

International Sports Nutrition Conference

- Energy needs of athletes -

February 22, 2025 (Sat) 1:00 - 6:30 p.m.

**STEP22 (Building 79) Room 205
Higashifushimi Campus, Waseda University**

*This conference will be held at the venue only and in English.

*Supported by International Affairs Division and Comprehensive Research Organization,
Waseda University.

Registration here



13:05 - Keynote Lecture

The history and future of Sports Nutrition

Dr. Melinda Manore (Oregon State University)

14:15 - Hot Topics in Sports Nutrition 1

Potential of genetic analysis on energy metabolism research in athletes

Dr. Kumpei Tanisawa (Waseda University)

Energy balance and metabolic suppression in athletes

Dr. Sihyung Lee (Center for Sports Science in Busan)

Estimation of the energy requirements for Paralympic athletes

Dr. Keiko Motonaga (Japan Institute of Sports Sciences)

Development and field application of food frequency questionnaire for Japanese athletes

Dr. Kazuko Ishikawa-Takata (Tokyo University of Agriculture)

16:15 - Hot Topics in Sports Nutrition 2

Factors affecting resting energy expenditure in athletes

Ms. Nozomi Miura (Waseda University)

Within-day energy balance in the decathlon competition for two days

Ms. Rikako Yoshitake (University of Tsukuba)

Characteristics of non-exercise activity thermogenesis in athletes

Dr. Mika Goshozono (Waseda University)

17:00 - Panel Discussion: Nutrition education to ensure adequate energy intake for athletes

WAVE Project: Sport nutrition education system for young athletes

Dr. Melinda Manore (Oregon State University)

Nutrition education and dietary support for junior athletes

Dr. Naomi Omi (University of Tsukuba)

Nutrition intervention for female long-distance runners

Dr. Motoko Taguchi (Waseda University)