

1 Symposium Title

International Sports Science Network Forum in Nagano 2009

- Promotion of Health and Welfare by Exercise in the Aging Society -

2 Organizer(s)

Hiroshi Nose (Shinshu University)

Michael Joyner (Mayo Clinic)

3 Speakers

(International)

Frank Booth	University of Missouri
Sang Park	Seoul National University
Paul Greenhaff	University of Nottingham Medical School
George Brooks	University of California, Berkeley
Mark Hargreaves	Melbourne University
Bente Pedersen	University of Copenhagen
Marc Kaufman	Pennsylvania State University
Michael Joyner	Mayo Clinic and Foundation
Douglas Seals	University of Colorado
Benjamin Levine	University of Texas Southwestern
Bruce Johnson	Mayo Clinic and Foundation
Craig Crandall	University of Texas Southwestern Medical Center
Loretta DiPietro	The George Washington University
Gail Thomas	University of Texas Southwestern Medical Center

(Domestic)

Hiroshi Shimokata	National Institute for Longevity Sciences
Ryouichi Nagatomi	Tohoku University
Takao Suzuki	Tokyo Metropolitan Institute of Gerontology
Manami Inoue	National Cancer Center
Kanji Matsukawa	Hiroshima University
Shizue Masuki	Shinshu University
Masashi Ichinose	Meiji University
Kazunari Furusawa	Kibikogen Rehabilitation Center for Employment Injuries
Masayuki Hanaoka	Shinshu University
Kei Nagashima	Waseda University
Yoshi-ichiro Kamijo	Shinshu University
Akira Takamata	Nara Women's University

4 Date

August 2 (Sun)-3 (Mon), 2009.

5 Venue

Karuizawa Prince Hotel

Karuizawa, Karuizawa-machi, Kitasaku-gun, Nagano, 389-0193

TEL : (0267)-42-1111/ FAX : (0267)-42-7139

URL: <http://www.princehotels.co.jp/karuizawa>

6 Outline

Background and objective of the forum

As we face the arrival of a hyper-aged society, it is an urgent requirement to establish “a society facilitating healthy longevity”, in which aged people can maintain their “health” and find a “meaning for living” to the ends of their lives. Especially, a system of preventive medicine must be promptly devised for the control of medical costs. Exercise therapy is attracting attention as a technique indispensable in preventive medicine. However, there is no scientifically based exercise prescription that is employed worldwide in the field of preventive medicine. We, therefore, aim to create “longevity-promoting health science” as a new field of preventive medicine by setting sports medicine, which is directly related to exercise prescription, as the core and integrating related fields such as nutrition, psychology, and information technology around it. This forum was designed to gather distinguished domestic and overseas researchers together for discussion.

7 Contact (if available, with e-mail address)

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8 Website

<http://www.shinshu-u.ac.jp/faculty/medicine/department/doctor/grdkarei/i-sports/ISSNF2009/>

9 Sponsors

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Co-sponsors : Japanese Society of Physical Fitness and Sports Medicine,
The Physiological Society of Japan, International Union of Physiological
Society, Department of Rehabilitation Medicine Wakayama Medical University,
The Uehara Memorial Foundation