

Practical Solutions

Report of the 1st Asia Sports Nutrition Alliance Seminar

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ABSTRACT

This seminar was held at Kyung Hee University in South Korea on July 24, 2015, as part of the bilateral exchange program of the Japan Society for the Promotion of Science. It was organized by the alliance of Professor Hyon Park, Deputy Director of the Graduate School of Physical Education, Kyung Hee University, Korea, and Professor Motoko Taguchi, Director of the Institute of Sports Nutrition, Waseda University.

Session I : Academic Topics

After the opening ceremony, there were a total of eight presentations in the first session, of which three were from Japan. First, Ms. Kazuko Takada of the National Institute of Health and Nutrition presented the results of analysis of RED-S (Relative Energy Deficiency in Sport) in Japanese athletes in a lecture entitled "Introduction of energy metabolism studies for Japanese athletes." Then, Professor Taguchi delivered a lecture on "Practical research into weight control for Japanese Athletes – focused on weight gain strategy," focusing specifically on weight gain. Third, Motonaga, that is I, provided a presentation about the difference in the amounts of carbohydrates contained in the diet on the recovery of exercise-depleted muscle glycogen in a lecture entitled "Influence of carbohydrate intake on muscle glycogen recovery after exercise in Japanese endurance-trained subjects – adopting a new method." From the Korean side, Professor Chang Sun Kim of Dongduk Women's University, delivered a lecture on the "Effects of exercise on RANK-RANK-OPG pathway in bone metabolism." Professor Kyung-Won Kim from Seoul Women's University delivered a lecture on "Eating habits, physical activity and related factors by obesity degree in lower-grade school children." Ms. Jin Kyung Park, Adjunct Professor of Sangmyung University delivered a lecture on "Nutrition intervention program for integrated Health Care program for elderly." Professor Hyuuki Jang of Seoul Women's University delivered a lecture on the "Effects of creatine supplementation and exercise on antidepressant behavior and brain serotonin expression in mice." Finally, Professor Yeon Soo Cha of Chonbuk National University delivered a lecture on "L-carnitine; is it an ergogenic aid?"

Session II : Field Topics

Three presentations were introduced in Session II. Mr. Ho-Uk Lee, Chief Nutritionist of Monster Gym, delivered a lecture on "The potential of intra-workout nutritional intervention with purpose of ideal body composition on athletes." Ms. Murata Hiroko, Graduate School of Sport Sciences of Waseda University, delivered a lecture on "Sports nutrition management for Japanese collegiate athletes," and Ms. Satoko Nagasaka, Graduate School of Sport Sciences of Waseda University, delivered a lecture on "Sports nutrition management for elite Japanese athletes." The question-and-answer session was very lively.

There were some notable achievements of this seminar. First, the seminar strengthened the cooperation between Japanese and Korean sports nutrition research. Secondly, attending this seminar was regarded as a unit for renewing the qualification of Korean certified sports dietitians, and thus many people participated in the seminar. It was also confirmed that both countries (Japan and South Korea) desire to exchange information and develop the field of Sports Nutrition in Asia. In the future, we hope that the collaboration between Waseda University Institute of Sport and Nutrition and Kyung Hee University, and cooperation in research on Sports Nutrition between Japan and South Korea will continue, leading to information dissemination from Asia.