

第231回スポーツサイエンス研究会

日時 2023年12月11日(月) 15:00 より

場所 早稲田大学所沢キャンパス 100号館第一会議室

演題 **Let's Get Eccentric! – Science to Practice**

演者

Professor Ken Nosaka
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抄録

Eccentric muscle contractions occur when a load to a muscle exceeds the force generated by the muscle, in which the activated muscle is lengthening. There are several interesting characteristics for exercises mainly consisting of eccentric muscle contractions (i.e., eccentric exercises). They will be explained with examples, and discuss how the benefits of eccentric exercises can be maximized in practice. He will also tell the importance to be “eccentric” in ideas and opinions in science and research.

Biography

Prof Ken Nosaka worked at Yokohama City University for 19 years before moving to Edith Cowan University in 2004 as an Associate Professor. He was promoted to a Full Professor in December 2009. Over the 20 years, he coordinated Exercise and Sports Science Postgraduate research programs (2007-2014), directed the Centre for Exercise and Sports Science Research (2007-2012), and lead the Exercise and Sports Science discipline (2015-2021). He is currently the PhD course coordinator of the school (2021-present). He has published more than 360 peer-reviewed journal articles (his current h-index is 68 in Scopus, 88 in Google Scholar), and about 80% of his articles are related to “eccentric exercise.”

