:40	Special Sponsor Session with DooRee System Technology (Room 1)		
16:40-17:10	Awards & Annual Meeting Ceremony		

Date & Time		<p align="center">Room 1. Round Tables & Build and Disseminate an Innovative Sport Science Community (Ara Convention Hall)</p> <p align="center">Moderator: Young-Pyo Kim (Jeju Nat'l Univ.)</p>
	10:30-11:30	<p>Round Tables: Counseling session for admission to graduate schools in Korea and abroad</p> <p>Chair: Ho-Seong Lee (Dankook Univ.)</p> <ol style="list-style-type: none"> 1. Seung Soo Baek (Sangmyung Univ.), Soo-Hyun Park (Korea Institute of Sport Science), Tae-Kyung Han (Andong Nat'l Univ.) 2. Kwang-Seok Hong (Chung-Ang Univ.), Seung Kyum Kim (Seoul Nat'l Univ. of Science and Technology), Hyo-Yeol Moon (Seoul Nat'l Univ.) 3. Jung-Hyun Kim (Kyunghee Univ.), Dong-Min Kwak (Hanyang Univ.), Hyun-Chul Jung (Kyunghee Univ.), Young-Min Park (Incheon Nat'l Univ.) 4. Min-Chul Lee (CHA Univ.), Kyeongho Byun (Incheon Nat'l Univ.), Jinkyung Cho (Sungkyunkwan Univ.), Jae-Seung Chang (Hannam Univ.)
13 (Sat.)	11:30-13:00	<p>Build and Disseminate an Innovative Sport Science Community</p> <p>Chair: Ho-Seong Lee (Dankook Univ.)</p> <p>How can regular exercise improve cognitive and functional brain plasticity in aged rats?</p> <p>Presentors: Tae-Beom Seo (Jeju Nat'l Univ.) & Young-Pyo Kim (Jeju Nat'l Univ.)</p> <p>Panels: Dong-Ho Park (Inha Univ.), Bong-Seok Oh (SoonChon Univ.), Hyun-Tae Park (Dong-A 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.), Jung-Jun Park (Pusan Nat'l Univ.), Kyeonglae Kim (Korea Nat'l Univ. of Education), Yi Sub Kwak (Dong-eui Univ.), Young-Hwan Seo (Chosun Univ.), Hong-Sun Song (Andong Nat'l Univ.), Hyo-Bum Kwak (Inha Univ.), Kwang-Seok Hyun (Chungnam Nat'l Univ.), Saeyoung Jae (Univ. of Seoul), Tae-Kyung Han (Andong Nat'l Univ.), Sung-Jin Yoon (Korea Univ.), Sae-Jeong Park (Korea Institute of Sport Science), Soo-Hyun Park (Korea Institute of Sport Science), Kwang-Seok Hong (Chung-Ang Univ.), Jung-Hyun Kim (Kyunghee Univ.), Dong-Min Kwak (Hanyang Univ.), Hyun-Chul Jung (Kyunghee Univ.), Min-Chul Lee (CHA Univ.), Kyeongho Byun (Incheon Nat'l Univ.), Tae-Woon Kim (Gyeongsang Nat'l Univ.)</p>
	13:00-14:00	<p align="center">Closing</p>