



Preface

The “International Conference for Adaptations and Nutrition in Sports (ICANS) 2018” in the theme of “Sports Nutrition and Adaptations: Preparation for Tokyo Olympic” is held on July 18-20, 2018 at Bangsaen Heritage Hotel (near Pattaya), Chonburi, Thailand. This conference is organized by Sports Authority of Thailand (SAT) and Exercise and Sport Sciences Interdisciplinary Program, Graduate School and Exercise and Sport Science Development and Research Group, Khon Kaen University (KKU). This activity is under the memorandum of understanding between SAT and KKU. In addition, it is organized in conjunction with the 12th World Congress of the International Society for Adaptive Medicine (ISAM), the Asian Nutrition Society for Sports and Health (ANSSH), and many well known Thai Universities which had expertise in Exercise and Sport Sciences including Burapa University, Chulalongkorn University, Srinakharinwirot University, Kasetsart University, Department of Physical Education.

The proceedings of the “ICANS 2018” consists of conference committee, purpose, schedule of the conference, scientific abstracts, and proceedings of speakers and presenters and other details of the conference.

There are more than 100 researchers submitted the papers. There are 77 posters and 41 oral presenters. This proceedings will be beneficial for all participants who are interested in academic and research aspects of nutrition related exercise for health and sport potential and also in a variety in topics from different disciplines around the focus of adaptation for a cross-fertilization of ideas.

Committee in the international conference

July 2018