

Report: Lectures by a UK expert on exercise and appetite regulation

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In September 2009, I invited Dr David Stensel (School of Sport, Exercise and Health Sciences, Loughborough University, United Kingdom) to the international academic seminars in Japan. This event has been kindly supported by the Great Britain Sasakawa Foundation, an initiative of University of Tsukuba. Here I give a brief summary of the events completed at University of Tsukuba, Fukuoka University, and the Japanese Society of Physical Fitness and Sports Medicine's 64th Annual Meeting.

Outline of the objectives of the international academic seminar

The purpose of the international academic seminar was to build lasting networks and share ideas for further improvement of scientific research in the area of physical activity and health between the United Kingdom and Japan. In addition, we wanted to provide opportunities for talented future “young Japanese scientists” to listen to and communicate with a leading scientist from the United Kingdom.

Summary of the events

On Monday 14th September 2009, Dr Stensel provided his lecture entitled “Exercise and appetite regulation” to undergraduate/postgraduate students and staff at Fukuoka University (**Picture 1**) (the same lecture was also given at University of Tsukuba and the Japanese Society of Physical Fitness and Sports Medicine's 64th Annual

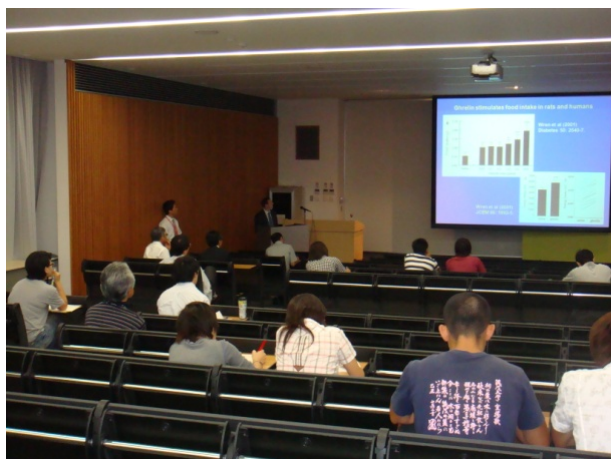
Meeting). This lecture arose due to the kind invitation from Professor Hiroaki Tanaka of Fukuoka University. During Dr Stensel's visit to Fukuoka University, Professor Tanaka kindly showed brand new research facilities to Dr Stensel. In addition, Dr Stensel had a chance to discuss research in general with other younger faculty staff including, Dr Yasuki Higaki, Dr Makoto Ayabe, Dr Hideaki Kumahara and Dr Takuro Tobina.



Picture 1. Dr Stensel gave a lecture at Fukuoka University

On Wednesday 16th September 2009, Dr Stensel delivered his lecture to undergraduate/postgraduate students and staff at the University of Tsukuba (**Picture 2**). There were questions and comments from both faculty members and students – they were very pleased to hear Dr Stensel's talk. After Dr Stensel's lecture, students had an opportunity to meet Dr Stensel

and asked many questions regarding academic research as well as the life of a student at Loughborough University (**Picture 3**). Throughout Dr Stensel's lecture and during his time at the reception, I hope that students appreciated having a tremendous opportunity to interact with Dr Stensel.



Picture 2. Dr Stensel gave a lecture at University of Tsukuba



Picture 3. Dr Stensel and students of University of Tsukuba at the reception

On Saturday 19th September 2009, Dr Stensel gave his keynote lecture at the Japanese Society of Physical Fitness and Sports Medicine's 64th Annual Meeting in Niigata. Dr Stensel's talk was given within the International Session of the

conference prior to presentations from seven younger scientists (**Picture 4**). "Dr Stensel's lecture was very attractive for delegates and the session was therefore successful" said Professor Toshihito Katsumura and Professor Ryouichi Nagatomi who are both heads of the international division for the Society.

Impact of the international academic seminar

In my view, Dr Stensel's "Japan Talk" was of interest not only to students and staff of the University of Tsukuba but also to many students and scientists around Japan. I sincerely appreciate that Dr Stensel kindly gave his lecture at three sites within such a short period of time. Overall, I am confident that Dr Stensel's lecturer has contributed scientific knowledge regarding physical activity and obesity prevention research which is relevant to life in Japan.

Loughborough University's international profile for sports is well-known here in Japan, particularly after Loughborough University and the Japanese Olympic Committee have signed a Memorandum of Understanding that will see both organisations working together until the London 2012 Olympic Games. More recently, the School of Sport, Exercise and Health Sciences at Loughborough University has signed a Memorandum of Understanding with the Faculty of Sport Sciences at Waseda University, in Japan as part of a Global Centers of Excellence programme designed to increase collaborative research in sport sciences and health. In view of this, I strongly hope that the international academic seminars completed in September 2009 will lead to long-term international collaboration with Loughborough University and hopefully other British universities.



Picture 4. At the International Session of the Japanese Society of Physical Fitness and Sports Medicine's 64th Annual Meeting

Once again, I would like to express my sincere thank to the Great Britain Sasakawa Foundation for providing the grant which helped to fund the events. This grant was invaluable for us to strengthen research collaboration in the area of exercise and health between the United Kingdom and Japan. Lastly, but not least, appreciation is extended to Professor Hiroaki Tanaka (Fukuoka

University), Professor Toshihito Katsumura (Tokyo Medical University), Professor Ryouichi Nagatomi (Tohoku University) and my former bosses, Professor Ryuichi Ajisaka and Professor Kiyoji Tanaka (University of Tsukuba) for their heartfelt support regarding the events we completed in September 2009.