

Detailed Schedule of Presentations ACK 2016

# The 7<sup>th</sup> Asia Conference on Kinesiology

(Tentative)

Friday Afternoon, November 11, 2016

Saturday Morning, November 12, 2016

Saturday Poster, November 12, 2016

Saturday Afternoon, November 12, 2016

Sunday Morning, November 13, 2016

Sunday Poster, November 13, 2016

Sunday Afternoon, November 13, 2016

**This program is tentative,  
so the number of your abstract may be changed in some cases recognized by ACKOC.  
2016. 10. 30**

# ACKOC

The Asia Conference on Kinesiology Organization Committee

# Program Day by Day of the ACK 2016

## Friday Afternoon, November 11, 2016

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### Workshop (1): Spiral stabilization methods, SPS

Friday, November 11, 2016, 13:30~14:20, Room: Shops & Service Center Theater(Small)

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- 1      **13:30~13:35**  
**Chair:** Young Kyun Kim. Kookmin University, Korea.
  
- 2      **13:35~14:20**  
**Spiral stabilization methods, SPS**  
You Sun Bang. Dr. Bang's Body Care, Korea.

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### Certification Symposium (1): Certificates of ACSM, NSCA and NATA

Friday, November 11, 2016, 14:30~15:40, Room: Shops & Service Center Theater(Small)

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**This symposium 1 will present the current certifications of ACSM, NSCA, and NATA in the US. The session will focus on the certification titles, the types of the certificates, the work scopes of the credited individuals, the qualification needed to take the certification tests, the subject of certification tests, the type of job training session after certifications, job opportunities, and the prospects of the certifications. This discussion will present perspectives on the scope of practice possibilities for certified health, fitness, and clinical exercise professionals, as well as barriers and challenges that professionals might face. This symposium also discusses a perspective on the scope of practice possibilities for certified health, fitness, and clinical exercise professionals. A special emphasis will involve the advantages and disadvantages of these certifications to be implemented in the fitness industry in Asia countries.**

- 3      **14:30~14:35**  
**Co-Chair:** Zin-Rong Lin. National Chungcheng University, Taiwan.
  
- 4      **14:30~14:35**  
**Co-Chair:** Takashi Fukuda. University of Tsukuba, Japan.
  
- 5      **14:35~14:55**  
**American College of Sports Medicine(ACSM) certification**  
Govindasamy Balasekaran. Nanyang Technological University, Singapore.
  
- 6      **14:55~15:15**  
**NSCA certificates**

Young Sub Kwon. Humboldt State University, USA.

7 15:15~15:35

**NATA certificates**

Sae Yong Lee. Yonsei University, Korea.

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**Certification Symposium (2): Asian countries' Certificates**

Friday, November 11, 2016, 15:50~17:20, Room: Shops & Service Center Theater(Small)

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**This symposium 2 will present the current certifications or/and certification systems of four Asian countries. The topic entitled Athletic Trainer Certificate in Japan, Sports Science Professional Qualifications in Thailand, Taiwanese Certificates, and Report of Korean Certificates System for Exercise Professionals will be presented and discussed comprehensively. This symposium may include the history and types of certification systems, and/or academic associations or qualification institutes that provide certificates in the fitness industry in four Asian countries. This discussion will present perspectives on the scope of practice possibilities for certified health, fitness, and clinical exercise professionals, as well as barriers and challenges that professionals might face. The symposium may also discuss the present situation and new opportunities of Kinesiologist in both the prevention and treatment of chronic health conditions.**

8 15:50~15:55

**Co-Chair:** Govindasamy Balasekaran. Nanyang Technological University, Singapore.

9 15:50~15:55

**Co-Chair:** Young Sub Kwon. Humboldt State University, USA.

10 15:55~16:15

**Athletic trainer certificate in Japan**

Takashi Fukuda. University of Tsukuba, Japan.

11 16:15~16:35

**Thailand sports science professional qualification**

Rungchai Chaunchaiyakul. Mahidol University, Thailand.

12 16:35~16:55

**Taiwanese Certificates**

Zin-Rong Lin. National Chung Cheng University, Taiwan.

13 16:55~17:15

**Report of Korean certificate system for exercise professionals**

Kihong Kim. Yongin University, Korea.

## Saturday Morning, November 12, 2016

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### Mini-Oral Presentation for Young Investigator's Awards (Poster)

Saturday, November 12, 2016, 08:00~10:00, Room: Convention Center 101

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- 14 08:00~08:05**  
**Co-Chair:** Kihong Kim. Yongin University, Korea.
- 15 08:00~08:05**  
**Co-Chair:** Kasem Chaiklongkit . Burapha University, Thailand.
- 16 08:00~08:05**  
**Co-Chair:** Zin-Rong Lin. National Chung Cheng University, Taiwan.
- 17 08:00~08:05**  
**Co-Chair:** Philip Graham-Smith. Aspire Academy, Qatar.
- 18 08:00~08:05**  
**Co-Chair:** Denny Agustining Sih . Universitas Gadjah Mada, Indonesia.
- 19 08:00~08:05**  
**Co-Chair:** Kenji Murakami. Sendai University, Japan.
- 20 08:05~08:10**  
**Prevalence and characteristics of metabolic obesity among Korean women of normal weight\_KNHANES**  
JiSoo Yu, Kyu Min Park, So Young Jin, Sung Hwun Kang. Kangwon National University, Korea.
- 21 08:10~08:15**  
**The analysis of the impact on enhancing physical health from the aspect of Chinese traditional health Qigong Wuqinxi**  
GUHUA JIA, LONG JIA, CHUN-HSIEN SU. Chinese Culture University, Taiwan.
- 22 08:15~08:20**  
**The influence of related factors on the physical activity of the same generation before and after 40 years-documentary China as the clue of qualitative research**  
Yansong Li, Chunhua Zhang. Shanghai University of Sport, China.
- 23 08:20~08:25**  
**The effect of 12 weeks community-based exercise intervention on the healthy mental activity of middle-aged and elderly women**

Yansong Li, Chunhua Zhang, Yongmei Shu, Boyuan Ding, Huan Liu, Anmin Li. Shanghai University of Sport, China.

**24 08:25~08:30**

**Association between the quality of sleep and the timing of habitual physical activity in older adults**

Jae Hoon Seol<sup>1</sup>, YUTA FUJI<sup>1</sup>, KIYOJI TANAKA<sup>1</sup>, TOMOHIRO OKURA<sup>1</sup>, NARUKI KITANO<sup>2</sup>, YOSUKE OSUKA<sup>3</sup>. <sup>1</sup>University of Tsukuba, Japan. <sup>2</sup>Meiji yasuda life foundation of health and welfare, Japan. <sup>3</sup>Institute of Gerontology at Tokyo metropolitan, Japan.

**25 08:30~08:35**

**Comparison of heart rate and oxygen uptake of turner during a person turning the long jump rope during the existence and non-existence of a jumper**

NOBORU YOSHIDA, TAKUMA WADA, YUTARO TAMARI, SHO ONODERA. Kawasaki University of Medical Welfare, Japan.

**26 08:35~08:40**

**Effect of sensory motor functional training on agility and balance in male college students**

Kwang-jin Lee<sup>1</sup>, Jung-hwan Choi<sup>2</sup>, Keun-Ok An<sup>3</sup>. <sup>1</sup>Dankook University, Korea. <sup>2</sup>Chungbuk National University, Korea. <sup>3</sup>Korea National University of Transportation, Korea.

**27 08:40~08:45**

**Strength of lower limb muscles of primary school students during eight weeks of skipping exercises**

Nurul Sakinah Mazlan. National University of Malaysia, Malaysia.

**28 08:45~08:50**

**The comparison of lower extremity strength and balance between before and after a season in middle school baseball players**

WookChul Choi, ByeongHwan Jeon. KyungSung University, Korea.

**29 08:50~08:55**

**The effect of mindfulness acceptance commitment intervention on martial arts athletes' anxiety and sports performance**

Meisam Savardelavar. Universiti Sains Malaysia, Malaysia.

**30 08:55~09:00**

**Development and evaluation of foot feature measurement system for subject-specific insole design**

Sungkuk Chun, Kyung-Ryoul Mun, Hyungan Oh, Jinwook Kim. Korea Institute of Science and Technology, Korea.

- 31 09:00~09:05**  
**The status problems and development trend analysis of the study on Chinese contemporary sports history**  
Xiuli Zhang. Zhengzhou University, China.
- 32 09:05~09:10**  
**Adaptation of respiratory efficiency by providing augmented feedback about oxygen consumption**  
Sangheung Lee, Hubert Mahler, Christian Heyde, Martin Keller, Wolfgang Taube, Albert Gollhofer. University of Freiburg, Germany.
- 33 09:10~09:15**  
**Effects of exercise training on mitochondrial function in obese mouse skeletal muscle**  
Jun-Won Heo. Inha University, Korea.
- 34 09:15~09:20**  
**Exercise training attenuates aging-induced mitochondrial dysfunction in the rat heart**  
MiHyun No. Inha University, Korea.
- 35 09:20~09:25**  
**Changes in urine volume and subjective micturition during water exercise in women**  
TAKUMA WADA<sup>1</sup>, SHO ONODERA<sup>1</sup>, YUKA NOSE<sup>2</sup>, AKIRA YOSHIOKA<sup>3</sup>. <sup>1</sup>Kawasaki University of medical welfare, Japan. <sup>2</sup>Yasuda womens university, Japan. <sup>3</sup>Okayama university, Japan.
- 36 09:25~09:30**  
**The oxygen uptake efficiency slope in children with congenital heart disease**  
I-HUA CHU. Kaohsiung Medical University, Taiwan.
- 37 09:30~09:35**  
**Association of sarcopenic obesity with multimorbidity in Korean adults - A nationwide cross-sectional study**  
Junghoon Kim<sup>1</sup>, Keun Ok An<sup>2</sup>. <sup>1</sup>Gachon University College of Medicine, Korea. <sup>2</sup>Korea National University of Transportation, Korea.
- 38 09:35~09:40**  
**The association of alignment in lower extremity and strain of iliotibial band**  
dayoon kim, Shumpei Miyakawa, Takashi Fukuda, Masahiro Takemura. University of Tsukuba, Japan.
- 39 09:40~09:45**

**Effects of underwater treadmill walking on urinary electrolytes among type 2 diabetes patients**

Kumiko ONO<sup>1</sup>, Kazuhiko SAKAGUCHI<sup>2</sup>, Akira ISHIKAWA<sup>3</sup>, Kana MICHIE<sup>4</sup>, Yushi HIROTA<sup>5</sup>, Tatsuya SUGIMOTO<sup>6</sup>, Kazuya SUGIYAMA<sup>7</sup>, Kumi TAKAMORI<sup>8</sup>. <sup>1</sup>Kobe University, Japan. <sup>2</sup>Kobe University Graduate School of Medicine, Japan. <sup>3</sup>Kobe University Graduate School of Health Sciences, Japan. <sup>4</sup>Hiroshima University Hospital, Japan. <sup>5</sup>Kobe University Hospital, Japan. <sup>6</sup>Japanese Red Cross Kobe Hospital, Japan. <sup>7</sup>Okayama Rosai Hospital, Japan. <sup>8</sup>Kobe City Hospital Organization Kobe City Medical Center West Hospital, Japan.

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**Presentation for Young Investigator's Awards(Oral)**

Saturday, November 12, 2016, 08:00~10:00, Room: Convention Center 103

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**40 08:00~08:05**

**Co-Chair:** Ashok Kumar. PunjabiUniversity, India.

**41 08:00~08:05**

**Co-Chair:** Sukho Lee. Texas A&M University-San Antonio, USA.

**42 08:00~08:05**

**Co-Chair:** Jonathan Alexander Glynn. Aspire Academy, Qatar.

**43 08:00~08:05**

**Co-Chair:** Muhammad Hafiz Hanafi. Universiti Sains Malaysia, Malaysia.

**44 08:00~08:05**

**Co-Chair:** Shoji Konda. Osaka University, Japan.

**45 08:00~08:05**

**Co-Chair:** Kuei-Hui Chan . National Taiwan Sports University, Taiwan.

**46 08:05~08:15**

**Spatial trajectories and accuracy of goal-directed stepping response to auditory stimuli in football players**

Masahiro Kokubu, Takumi Mieda, Mayumi Saito. University of Tsukuba, Japan.

**47 08:15~08:25**

**Using neuro-linguistic programming and neuro-semantic to enhance sub-elite air-pistol shooters performance**

Meisam Savardelevar. Universiti Sains Malaysia, Malaysia.

**48 08:25~08:35**

**Effect of relaxation imagery with relaxation background music on self-confidence and accuracy of darts throwing performance of youth athletes**

chatkamon singnoy, Chanwit Intarak, Naruepon Vongjaturapat, Poonpng Sooksawang. Burapha University, Thailand.

**49 08:35~08:45**

**Large eddy simulation of flow past a ski jumper during in flight**

Woojin Kim<sup>1</sup>, Hansol Lee<sup>1</sup>, Jungil Lee<sup>1</sup>, Hacheon Choi<sup>1</sup>, Chilgu Kang<sup>2</sup>, Hyunki Kim<sup>2</sup>. <sup>1</sup>Seoul National University, Korea. <sup>2</sup>High 1 Sports Team, Korea.

**50 08:45~08:55**

**Posture optimization of ski jumper for better aerodynamic performance**

Kyeongtae Bang<sup>1</sup>, Heesu Kim<sup>1</sup>, Jonghyun Kim<sup>1</sup>, Haecheon Choi<sup>1</sup>, Daehan Jung<sup>2</sup>, Eunhye Ahn<sup>2</sup>, Chil-Ku Kang<sup>3</sup>, Hyun-Ki Kim<sup>3</sup>, Heung-Chul Choi<sup>3</sup>. <sup>1</sup>Seoul National University, Korea. <sup>2</sup>Korea Airforce Academy, Korea. <sup>3</sup>High 1 Resort, Korea.

**51 08:55~09:05**

**Influence of forefoot insole bending stiffness on countermovement jump**

MiSun Kim<sup>1</sup>, KiKwang Lee<sup>1</sup>, Gizem Ozkaya<sup>1</sup>, KyuChan Lim<sup>2</sup>. <sup>1</sup>Kookmin University, Korea. <sup>2</sup>Ulsan University, Korea.

**52 09:05~09:15**

**Effects of sub-plateau training before a competition on professional competitive ability of middle and long distance runners**

Xiao Hou, Jingmin Liu, Haining Teng. Tsinghua University, China.

**53 09:15~ 09:25**

**The acute effect of static and cyclic stretching on pennation angle and muscle hardness on medial gastrocnemius muscle**

Noriaki Maeda. Hiroshima University, Japan.

**54 09:25~ 09:35**

**The relationship of static knee external rotation with femoral anteversion and lateral tibial torsion in transverse plane**

Shogo Uota, Ikuhiro Morikita, Yohei Shimokochi. Osaka University of Health and Sport Sciences, Japan.

**55 09:35~ 09:45**

**Effect of ankle support brace on knee joint movement during lateral landing**

shuhe numano. Graduate School of Biomedical and Health Science, Japan.

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**Plenary Session(1)**

Saturday, November 12, 2016, 10:20~ 11:00, Room: Auditorium & Performing Place Performing Arts Hall

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56 10:20~10:25  
**Chair:** Ki Kwang Lee. Kookmin University, Korea.

57 10:25~11:00  
**Emerging research target myokine-implication on diseases**  
Hyeon Soo Kim. Korea University, Korea.

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### **Inaugural meeting of the ACK**

Saturday, November 12, 2016, 11:00~11:40, Room: Auditorium & Performing Place Performing Arts Hall

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58 11:00~11:05  
**Co-Chair:** Kihong Kim. Yongin University, Korea.

59 11:00~11:05  
**Co-Chair:** Michiyoshi Ae. Nippon Sport Science University, Japan.

60 11:05~11:25 **Inaugural meeting of ASK**

61 11:25~11:40 **Chairperson's Proposal: An integrated kinesiologist qualification system**  
Jung Sok Oak. Dankook University, Korea.

## **Saturday Poster, November 12, 2016**

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### **Free Communication/Poster (Sport and Human Performance 01)**

Saturday, November 12, 2016, 12:30~13:10, Room: Auditorium & Performing Place Lobby.

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62 **Board #1**  
**Barbell trajectory according to barbell weight during snatch in high school athletes**  
WooSeong Heo<sup>1</sup>, KiKwang Lee<sup>1</sup>, HyeRee Kim<sup>1</sup>, Gizem Ozkaya<sup>1</sup>, EunYoung Lee<sup>2</sup>. <sup>1</sup>Kookmin University, Korea. <sup>2</sup>Busan University of Foreign Studies, Korea.

63 **Board #2**  
**Comparison of kinematic characteristics between stand-up cycling and walking**  
Sayup KIM, Joonho Hyeong, Jongryun Roh. KITECH, Korea.

64 **Board #3**  
**Comparison of kinematic variables during isolation movement in dance sports and kpop dancers**  
MinRa Choi<sup>1</sup>, KiKwang Lee<sup>1</sup>, InYoung Jang<sup>2</sup>, SuYeon Hong<sup>2</sup>. <sup>1</sup>Kookmin University, Korea. <sup>2</sup>Kangwon National University, Korea.

65 **Board #4**

**Correlation of the dynamic stability with isokinetic thigh muscle function of woman dancers**

Keun Ok An<sup>1</sup>, Ji Hoon Cho<sup>2</sup>, Bee-Oh Lim<sup>3</sup>, EunOk Cho<sup>4</sup>. <sup>1</sup>Korea National University of Transportation, Korea. <sup>2</sup>Singyeong University, Korea. <sup>3</sup>Chungang University, Korea <sup>4</sup>Incheon National University, Korea.

**66 Board #5**

**Effect of detraining after weight training on 1RM and inflammatory markers**

Kyu-min Park, so-young Jin, Ji-soo YU, sunghwun Kang. Kangwon National University, Korea.

**67 Board #6**

**Effect of water depth through water walk exercise on strength of trunk muscle**

Byung Kwan Kim. Dankook University, Korea.

**68 Board #7**

**Effect of GSRT(Graded shuttle run throw) for judo players on changes in performance and blood fatigue factors**

junhyeong Park. kongju University, Korea.

**69 Board #8**

**Effects of whole body vibration exercises on core muscle strengths and balance in accordance with bowling game performance of bowling player**

Joonhee Kim, Yunjin Park, Yonggon Seo, Hyeyoung Cho, Hyunghoon Moon, Haelim Lee. Korea University, Korea.

**70 Board #9**

**Forefoot plantar pressure of modified stud during 90 degrees change direction in recreational soccer players**

Kwantae Kim<sup>1</sup>, Hsiang-Yin CHEN<sup>1</sup>, Hsien-Te PENG<sup>1</sup>, Chen-Yi SONG<sup>2</sup>, Hsu-Tong TU<sup>3</sup>. <sup>1</sup>Chinese Culture University, Taiwan. <sup>2</sup>Taipei College of Maritime Technology, Taiwan. <sup>3</sup>Twu Huolong Precision Lasts, Taiwan.

**71 Board #10**

**Investigation of kinematic and kinetic characteristics during draw and take-out motions in curling delivery**

Yoon Hyuk Kim<sup>1</sup>, Kyungsoo Kim<sup>1</sup>, WonMan Park<sup>1</sup>, Tserenchimed Purevsuren<sup>1</sup>, Taewan Kim<sup>2</sup>, Sangcheol Lee<sup>2</sup>, Sekee Kil<sup>2</sup>. <sup>1</sup>Kyunghee University, Korea. <sup>2</sup>Korea Institute of Sport Science, Korea.

**72 Board #11**

**Performing 10 RM while 5-set squats with wearing compression stockings increases the number of repetitions**

Hyun-Joo Kang<sup>1</sup>, ByungKun Lee<sup>2</sup>, KiHong Kim<sup>3</sup>. <sup>1</sup>Soonchunhyang University, Korea.  
<sup>2</sup>Sangmyung University, Korea. <sup>3</sup>Dankook University, Korea.

**73 Board #12**

**Relationships between functional movement screening and traditional flexibility tests**

Jaehwan Kim, Inwoong Song, Myeongsu Jeong. Kookmin University, Korea.

**74 Board #13**

**Respiratory variables after the combined competition of college modern pentathlon athletes**

Jae-ryang Yoon, Young-sun Kim. Korea National Sport University, Korea.

**75 Board #14**

**The effect of stance width and angles of knee on repetition total work and EMG during squat**

Hae Sung Choi. Dankook University, Korea.

**76 Board #15**

**The effect of weight control by non-diet endurance training on isokinetic muscle function in wrestlers**

Dongseok Kim, JongJin Park, ByeongHwan Jeon. KyungSung University, Korea.

**77 Board #16**

**The effects of one repeated transformed single leg squat on dynamic Q-angle and gluteal muscle activity**

JU HO CHA. Finest Private Gym, Korea.

**78 Board #17**

**The exploration of reducing the risk of metabolic syndrome by exercise training intervention**

Chia Fang Chang, Zin-Rong Lin. National Chung Cheng University, Taiwan.

**79 Board #18**

**The influence of arch support insole on table tennis forehand stroke using side step and falkenberg footwork**

Yu-Jung Chen<sup>1</sup>, Kuan-Yu Lien<sup>1</sup>, Fu-Kuei Chang<sup>1</sup>, Hsien-Te Peng<sup>1</sup>, Yat-Hon Chen<sup>2</sup>. <sup>1</sup>Chinese Culture University, Taiwan. <sup>2</sup>Global Action Inc, Taiwan.

**80 Board #19**

**The influence of the femoral anteversion on knee valgus angle during unanticipated side-step cutting**

Satoshi Shibata, Masahiro Takemura, Shumpei Miyakawa. University of Tsukuba, Japan.

**81 Board #20**  
**Game analysis of mixed doubles badminton in the 32th Thailand national youth games**  
Sawangpai Pairo<sup>1</sup>, Bangtamai Weerapong<sup>2</sup>, Jamroen Rangarit<sup>2</sup>, Intacharoen Panya<sup>2</sup>, Chainok Phronpot<sup>2</sup>. <sup>1</sup>Burapha University, Thailand. <sup>2</sup>Faculty of Sport Science Burapha University, Thailand.

**82 Board #21**  
**The relationship between jump height and squat 1-repetition maximum differs according to the presence or absence of stretch-shortening cycle motions**  
Yusuke Komura<sup>1</sup>, Katsuya Ikeda<sup>1</sup>, Shin Takayama<sup>1</sup>, Shigeo Kusumoto<sup>2</sup>, Yohei Shimokochi<sup>2</sup>. <sup>1</sup>Osaka University of Health and Sport Sciences Graduate School, Japan. <sup>2</sup>Osaka University of Health and Sport Sciences, Japan.

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**Free Communication/Poster (Health/Fitness 01)**

**Saturday, November 12, 2016, 12:30~13:10, Room: Auditorium & Performing Place Lobby.**

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**83 Board #22**  
**Acute and chronic effects of meditation and yoga on stress level and movement function**  
mina park. Kookmin University, Korea.

**84 Board #23**  
**Association of the metabolic syndrome with physical activity and smoking and alcohol**  
yong hwan kim, do yoon ban, duk han ko. Asan Medical Center, Korea.

**85 Board #24**  
**Association with Physical activity and health-related quality of life in Korean older male with metabolic syndrome - Based on the Korean national health and nutrition survey 2014 -**  
Jiwon Han<sup>1</sup>, Yongho Lee<sup>2</sup>. <sup>1</sup>Seoul National University & Seoul National University Hospital, Korea. <sup>2</sup>Seoul National University, Korea.

**86 Board #25**  
**Body composition is associated with cardiovascular disease risk factors in adults with intellectual disabilities**  
Suhjung Kang<sup>1</sup>, Jinheon Lee<sup>1</sup>, Hyo Lee<sup>1</sup>, Jinhee Seo<sup>2</sup>. <sup>1</sup>Sangmyung University, Korea. <sup>2</sup>Baekseok University, Korea.

**87 Board #26**

**Changes of static balance and stance phase by aging**

Keun Ok An, Jae-Soon Chung. Korea National University of Transportation, Korea.

**88 Board #27**

**Comparison of eating and exercise behaviors based on BMI and body fat in Korean young women**

SOYOUNG JIN, JISOO YU, KYUMIN PARK, SUNGHWUN KANG. Kangwon National University, Korea.

**89 Board #28**

**Effect of physical exercise in mid-aged people**

HyeRee Kim<sup>1</sup>, MiSun Kim<sup>1</sup>, KiKwang Lee<sup>1</sup>, KyuChan Lim<sup>2</sup>. <sup>1</sup>Kookmin University, Korea. <sup>2</sup>Ulsan University, Korea.

**90 Board #29**

**Effects of combine exercise training on cognitive function in elderly female**

Nayoung Ahn, Kyu Ho Lee, Ki Jin Kim. Keimyung University, Korea.

**91 Board #30**

**Physical performance by age and sex of Korean community-residing older adults**

Hyunsoo Kim, SoonChang Sung<sup>1</sup>, Kyujeong Choi<sup>2</sup>, Sohee Sin<sup>3</sup>. <sup>1</sup>Seoul National University of Science and Technology, Korea. <sup>2</sup>Korea Institute of Sport Science, Korea <sup>3</sup>Ulsan University, Korea.

**92 Board #31**

**Relationship between physique and physical ability of seven-year-old children by gender**

SUNG SIK KO. Korea national university of transportation, Korea.

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**Free Communication/Poster (Exercise Physiology)**

**Saturday, November 12, 2016, 12:30~13:10, Room: Auditorium & Performing Place Lobby.**

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**93 Board #32**

**Effects of fermented sea tangle supplementation on the antioxidant defence system in older adults**

Storm Reid, Wookchul Choi, Byeong Hwan Jeon. Kyungsoong University, Korea.

**94 Board #33**

**Effects of treadmill exercise on morphological change and browning mRNA expression in male mouse adipose tissues**

DONGHWAN KIM, JUHYUN LIM, MIJA KIM, YONGSEOK SO, YOUNGJUN KIM, HAERHAN BAE. Dong-a University, Korea.

- 95 **Board #34**  
**The effect of exercise on hippocampal neurogenesis and neural plasticity and neurotrophic factors in the brain**  
Seungsoo Baek. Sangmyung University, Korea.
- 96 **Board #35**  
**The analysis of sling therapy with whole body vibration on heart rate and lactate level during rest after postexercise**  
JUHWAN OH, SeungRok Kang, TaeKyu Kwon, JinYoung Min. Chonbuk University, Korea.

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**Free Communication/Poster (Clinical/Rehabilitation 01)**

Saturday, November 12, 2016, 12:30~13:10, Room: Auditorium & Performing Place Lobby.

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- 97 **Board #36**  
**Effects of a 2-week pelvic girdle and sacroiliac joint mobility training on chronic lower back pain**  
Jinmo Yang, Inwoong Song, Kidong So, Jinyeol Yang, Jaehwan Kim, Eunjin Choi, Dongjoo Kim, Joonyoung Lee. Kookmin University, Korea.
- 98 **Board #37**  
**Effects of a 6-weeks inspiratory training on upper and lower quarter dynamic balance and inspiratory muscle strength**  
Eunjin Choi. Kookmin University, Korea.
- 99 **Board #38**  
**Effects of chiropractic and isometric exercise program on improving turtle neck syndrome and forward head posture**  
IL YONG PARK, JAE HO KHIL, YOUNG HWAN KIM. kyunghee university, Korea.
- 100 **Board #39**  
**Postoperative exercise for osteonecrosis femoral of head**  
yong hwan kim, do yun ban, deuk han ko. Asan Medical Center, Korea.
- 101 **Board #40**  
**The effects of exercising program for functional improvement and stability of arabesque releve motion of ballet dancer with chronic ankle instability**  
ji young kwon, Jong-Sung Park. Myungji University, Korea.

**Saturday Afternoon, November 12, 2016**

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**Workshop (2): The rise of tabata training and why it works**

Saturday, November 12, 2016, 12:30~ 14:30, Room: Shops & Service Center Theater. Small.

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**102 12:30~12:35**

**Co-Chair:** Young Sub Kwon. Humboldt State University, USA.

**103 12:30~12:35**

**Co-Chair:** Soojin Yoo. University of Texas-Rio Grande Valley, USA.

**104 12:35~14:30**

**The rise of tabata training and why it works**

Izumi Tabata. Ritsumeikan University, Japan.

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**Certification Symposium (3): Basic strategies for establishing the integrated kinesiologists qualification system**

Saturday, November 12, 2016, 13:30~ 15:00, Room: Convention Center 108

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**This session is the last phase of the certification symposium.**

**In this symposium Jung Sok Oak, Ph.D. chairperson of the Preparatory Committee of Foundation for the Asian Society of Kinesiology (PCFASK) gives a presentation on basic strategies for establishing the Integrated Kinesiologist Qualification System (IKQS). After that, 7 appointed debaters who have presented each country's certification programs in advanced certification sessions, express their opinions on the proposed IKQS. A comprehensive discussion with all participants of this session will follow.**

**105 13:30~13:35**

**Co-Chair:** Sukho Lee. Texas A&M University-San Antonio, USA.

**106 13:30~13:35**

**Co-Chair:** Jung Sok Oak. Dankook University, Korea.

**107 13:35~13:45**

**Basic strategies for establishing the integrated kinesiologist qualification system**

Jung Sok Oak. Dankook University, Korea.

**108 13:45~14:20**

**Appointed debating**

Young Sub Kwon. Humboldt State University, USA.

Sae yong Lee. Yonsei University, Korea.

Govindasamy Balasekaran. Nanyang Technological University, Singapore.

Zin-Rong Lin. National Chung Cheng University, Taiwan.

Takashi Fukuda. University of Tsukuba, Japan.

Rungchai Chaunchaiyakul. Mahidol University, Thailand.

Kihong Kim. Yongin University, Korea.

**109 14:20~15:00**

**Comprehensive Discussion**

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**Oral Presentation(1): Health and Fitness**

Saturday, November 12, 2016, 13:30~14:20, Room: Convention Center 101

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**110 13:30~13:35**

**Chair:** Suh Jung Kang. Sang Myung University, Korea.

**111 13:30~13:35**

**Chair:** Sho Onodera. Kawasaki University, Japan.

**112 13:35~13:45**

**Executive function and weight loss for overweight and obese young people in fitness camp**

Xia Xu. Wuhan Sports University, China.

**113 13:45~13:55**

**Health literacy status of obese adolescents and its influential factors in Haoqian weight loss training campus**

CHUNYAN Li. Wuhan Sports University, China.

**114 13:55~14:05**

**Influence of dual-mode exercise intervention on the healthy behaviors of middle-aged and elderly women**

Chunhua Zhang, Yongmei Shu, Huan Liu, Yansong Li. Shanghai University of Sport, China.

**115 14:05~14:15**

**The important role of assessment in learning physical education in Indonesia**

Guntur. Yogyakarta State University, Indonesia.

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**Oral Presentation(2): Sports and Human Performance 1**

Saturday, November 12, 2016, 13:30~14:20, Room: Convention Center 103

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**116 13:30~13:35**

**Chair:** Jung Jun Park. Pusan National University, Korea.

**117 13:30~13:35**



**Chair:** Philip Graham-Smith. Aspire Academy, Qatar.

- 118 13:35~13:45**  
**Relationship between hydration status and the fluid consumption of tennis athlete**  
Cerika Rismayanthi. Yogyakarta State University, Indonesia.
- 119 13:45~13:55**  
**The effect of fencing specific training on national female team fencers**  
JINWOOK CHUNG. Institute of Sports Science, Korea.
- 120 13:55~14:05**  
**Comparison of kinematics and kinetics in lower extremity between short- and middle-turns during carved skiing**  
Jun Seok Kim, Tserenchimed Purevsuren, Chojamts Batkhishig, Won Man Park, Kyungsoo Kim, YoonHyuk Kim. Kyunghee University, Korea.
- 121 14:05~14:15**  
**Development of three generation gymnastics package**  
Fajar Sriwahyuniati. Yogyakarta State University, Indonesia.

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### **Oral Presentation(3): Rehabilitation for Sports Injuries**

Saturday, November 12, 2016, 13:30~14:20, Room: Convention Center 105

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- 122 13:30~13:35**  
**Co-Chair:** Young Kyun Kim. Kookmin University, Korea.
- 123 13:30~13:35**  
**Co-Chair:** Masahiro Takemura. University of Tsukuba, Japan.
- 124 13:35~13:45**  
**The relationship between knee muscle strength and knee biomechanics during running after anterior cruciate ligament reconstruction**  
Makoto Asaeda<sup>1</sup>, Toru Sunagawa<sup>1</sup>, Nobuo Adachi<sup>1</sup>, Mitsuo Ochi<sup>1</sup>, Masataka Deie<sup>2</sup>, Kazuhiko Hirata<sup>3</sup>, Hiroaki Kimura<sup>3</sup>. <sup>1</sup>Hiroshima University, Japan. <sup>2</sup>Aichi Medical University, Japan. <sup>3</sup>Hiroshima University Hospital, Japan.
- 125 13:45~13:55**  
**Effect of PNF on bone of stroke hemiplegia**  
yujia Han. Beijing Sports University, China.
- 126 13:55~14:15**  
**Measurement of head kinematics during impact in collegiate American football players**

Takashi Fukuda. University of Tsukuba, Japan.

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### Special Lecture

Saturday, November 12, 2016, 13:30~14:20, Room: Convention Center 107

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**127 13:30~13:34**

**Co-Chair:** Joong Hyun Ryu. Aspire Academy, Qatar.

**128 13:30~13:34**

**Co-Chair:** Jae Ho Khil. Kyunghee University, Korea.

**129 13:34~13:57**

**Kinesiology in Thailand past present and future**

Naruepon Vongjaturapat. Burapha University, Thailand.

**130 13:57~14:20**

**The lifestyle management of the Chinese community**

Frank Hoo Kin Fu. Hong Kong Baptist University, Hong Kong SAR.

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### Highlighted Symposium (1): Aging and Exercise

Saturday, November 12, 2016, 14:30~16:20, Room: Convention Center 101

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**This session introduces the effects of exercise on ageing-related obesity and general ageing processes and their mechanisms. It explains how exercise gives positive impacts on the ageing processes, based on several evidences. The session will suggest some interesting evidences about physiological reactions and effects of underwater exercise, latest knowledge on the mechanisms of blood pressure reduction after doing exercise, and physiological mechanisms of exercise for menopause management and prevention methods of menopause.**

**131 14:30~14:35**

**Chair:** Hyo Bum Kwak. Inha University, Korea.

**132 14:30~14:35**

**Chair:** Takeshi Otsuki. Ryutsu Keizai University, Japan.

**133 14:35~15:00**

**Specificity of exercise training for obesity and aging**

Kijin Kim. Keimyung University, Korea.

**134 15:00~15:25**

**Water exercise and health promotion**

Sho Onodera. Kawasaki University of Medical Welfare, Japan.

**135 15:25~15:50**

**The effect of exercise to post-menopausal women**

Denny Agustini Sih. Universitas Gadjah Mada, Indonesia.

**136 15:50~16:15**

**Habitual exercise decreases systolic blood pressure during low-intensity resistance exercise in middle-aged and older individuals**

Takeshi Otsuki. Ryutsu Keizai University, Japan.

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**Highlighted Symposium (2): Athletic Performance**

Saturday, November 12, 2016, 14:30~16:20, Room: Convention Center 103

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**This session will deal with diverse issues for enhancing performances of elite sport athletes, such as optimal music for physical condition management of athletes in the aspect of sports science, analysis of shoulder blade movements that play a crucial function for throwing movement, effective drop jumps and landing with regard to training athletes.**

**137 14:30~14:35**

**Co-Chair:** Kenji Murakami. Sendai University, Japan.

**138 14:30~14:35**

**Co-Chair:** Hsien-te Peng. Chinese Culture University, China.

**139 14:35~15:00**

**Selection of the right music for enhancing sports performance: The kinesiological perspectives**

Garry Kuan. Universiti Sains Malaysia, Malaysia.

**140 15:00~15:25**

**Scapular kinematics during throw-like movements**

Shoji Konda. Osaka University, Japan.

**141 15:25~15:50**

**Drop jump- the higher drop height the better?**

Hsien-Te Peng, Kwantae KIM. Chinese Culture University, Taiwan.

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**Highlighted Symposium (3): Special Population and Exercise**

Saturday, November 12, 2016, 14:30~16:20, Room: Convention Center 105

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This session intends to deal with exercises and physical abilities of people with disabilities and people working for special areas, rather than people at large. The discussions will include kinesiology for people who need great physical strength, such as police officers or fire fighters, and their physical traits, physical strength of professional athletes with disabilities, and kinesiology for people with disabilities.

142 14:30~14:35

**Co-Chair:** Shinji Sakurai. Chukyo University, Japan.

143 14:30~14:35

**Co-Chair:** Muhammad Hafiz Hanafi. Universiti Sains Malaysia, Malaysia.

144 14:35~15:00

**Anthropometric and physical fitness characteristics of rural law enforcement officers and firefighters**

Young Sub Kwon<sup>1</sup>, Hosung So<sup>2</sup>. <sup>1</sup>Humboldt State University, USA <sup>2</sup>California State University, USA.

145 15:00~15:25 PM

**Physical ability necessary for high-performance wheelchair tennis players**

shinji sakurai. Chukyo University, Japan.

146 15:25~15:50

**Kinesiology in disabled population**

Muhammad Hafiz Hanafi. Universiti Sains Malaysia, Malaysia.

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**Highlighted Symposium (4): Holistic psychological research evidences on sport and exercise behaviors in kinesiology**

Saturday, November 12, 2016, 14:30~16:10, Room: Convention Center 107

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The symposium tries to introduce various psychological research trials carried out using different research designs (i.e., experiment, cross-sectional and longitudinal, and intervention etc.) in various Asian countries. Therefore, it is sure that this symposium will be a very meaningful bridge to connect psychology and other academic disciplines within kinesiology.

147 14:30~14:35

**Co-Chair:** Young Ho Kim. Seoul National University of Science and Technology, Korea.

148 14:30~14:35

**Co-Chair:** Naruepon Vongjaturapat. Burapha University, Thailand.

- 149    **14:35~15:00**  
**Physical activity research in exercise psychology**  
Youngho Kim. Seoul National University of Science and Technology, Korea.
- 150    **15:00~15:25**  
**Psychological benefits from being a part of cycling among Thai elderly people after retirement**  
Naruepon Vongjaturapat. Burapha University, Thailand.
- 151    **15:25~15:50**  
**Artificial modulation of perception using transcranial magnetic stimulation**  
Ji-Hang Lee. Sungkyunkwan University, Korea.
- 152    **15:50~16:15**  
**Research evidence and applications of using biofeedback in sport psychology**  
Garry Kuan. Universiti Sains Malaysia, Malaysia.

## Sunday Morning, November 13, 2016

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### Oral Presentation(4): Metabolic Syndrome and Exercise

Sunday, November 13, 2016, 08:00~09:00, Room: Convention Center 101

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- 153    **08:00~08:05**  
**Co-Chair:** Hyo Bum Kwak. Inha University, Korea.
- 154    **08:00~08:05**  
**Co-Chair:** Kuei-Hui Chan. National Taiwan Sports University, Taiwan.
- 155    **08:05~08:15**  
**Prevalence of type 2 diabetes and physical activity in middle-aged men and women - Results of the sixth Korea national health and nutrition examination survey**  
Geumju Song<sup>1</sup>, Junghwan Cho<sup>2</sup>. <sup>1</sup>Korea Centers for Disease Control and Prevention, Korea.  
<sup>2</sup>Seoul Womens University, Korea.
- 156    **08:15~08:25**  
**Activation of brown adipose tissue ameliorates polycystic ovary syndrome**  
Hyuek Jong Lee. Chinese Academy of Sciences, China.
- 157    **08:25~08:35**  
**A study of visual response time of type 2 diabetics and non-diabetics**  
Vishal Kumar. Punjabi University Patiala India, India.

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**Oral Presentation(5): Sports and Human Performance(2)**

Sunday, November 13, 2016, 08:00~09:00, Room: Convention Center 103

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**158 08:00~08:05**

**Co-Chair:** Jong Hee Kim. Hanyang University, Korea.

**159 08:00~08:05**

**Co-Chair:** Jonathan Alexander Glynn. Aspire Academy, Qatar.

**160 08:05~08:15**

**Sentiment analysis on the 2014 FIFA world cup final**

Sung Geon Park, Soowon Lee. Soongsil University, Korea.

**161 08:15~08:25**

**Technical analysis of female gold medalist in 2015 taekwondo world grand prix final**

Yen-Ni Wu<sup>1</sup>, Shu-Cheong Lin<sup>2</sup>, Ming-Chih Tsai<sup>3</sup>. <sup>1</sup>National Chung Cheong University, Taiwan. <sup>2</sup>National Taiwan Sport University, Taiwan <sup>3</sup>Fu Jen Catholic University, Taiwan.

**162 08:25~08:35**

**Effects on complex training manipulation towards legs muscles power increase of students of sport coaching education faculty of sport sciences YSU**

Mansur. Yogyakarta State University, Indonesia.

**163 08:35~08:45**

**The empirical analysis on the influence factors of competition in traditional olympic countries and the later-developing strategies for China**

Haixu Hu<sup>1</sup>Tong Gang<sup>2</sup>. <sup>1</sup>Nanjing University of Aeronautics and Astronautics, China. <sup>2</sup>PE Department of Henan Normal University, China.

**164 08:45~08:55**

**A study of haemodynamic variables & VO2 max at rest and after queens step test of cricket players**

Lokendra bahadur Kathayat . Punjabi University patiala punjab, India.

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**Oral Presentation(6): Clinical Exercise Training**

Sunday, November 13, 2016, 08:00~09:00, Room: Convention Center 105

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**165 08:00~08:05**

**Co-Chair:** Sukho Lee. Texas A&M University-San Antonio, USA.

**166 08:00~08:05**

**Co-Chair:** Denny Agustini. Universitas Gadjah Mada, Indonesia.

- 167 08:05~08:15**  
**Effects of acute and long-term peppermint oil inhalation on cardiovascular responses and heart rate variability**  
Tso-Yen Mao. Catholic St Mary Junior College, India.
- 168 08:15~08:25**  
**Effect of exercise on symptoms of peri-menopausal women**  
HUI TING WEI. Chengdu Sport University, China.
- 169 08:25~08:35**  
**Discrepancies between skinned single muscle fibres and whole thigh muscle function characteristics in young and elderly human subjects**  
Hyunseok Jee<sup>1</sup>, Jae-Young Lim<sup>2</sup>. <sup>1</sup>Frontier Research Institute of Covergence Sports Science Yonsei University, Korea. <sup>2</sup>Seoul National University Bundang Hospital, Korea.
- 170 08:35~08:45**  
**The effect of a 4-week cyclic stretching intervention on the calf muscle strength**  
Shogo Tsutsumi, Yukio Urabe, Shuhei Numano, Noriaki Maeda. Hiroshima University, Japan.
- 171 08:45~08:55**  
**Capsaicin supplementation improves physical fatigue and exercise performance in mice**  
Yi-ju HSU, Mon-Chien Lee, Yan-Lin Liu, Chi-Chang Huang. National Taiwan Sport University, Taiwan.

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**Workshop (3): Optimizing high-intensity interval training (HIIT) program**

Sunday, November 13, 2016, 09:00~10:00, Room: Shops & Service Center Theater. Small.

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- 172 09:00~09:05**  
**Co-Chair:** Soojin Yoo. University of Texas-Rio Grande Valley, USA.
- 173 09:00~09:05**  
**Co-Chair:** MinHwa Suk. Inha University, Korea.
- 174 09:05~10:00**  
**Optimizing high-intensity interval training (HIIT) program**  
Young Sub Kwon. Humboldt State University, USA.

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**Workshop (4): Optimizing muscular endurance exercise training program**

Sunday, November 13, 2016, 10:00~11:00, Room: Shops & Service Center Theater. Small.

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**175 10:00~10:05**

**Co-Chair:** Soojin Yoo. University of Texas-Rio Grande Valley, USA.

**176 10:00~10:05**

**Co-Chair:** MinHwa Suk. Inha University, Korea.

**177 10:05~11:00**

**Optimizing muscular endurance exercise training program**

Young Sub Kwon. Humboldt State University, USA.

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### **Highlighted Symposium (5): Health Promotion**

Sunday, November 13, 2016, 09:10~11:10, Room: Convention Center 101

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**This session introduces yoga's physical, physiological and psychological effects on health improvement. The session focuses on possibilities of interactive motions between body and mind along with interesting stories. There will be a paper that introduces diverse factors that may cause osteoporosis and exercise treatments. Also a research that verifies the effect of exercise on arterial stiffness that is one of the risk factors for cardiovascular disease will be presented. This interesting research will deal with whether or not exercise is effective on regulating endothelial cell activation and vascular cell proliferation.**

**178 09:10~09:15**

**Co-Chair:** Zin-Rong Lin . National Chung Cheng, Taiwan.

**179 09:10~09:15**

**Co-Chair:** Young Ju Choi. University of Tsukuba, Japan.

**180 09:15~09:40**

**Yogic healing movements asanas**

Ashok Kumar. Punjabi University Patiala, India.

**181 09:40~10:05**

**Physical exercise: The way to prevent osteoporosis**

Kasem Chaiklongkit. Burapha University, Thailand.

**182 10:05~10:30**

**The effects of exercise intervention on physical fitness, quality of life and inflammatory biomarkers in metabolic syndrome**

Zin-Rong Lin. National Chung Cheng University, Taiwan.



**183 10:30~10:55**

**Regular exercise and arterial stiffness**

Seiji Maeda, Youngju Choi. University of Tsukuba, Japan.

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**Highlighted Symposium (6): Human Performance**

Sunday, November 13, 2016, 09:10~11:10, Room: Convention Center 103

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Improving exercise performances is attempted by sport science, through such as new exercise training programs, animal studies, nutritional approaches, and analysis of development and growth. The main research direction in this session is toward various sports sciences focused on improvement of athletes' performances and common people's health. This session will be a good opportunity to have exciting discussions about effects of creating supplementation, muscle hypertrophy mechanisms, children's growth, and the education avenue of kinesiology.

**184 09:10~09:15**

**Co-Chair:** Ki Jin Kim. Keimyung University, Korea.

**185 09:10~09:15**

**Co-Chair:** Govindasamy Balasekaran. Nanyang Technological University, Singapore.

**186 09:15~09:40**

**Effects of creatine supplementation on explosive performance after complex training**

Kuei-hui Chan<sup>1</sup>, BoH-uei Huang<sup>1</sup>, Chia-chi Wang<sup>2</sup>. <sup>1</sup>National Taiwan Sports University, Taiwan. <sup>2</sup>National Taipei University of Business, Taiwan.

**187 09:40~10:05**

**Animal models for inducing muscle hypertrophy**

Sukho Lee. Texas A&M University-San Antonio, USA.

**188 10:05~10:30**

**The contribution of physical activities in optimizing children's growth and development**

Wawan Sundawan Suherman. Yogyakarta State University, Indonesia.

**189 10:30~10:55**

**The education avenue for kinesiologist in Singapore**

Govindasamy Balasekaran. Nanyang Technological University, Singapore.

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### **Highlighted Symposium (7): Sports Rehabilitation**

Sunday, November 13, 2016, 09:10~11:10, Room: Convention Center 105

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**This session will deal with issues on sport injury mechanisms and rehabilitation after injury. The discussion will include research on examining diverse sport injury mechanisms, including ACL, and criteria for deciding a return time from rehabilitation after ACL injury.**

**190 09:10~09:15**

**Co-Chair:** Sae Yong Lee. Yonsei University, Korea.

**191 09:10~09:15**

**Co-Chair:** Issei Ogasawara. Osaka University, Japan.

**192 09:15~09:40**

**Orthopedic rehabilitation and criteria to return to sports after ACL reconstruction**

Jin Goo Kim. Konkuk University, Korea.

**193 09:40~10:05**

**Elucidation for onset mechanism of sports injuries - The analysis of dynamic factors and structure factors**

KENJI MURAKAMI. Sendai University, Japan.

**194 10:05~10:30**

**Analysis of landing motion as an inciting event of anterior cruciate ligament injuries**

Issei Ogasawara<sup>1</sup>, Ken Nakata<sup>1</sup>, Yoshio Koyanagi<sup>2</sup>. <sup>1</sup>Osaka University, Japan. <sup>2</sup>Mukogawa Womens University, Japan.

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### **Highlighted Symposium (8): Athletic Performance**

Sunday, November 13, 2016, 09:10~11:10, Room: Convention Center 107

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**This symposium will have a comprehensive discussion on athletic performance in youth. The session reviews recent studies describing the effects of biomechanical support in youth sports performances. This will include biomechanical support in sprinting and jumping programmes, evaluating and monitoring biomechanical efficiency of young distance runners, enhancing table tennis development using integrated sports science approaches, and biomechanical wisdom for kinesiologists.**

**195 09:10~09:15**

**Co-Chair:** Ki Kwang Lee. Kookmin University, Korea.

- 196 09:10~09:15**  
**Co-Chair:** Michiyoshi Ae . Nippon Sport Science University, Japan.
- 197 09:15~09:45**  
**Principles of applied biomechanical support to youth athletes**  
Philip Grahm-Smith. Aspire Academy, Qatar.
- 198 09:45~10:15**  
**Monitoring biomechanical efficiency of youth distance runners**  
Joong Hyun Ryu. Aspire Academy, Qatar.
- 199 10:15~10:45**  
**Enhancing table tennis development using integrated sports science approaches**  
Jonathan Alexandar Glynn. Aspire Academy, Qatar.
- 200 10:45~11:10**  
**Biomechanical wisdom for kinesiologists**  
Michiyoshi Ae. Nippon Sport Science University, Japan.

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### Plenary Session(2)

Sunday, November 13, 2016, 11:30~12:10, Room: Auditorium & Performing Place Performing Arts Hall

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- 201 11:30~11:35**  
**Chair:** Ji Hang Lee. Sungkyunkwan University, Korea.
- 202 11:35~12:10**  
**Influences of athletes' life stress on athletic burnout and injury: evidences from measurement development and empirical findings**  
Frank Jing-Horng Lu. Chinese Culture University, Taiwan.

## Sunday Poster, 13 November, 2016

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### Free Communication/Poster (Sport and Human Performance 02)

Sunday, November 13, 2016, 13:30~14:10, Room: Auditorium & Performing Place Lobby.

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- 203 Board #1**  
**A study on auditory reaction time and auditory localization accuracy in football players**  
Takumi Mieda. University of Tsukuba, Japan.
- 204 Board #2**

**Collegiate students empirically experiences and perceptions in general physical activity courses focused on sport education model**

Soojin Yoo<sup>1</sup>, Boung Jin Kang<sup>2</sup>. <sup>1</sup>University of Texas-Rio Grande Valley, USA. <sup>2</sup>Elizabeth City State University, USA.

**205 Board #3**

**Comparative analysis of physical education curricula for elementary school between Korea and Canada**

Bowon Jang<sup>1</sup>, Eunhee Lee<sup>2</sup>, Wooseob Eom<sup>3</sup>. <sup>1</sup>Seoul Sinbong Elementary School, Korea. <sup>2</sup>Seoul Dongkyo Elementary School, Korea. <sup>3</sup>Seoul National University of Education, Korea.

**206 Board #4**

**Development of government innovators capable for promoting measures for wellness cities**

Akiko Tsukao, Shinya Kuno. University of Tsukuba, Japan.

**207 Board #5**

**Effects of flow in physical education class on subjective happiness in elementary school students**

Ah-in Ryu<sup>1</sup>, Bowon Jang<sup>2</sup>, Wooseob Eom<sup>3</sup>. <sup>1</sup>Seoul Hanseo Elementary School, Korea. <sup>2</sup>Seoul Sinbong Elementary School, Korea. <sup>3</sup>Seoul National University of Education, Korea.

**208 Board #6**

**Effects of self-talk on childrens motor skill performance moderating effects of mindfulness personality**

CHING-WEN KO<sup>1</sup>, Li-Chun Chen<sup>2</sup>. <sup>1</sup>Chinese Culture University, Taiwan. <sup>2</sup>National Taiwan Sport University, Taiwan.

**209 Board #7**

**Effects of self-talk on badminton performance moderating of reinvestment**

His-Hsien Hsu<sup>1</sup>, Frank Jing-Horng Lu<sup>1</sup>, Feng-Ru Lin<sup>2</sup>. <sup>1</sup>Chinese Culture University, Taiwan. <sup>2</sup>National Taiwan Sport University, Taiwan.

**210 Board #8**

**Exploring taekwondo masters occupational socialization process and professional development through short term international internship program**

Soojin Yoo<sup>1</sup>, Boung Jin Kang<sup>2</sup>. <sup>1</sup>University of Texas-Rio Grande Valley, USA. <sup>2</sup>Elizabeth City State University, USA.

**211 Board #9**

**Immediate moderate intensity treadmill exercise after restraint stress enhance Erk-mediated anxiety and depression**

Heon Seok<sup>1</sup>, KeunOh Ryu<sup>1</sup>, Hyunseung Rhyu<sup>1</sup>, Hankyo Seo<sup>2</sup>, Keunsu Kim<sup>3</sup>. <sup>1</sup>Jungwon

University, Korea. <sup>2</sup>Shinhan University, Korea <sup>3</sup>Korea Air Force Academy, Korea.

**212 Board #10**

**Influence of attentional focus on long-distance throwing with dominant and non-dominant hands**

Yuta Oki, Masahiro Kokubu, Shiro Nakagomi. University of Tsukuba, Japan.

**213 Board #11**

**Moderate intensity treadmill exercise relieved anxiety and improved spatial learning and memory**

Heon Seok<sup>1</sup>, KeunOh Ryu<sup>1</sup>, Hyunseung Rhyu<sup>1</sup>, Hankyo Seo<sup>2</sup>, Keunsu Kim<sup>3</sup>. <sup>1</sup>Jungwon University, Korea. <sup>2</sup>Shinhan University, Korea <sup>3</sup>Korea Air Force Academy, Korea.

**214 Board #12**

**The development of Chinese competitive sports talents cultivation process of innovation and thinking**

Hui Han. Beijing Sport University, China.

**215 Board #13**

**The laterality for right handed and left handed in rhythmic bimanual coordination**

HaeRyun Jung, SeongJun Kim, KiKwang Lee. Kookmin university, Korea.

**216 Board #14**

**The mediating role of automatic negative thoughts on the stress-burnout relationship**

Yu-hui Chiu<sup>1</sup>, Frank Jing-Horng Lu<sup>1</sup>, Lin Chin<sup>2</sup>, Cho Kou-Hsiung<sup>3</sup>. <sup>1</sup>Chinese Culture University, Taiwan. <sup>2</sup>National Taiwan Sport University, Taiwan. <sup>3</sup>National University of Tainan, Taiwan.

**217 Board #15**

**Use of accelometer for baseball pitching**

InSub Jeong, MinYoung Shin, HyeRee Kim, MinRa Choi, MiSun Kim, WooSung Heo, KiKwang Lee. Kookmin University, Korea.

**218 Board #16**

**Visual feature binding occurs unconsciously**

ying liu. Sanghai University of Sport, China.

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**Free Communication/Poster (Health/Fitness 02)**

**Sunday, November 13, 2016, 13:30~14:10, Room: Auditorium & Performing Place Lobby.**

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**219 Board #17**

**Age-related relationship of inflammatory variables and physical fitness with body**

**composition in female adults**

Kijin Kim<sup>1</sup>, Nayoung Ahn<sup>1</sup>, Jusik Park<sup>1</sup>, Suryun Jung<sup>1</sup>, Sangbok Moon<sup>1</sup>, Jayoung Byun<sup>1</sup>, Youngsik Joo<sup>1</sup>, Kyuho Lee<sup>1</sup>, Solee Park<sup>1</sup>, Hongsoo Kim<sup>2</sup>. <sup>1</sup>Keimyung University, Korea. <sup>2</sup>Keimyung Moonhwa College, Korea.

**220 Board #18**

**Effect of regular physical exercise on the fitness of aging people in community**

Manli San. Wuhan Sports University, China.

**221 Board #19**

**Effects of combined exercise on the skeletal muscle mass index and balance scale of sarcopenic elderly women**

ji hoon cho<sup>1</sup>, jee young hong<sup>2</sup>. <sup>1</sup>Shingyeong University, Korea. <sup>2</sup>Seoul National University Hospital, Korea.

**222 Board #20**

**Introduction of physical activity measure instrument**

JiHoon Park, YongIk Kim, JinSu Seok, KyungNam Min, SeungKi Kang. Yongin University, Korea.

**223 Board #21**

**Issues in training institute operation for exercise specialist**

Deogjo Jung. Seowon University, Korea.

**224 Board #22**

**Relationship between the accumulation of thigh intermuscular adipose tissue and number of metabolic syndrome risk factor in normal weight and obese individuals**

EUNJI BANG, Kai Tanabe, Noriko Yokoyama, Shoko Chijiki, Shinya Kuno. University of Tsukuba, Japan.

**225 Board #23**

**The body image of middle-to-old-aged working women with continual participation in aerobics**

Meng Jung Yang. National Taiwan Sport University, Taiwan.

**226 Board #24**

**The effect of the change of commuting mode on physical fitness**

Jung Wha Moon, Kil-Byung Lim, Hong-Jae Lee. Rehabilitation Medicine Inje University Ilsan Paik Hospital, Korea.

**227 Board #25**

**The effects of exercise intervention on the quality of life and associated with risk factors for the patient with metabolic syndrome**

YU-TING CHIANG, ZIN-RONG LIN. National Chung Cheng University, Taiwan.

**228 Board #26**

**The Influence of Qigong Exercise Intervention upon a Change in Glucose Blood Lipids and SFT of Elderly Women**

Ji-Sun Kim. Jungwon University, Korea.

**229 Board #27**

**The study of the effects of the amount of physical activity and the lifestyle on health-related quality of life for the teenager taekwondo athletes**

CHEN-YU TSAI, ZIN-RONG LIN. National Chung Cheng University, Taiwan.

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**Free Communication/Poster (Clinical/Rehabilitation 02)**

**Sunday, November 13, 2016, 13:30~14:10**, Room: Auditorium & Performing Place Lobby.

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**230 Board #28**

**Effect of four a side recreational football on serum immunoglobulins**

Rakesh Tomar, Antony Varghese C. King Fahd University of Petroleum & Minerals, Saudi Arabia.

**231 Board #29**

**Exercise improves the effects of testosterone replacement therapy and the durability of response after cessation of treatment**

SANGJIN YANG<sup>1</sup>, JINGOO KIM<sup>2</sup>, SEUNGIK CHO<sup>3</sup>, DOOHWAN KONG<sup>4</sup>, MINGU PARK<sup>5</sup>.  
<sup>1</sup>Konkuk University, Korea. <sup>2</sup>Konkuk University Medical Center, Korea. <sup>3</sup>Konkuk University Sports Medical Center, Korea. <sup>4</sup>Inje University Sports Medical Center, Korea. <sup>5</sup>Inje University Seoul Paik Hospital, Korea.

**232 Board #30**

**Vertical jump test as a functional test after anterior cruciate ligament reconstruction**

SANGJIN YANG<sup>1</sup>, JINGOO KIM<sup>2</sup>, SEUNGIK CHO<sup>2</sup>. <sup>1</sup>Konkuk University, Korea. <sup>2</sup>Konkuk Medical Center, Korea.

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**Free Communication/Poster (Clinical/Rehabilitation 03)**

**Sunday, November 13, 2016, 13:30~14:10**, Room: Auditorium & Performing Place Lobby.

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**233 Board #31**

**A comparison between two physiotherapy approaches in patients with chronic low back pain**

Qinwei Bao. Cheongdu Sports University, China.

**234 Board #32**

**Adaptive postural strategies to ankle motion insufficiency**

Yi-Ying Tsai<sup>1</sup>, Ing-Shiou Hwang<sup>1</sup>, Gwo-Ching Chang<sup>2</sup>. <sup>1</sup>Institute of Allied Health Science National Chung Kung University, Taiwan. <sup>2</sup>Department of Information Engineering I Shiou University, Taiwan.

**235 Board #33**

**Comparison of muscular strengths and ranges of motion pain according to the tear sizes after a rotator cuff repair when a 12 Week rehabilitation program is applied**

kyoung jin OH. Giunchan hospital, Korea.

**236 Board #34**

**Effects of late rehabilitation program after surgery of achilles tendon lengthening in flat foot patients**

yong hwan kim, Duk Han Ko. Asan Medical Center, Korea.

**237 Board #35**

**Effects of the pilates exercise on the low back pain and body stability in middle aged women**

MinYoung Shin<sup>1</sup>, KiKwang Lee<sup>1</sup>, UngRyel Bae<sup>1</sup>, HyeJin Kim<sup>2</sup>. <sup>1</sup>Kookmin University, Korea. <sup>2</sup>Dongduk Women University, Korea.

**238 Board #36**

**Histomorphology of osteotendinous junction injury in rabbit induced by different exercise intensities**

Fan Lixia<sup>1</sup>, Lin Wang<sup>2</sup>. <sup>1</sup>Shandong Normal University, China. <sup>2</sup>Beijing Sport University, China.

**239 Board #37**

**The effect of rehabilitation program with coaching exercise or home exercise in patients with shoulder impingement syndrome**

DOO HWAN KONG<sup>1</sup>, MOONYOUNG CHOI<sup>1</sup>, SUKHWAN JANG<sup>2</sup>. <sup>1</sup>Seoul paik hospital of Inje University, Korea. <sup>2</sup>Sports Medical Research Institute of Seoul Paik Hospital, Korea.

**240 Board #38**

**The efficacy of trampoline rehabilitation program for chronic ankle instability a pilot test**

Ji-Seok Kim<sup>1</sup>, JongHee Kim<sup>1</sup>, ChulHo Shin<sup>2</sup>. <sup>1</sup>Hanyang University, Korea. <sup>2</sup>Namseoul University, Korea.



Sunday, November 13, 2016, 13:30~14:10, Room: Auditorium & Performing Place Lobby.

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**241 Board #39**

**Effects of 12 weeks of aerobic exercise training on the fitness and quality of life for the patient with metabolic syndrome**

TZU-YU CHEN, ZIN-RONG LIN. National Chung Cheng University, Taiwan.

**242 Board #40**

**Effects of elderly-friendly telepresence exercise on improvement of sarcopenic obesity in elderly women**

Jeeyoung Hong<sup>1</sup>, Eunjin Hwang<sup>1</sup>, Hyounjoong Kong<sup>2</sup>. <sup>1</sup>Seoul National University Hospital, Korea. <sup>2</sup>Chungnam National University, Korea.

**243 Board #41**

**The Effects of aging and sarcopenic obesity type on metabolic syndrome risk factors of old women**

Inhwa Yoo<sup>1</sup>, Jeeyoung Hong<sup>2</sup>, Mihyun No<sup>3</sup>, Hyounjoong Kong<sup>4</sup>. <sup>1</sup>Dankook University, Korea. <sup>2</sup>Seoul National University Hospital, Korea. <sup>3</sup>Inha University, Korea. <sup>4</sup>Chungnam National University, Korea.

## Sunday Afternoon, 13 November, 2016

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### Presentation for Young Investigator's Awards Final(Oral)

Sunday, November 13, 2016, 14:20~15:05, Room: Auditorium & Performing Place Performing Arts Hall

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**244 14:20~14:25**

**Co-Chair:** Ashok Kumar. Punjabi University, India.

**245 14:20~14:25**

**Co-Chair:** Sukho Lee. Texas A&M University-San Antonio, USA.

**246 14:20~14:25**

**Co-Chair:** Jonathan Alexander Glynn . Aspire Academy, Qatar.

**247 14:20~14:25**

**Co-Chair:** Muhammad Hafiz Hanafi. Universiti Sains Malaysia, Malaysia.

**248 14:20~14:25**

**Co-Chair:** Shoji Konda,. Osaka University, Japan.

**249 14:20~14:25**

**Co-Chair:** Kuei-Hui Chan. National Taiwan Sports University, Taiwan.

**250 14:25~15:05**

## Presentation for Young Investigator's Awards Final(Oral)

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### Advisor's Lecture

Sunday, November 13, 2016, 15:05~15:45, Room: Auditorium & Performing Place Performing Arts Hall

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**251 15:05~15:10**

**Chair:** Michiyoshi Ae. Nippon Sport Science University, Japan.

**252 15:05~15:45**

**A model of small fitness gym: The "Totsubo-Gym" network which promotes the health of the elderly in kashiwa city, Japan**

Kando KOBAYASHI. The University of Tokyo, Japan.