



Schedule for ICANS 2018
July 18-20, 2018 at Bangsaen Heritage Hotel, Chonburi, Thailand

17/7/2018	1.00-7.00 pm	Registration	
Day 1: 18/7/2018			
Saensuk 1 and 2	8.00-17.00 am	Registration	
Morning	8.30-8.45 am	Opening ceremony:	Welcoming speech Itthiphol Kunplome, Vice Minister attached to the Prime Minister
	8.45-9.15 am	Honorary Discourse 1:	"National policy for sports and tourism including development and sports funding" Itthiphol Kunplome, Vice Minister attached to the Prime Minister
	9.15-9.45 am	Honorary Discourse 2:	"National Sports Science Institute" Governor, The Sports Authority of Thailand
	9.45-10.00 am	Coffee break and exhibition	
	10.00-10.30 am	Highlight Symp1:	"International cooperation and peace through sport: Japan and the road to Tokyo 2020 Olympics." Dr. Zubaidullo Ubaidulloev (Japan)
	10.30-11.00 am	Highlight Symp 2:	"Gut microbiota characteristics and the use of probiotics in sports nutrition" Dr. Hyon Park (Korea)
	11.00-12.00 am	Highlight Symp 3:	"Meet the Presidents" SAT, KKU, ISAM (Prof. Pawan Singal (Canada)), ANSSH (Prof. Zeyi Yang (China))
	12.00-1.00 pm	Lunch symposium "Effect of Vitamin C on Glucose Metabolism in Diabetes Type 2 Patients" Dr.Naruemon Leelayuwat	
	1.00-1.30 pm	Poster presentation for award	
		3 rooms for specific topics.	
Saensuk 1		Basic Sciences in nutrition and sports	

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



Afternoon	1.30-2.00 pm	Exchange lect 1 Speaker:	Role of exercise and nutrition in metabolic aging Dr. Chia-Hua Kuo (Taiwan)
	2.00-2.30 pm	Exchange lect 4: Speaker:	Oxidative Stress and Toll-Like Receptors in Heart Failure Dr. Pawan Singal (Canada)
	2.30-3.30 pm	Symposium 1: Chair:	Protein and amino acid supplements in sports Dr. Kallaya Kijboonchoo (Thailand)
		Co-chair: Members:	Dr. Sukanya Charoenwattana (Thailand) <i>Carnosine, the putative enhancer of exercise-induced health benefits</i> Dr. Jozef Ukropec (Slovakia) <i>Significance of protein and amino acids in postexercise period</i> Dr. Hiroyuki Kato (Japan) <i>Protein and amino acid supplements for sports training</i> Dr. Miroslav Petr (Slovakia)
3.30-3.45 pm		Coffee break, exhibition and poster presentation for award	
3.45-4.45 pm		Sports Nutrition in Asia: From theory to practice	
	Symposium 4: Chair:	Sports Nutrition in Asia: From theory to practice Dr. Hyon Park (Korea)	
	Co-chair:	Dr. Saiphon Kongkhum (Thailand)	
	Members:	<i>Challenge and opportunity for sports nutrition in Indonesia</i> Dr. Emilia Achmadi (Indonesia) <i>The present situation and future of the training for Chinese registered sports dietitians</i> Dr. Yin Jiao (China)	
Saensuk 2		Adaptation in extreme conditions	
Afternoon	1.30-2.00 pm	Exchange lect 2: speaker:	Exercise and extra-cellular vesicles Dr. Mark A.Tarnopolsky (Canada)
	2.00-2.30 pm	Exchange lect 5: speaker:	Scientific update on exercise research under extreme conditions Dr.Nigel Taylor (Australia)
	2.30-3.30 pm	Symposium 2: Chair:	High Intensity Intermittent Training Dr. Futoshi Ogita (Japan)
		Co-chair:	Dr. Thanomsak Senakum (Thailand)

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



		Members:	<p><i>High Intensity Interval Training</i> Dr. Futoshi Ogita (Japan) <i>Pros and Cons of HIIT in my experience.</i> Dr. Aekawit Sawaengphol (Thailand)</p>
	3.30-3.45 pm		Coffee break, exhibition and poster presentation for award
	3.45-4.45 pm	Symposium 5:	Glycogen storages: from physiological adaptations to diseases
		Chair:	Dr. Jørgen Jensen (Norway)
		Co-chair:	Dr. Ratreer Ruangthai (Thailand)
		Members:	<p><i>The role of glycogen synthase in metabolic regulation</i> Dr. Jørgen Jensen (Norway) <i>Local glycogen metabolism in skeletal muscle and the heart</i> Dr. Joachim Nielsen (Denmark) <i>Lactate, as a product of glycogen and as a source of glycogen</i> Dr. Hideo Hatta (Japan)</p>
Saensuk 5			Exercise physiology & adaptation
Afternoon	1.30-2.00 pm	Exchange lect 3:	Role of immune system in muscle regeneration against physical challenge
		speaker:	Dr. James G. Tidball (USA)
	2.00-2.30 pm	Exchange lect 6:	Combined physical-cognitive training enhances postural performances during daily life tasks in older adults
		speaker:	Dr. Sonia Sahli (Tunisia)
	2.30-3.30 pm	Symposium 3:	Exercise, rehydration, and thermoregulation
		Chair:	Dr. Rungchai Chaunchaiyakul (Thailand)
		Co-chair:	Dr. Saiphon Kongkhum (Thailand)
		Members:	<p><i>Electrolytes drink on repeated exhaustive exercises</i> Dr. Rungchai Chaunchaiyakul (Thailand) <i>Impact of fluid replacement & dehydration on physiological function and athletic performance</i> Dr. Jose Gonzalez-Alonso (UK)</p>
	3.30-3.45 pm		Coffee break, exhibition and poster presentation for award
	3.45-4.45 pm		Cardiovascular adaptation

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



		Symposium 6:	Cardiovascular adaptation
		Chair:	Dr. Pawan Singal (Canada)
		Co-chair:	Dr. Grant Pierce (Canada)
		Members:	<i>Protein kinase G signaling in cardioprotection</i>
			Dr. Rakesh Kukreja (USA)
			<i>The future perspective of heart regeneration by stem cell transplanatation for elderly</i>
			Dr. Ren-Ke Li (Canada)
			<i>Sodium hydrogen exchange in cardiovascular adaptation in hereditary cardiomyopathy</i>
			Dr. Ghassan Bkaily (Canada)
Aggregate	4.45-5.30 pm		Sports activity
in Saensuk 1	6.00-7.00 pm		EC meeting (ISAM)
	7.00-9.00 pm		"Maximizing the role of hydration on endurance performance"
			Dr Jason Lee-Kai Wei (Singapore)
			Welcoming party

Day 2: 19/7/2018		3 rooms for specific topics	
Saensuk 1	8.00-17.00 am	Registration	
Morning	09.00-10.00 am	Exchange lect 7: Speaker	Chondroitin and exercise pressor reflex Dr. Norio Hotta (Japan)
	10.00-10.15 am		Coffee break and exhibition
	10.15-12.00 am	Symposium 7: Chair: Co-chair: Members:	Updated nutrition and performance Herbal supplements in sports nutrition Dr. Mei-Chich Hsu (Taiwan) Dr. Naruemon Leelayuwat (Thailand) <i>New applications of herbal ingestion in sports performance and health</i> Dr. Ahmad Al Khatib (Kuwait) <i>Nutritional supplementation in health and disease</i> Dr. Grant Pierce (Canada)



	12.00-1.00 pm		Lunch symposium
			"Concussion Management with Focus on Stability Evaluation Test & Dynamic Vision Testing"
			Miguel A. Lind Figueroa
	1.00-1.30 pm		Poster presentation for award
Afternoon	1.30-2.45 pm	Students present 1:	Nutrition
		Chair:	Dr. Hyon Park (Korea)
		Co-chair:	Dr. Sukanya Charoenwattana (Thailand)
	1.30-1.40 pm		<i>Effects of resveratrol supplementation on contusion-induced muscle injury in mice</i>
			Chun Sheng Ho (Taiwan)
	1.40-1.50 pm		<i>Effects of high fat diet-induced metabolic disorders and obesity in postpartum mice with intrinsic high- or low-aerobic exercise capacity</i>
			Mon-Chien Lee (Taiwan)
	1.50-2.00 pm		<i>Deep ocean minerals adding into fructose drink minimize muscle inflammation after exercise</i>
			Suchada Saovieng (Thailand)
	2.00-2.10 pm		<i>Influence of Acute and Chronic Consumption of Tualang Honey on Oxidative Stress in Female Athletes</i>
			Nur Syamsina Ahmad (Malaysia)
	2.10-2.20 pm		<i>Does post-exercise ingestion of lactose-free skim milk vs sport drink affect net fluid balance and thirst?</i>
			Marla Frances Tan Mallari (Thailand)
	2.20-2.30 pm		<i>Nutrition perception, knowledge, and practices of elite junior footballers in Singapore</i>
			Magan Ho Yew Sian (Singapore)
	2.30-2.45 pm		Coffee break, exhibition and poster presentation for award
	2.45-4.05 pm	Students present 4:	Nutrition
		Chair:	Dr. Sareena Hamza (Malaysia)
		Co-chair:	Dr. Supaporn Silalertdetkul (Thailand)
	2.45-2.55 pm		<i>Epimedium and its bioactive compound icariin promote muscular hypertrophy in C2C12 cells</i>

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



	2.55 -3.05 pm		Yi-An Lin (Taiwan) <i>Effects of prebiotic contained inulin, anthocyanin and dietary fiber on fuel utilization in overweight or obese individuals</i>
	3.05-3.15 pm		Panicha Pongnaratorn (Thailand) <i>Potential use of a controlled release coconut hydrogel on endurance exercise performance in a hot-humid condition.</i>
	3.15-3.25 pm		Ahmad Munir Che Muhamed (Malaysia) <i>Effect of illite product on immune system</i>
	3.25-3.35 pm		Yukyoun Kim (Korea) <i>A Comparative Study of Vegetarian Chess Players and Non Vegetarians Chess Players in relation to their Performance of Chess Game in India</i>
	3.35-3.45 pm		Allama Shiva Prasad Kasinadhuni (India) <i>Corellation Intake of Energy, Protein, Fluid, Physical Activity and Hydration Status With Vo2 Max Among Hockey Athlete</i>
	3.45-3.55 pm		Rachmanida Kuswari (Indonesia) <i>Body Mass Index, Liquid Consumption, Hydration Status Physical Activity And Vo2max Level of Aspac Jakarta Basketball Player Jakarta</i>
	3.55-4.05 pm		Rachmanida Nuzrina (Indonesia) <i>The effect of exercise and health promotion via social media on weight reduction among obese adult</i> Nazhif Gifari (Indonesia)
Saensuk 2	Morning		
	09.00-10.00 am	Exchange lect 8: Speaker	Heat and cold stresses: acute and adaptive physiological responses. Dr. Nigel Taylor (Australia)
	10.00-10.15 am		Coffee break and exhibition
	10.15-12.00 am	Symposium 8: Chair:	Hypoxic and hyperoxic training and adaptation Hypoxic and hyperoxic training and adaptation Dr.Rungchai Chaunchaiyakul (Thailand)

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



		Co-chair:	Dr. Weerawat Limroongraungrat (Thailand)
		Members:	<p><i>"Oxygen: good gas or bad gas in hyperbaria? A matter of perspective."</i></p> <p>Dr. John Clarke (NASA.,USA)</p> <p><i>Gravity of exercise for a trip to Mars</i></p> <p>Dr. Alan R. Hargens (USA)</p>
	12.00-1.00 pm		<p>Lunch symposium</p> <p><i>"Concussion Management with Focus on Stability Evaluation Test & Dynamic Vision Testing"</i></p> <p>Miguel A. Lind Figueroa</p>
	1.00-1.30 pm		Poster presentation for award
Afternoon	1.30-2.30 pm	Students present 2:	Exercise Physiology and training
		Chair:	Dr. Ratree Ruangthai (Thailand)
		Co-chair:	Dr. Thanomsak Senakum (Thailand)
	1.30-1.40 pm		<p><i>The intensity of Qigong exercise</i></p> <p>Suphannika Ladawan (Thailand)</p>
	1.40-1.50 pm		<p><i>Effect Short-term Aquarobic Exercise on DHEA-S Levels in Women</i></p> <p>Siti Baitul Mukarromah (Indonesia)</p>
	1.50-2.00 pm		<p><i>Cardiac autonomic responses to combined exercise training are associated with central obesity changes in obese young men</i></p> <p>Jatuporn Phoemsaphawee (Thailand)</p>
	2.00-2.10 pm		<p><i>Low-load resistance training combined with hypoxia provided greater muscle thickness and bone density than traditional resistance training</i></p> <p>Chaiyawat Namboonlue (Thailand)</p>
	2.10-2.20 pm		<p><i>Combining resistance and high-intensity interval training on sleep indexes and vascular function in obese children with obstructive sleep apnea</i></p> <p>Khomkrip Longlalerng (Thailand)</p>
	2.20-2.30 pm		<p><i>Analysis of peripheral fatigue in non-elite badminton player: a pilot study</i></p> <p>Heping Huang (China)</p>
	2.30-2.45 pm		Coffee break, exhibition and poster presentation for award
	2.45-3.55 pm	Students present 5:	Psychology and Exercise Physiology and training

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



		Chair:	Dr. Chatkamon Singnoy (Thailand)
		Co-chair:	Dr. Prapapimon Pariwat (Thailand)
	2.45-2.55 pm		<i>A study of aggression and personality characteristics of senior and juniormale combat sports persons</i> Bhaskar Salvi (India)
	2.55 -3.05 pm		<i>A comparative study of occupational stress, self-rating depression and healthy life style of teachers a working in grant-in-aid and non granted colleges</i> Haricharan Gajbhiye (India)
	3.05-3.15 pm		<i>Health behaviors for chronic disease prevention among the elderly, Mahasarakham Province, Thailand.</i> Nuanprang Duangsawang (Thailand)
	3.15-3.25 pm		<i>Effect of low intensity exercise training on total antioxidant capacity and lipid profile in sedentary students: a pilot study</i> Kultida Klarod (Thailand)
	3.25-3.35 pm		<i>Adaptation and training: Case Study of a breaststroke olympian Thai swimmer during 2016-2017</i> Radomyos Matjiur (Thailand)
	3.35-3.45 pm		<i>Construction of skill test and norm for badminton coach</i> Nopporn Tasnaina (Thailand)
	3.45-3.55 pm		<i>Effect of arm swing exercise on pulmonary and autonomic nervous functions in metabolic syndrome patients</i> Arisa Sespeng (Thailand)
Saensuk 5			
Morning	09.00-10.00 am	Exchange lect 9: Speakers	“Successful sports management!” Vijit Sithinawin (Thailand), Boonchai Lorpipat (Thailand)
	10.00-10.15 am		Coffee break and exhibition
	10.15-12.00 am	Symposium 9: Chair:	Oxidative stress and adaptation Oxidative stress and adaptation Dr. Daroonwan Suksom (Thailand)

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



	Co-chair:	Dr. Saiphon Kongkhum (Thailand)
	Members:	<i>Treat the muscles to treat the lungs: exercise training to reduce the oxidative stress</i>
		Dr. Sathyavelu K Reddy (India) <i>Oxidative stress, mitochondrial dynamics, and muscle atrophy</i>
		Dr. Yu Kitaoka (Japan) <i>Modulation of Gi proteins in hypertension: role of angiotensin II and oxidative stress.</i>
		Dr. Madhu B. Anand-Srivastava (Canada) <i>The role of molecular hydrogen treatment in adaptation of the heart to oxidative stress</i>
		Dr. Jan Slezak (Slovakia)
12.00-1.00 pm		Lunch symposium
		"Concussion Management with Focus on Stability Evaluation Test & Dynamic Vision Testing"
		Miguel A. Lind Figueroa
		Poster presentation for award
1.00-1.30 pm	Students present 3:	Physiology and Biomechanics
Afternoon 1.30-2.30 pm	Chair:	Dr. Weerawat Limroongraungrat (Thailand)
	Co-chair:	Dr. Sonia Sahli (Tunisia)
1.30-1.40 pm		<i>Predicting countermovement jump height with and without arm swing with core strength measurements</i>
		Liang Guo (China)
1.40-1.50 pm		<i>The effect of kinesio tape combined with exercise on ankle range of motion, agility and sprint in soccer athletes</i>
		Shannon Parnitodom (Thailand)
1.50-2.00 pm		<i>Effect of applied Muay Thai exercise on balance performance on the elderly with risk of falling: A randomized controlled trial</i>
		Nopchaluk Phuttanurattana (Thailand)
2.00-2.10 pm		<i>Correlation between center of pressure and joints velocity during sit-to-walk task in the elderly</i>
		Nunnapat Chandej (Thailand)

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



2.10-2.20 pm

Different of saccadic eye movement and vergence eye movement compare with fixed gaze on postural control in healthy elderly

Ladapa Srijanya (Thailand)

2.20-2.30 pm

The synthesis of physical activity by applying Thai tradition exercise in Thailand

Chulaporn Sota (Thailand)

2.30-2.45 pm

Coffee break, exhibition and poster presentation for award

2.45-3.55 pm

Students present 6:

Exercise Physiology and training

Chair:

Dr. Tossaporn Yimlamai (Thailand)

Co-chair:

Dr. Saiphon Kongkum (Thailand)

2.45-2.55 pm

Fluid balance and hydration practices of high-performance Singaporean youth athletes

Ng Ee Ling (Singapore)

2.55 -3.05 pm

Effect of Satvik Food and physical exercises In lowering the blood sugar level in type 2 diabetes patients of India

P.P. Satya Paul Kumar (India)

3.05-3.15 pm

Swimming performance after different active recovery protocol in young breaststroker

Siripong Sripakdee (Thailand)

3.15-3.25 pm

Effect of Hill Training and Fartlek Training for development of aerobic fitness among middle and long distance runners of Hyderabad District in India

Rajesh Kumar (India)

3.25-3.35 pm

Effects of mechanical bed massage on subjective feeling of fatigue and performance after exercise-induced back fatigue in athletes: a randomized controlled trial

Houyong Zhong (China)

3.35-3.45 pm

Sports Bras on cardiopulmonary and metabolic functions during progressive exercise

Kunanya Masodsai (Thailand)



	3.45-3.55 pm	<i>Respiratory function, oxygen saturation, 6 minute walk test and quality of life in patient with type 2 diabetes mellitus</i> Sirilak Banphot (Thailand)
Saensuk 1	4.05-5.05 pm	Workshop I: Clinical workshop on heat adaptation & cooling strategies Dr. Nigel Taylor (Australia)
Saensuk 2	4.30-6.00 pm	Workshop II: Innovation in Sport Performance Enhancement Mr. Stephen Chung (Hong Kong)
	6.00-7.00 pm	EC meeting (ANSSH)

Day 3: 20/7/2018		3 rooms for specific topics	
Saensuk 1			
Morning	9.00-10.15 am	Symposium 10: Chair: Co-chair: Members:	Nutrition and aging Nutrition and aging research in Asia Dr. Naruemon Leelayuwat (Thailand) Dr. Supaporn Silalertdetkul (Thailand) <i>Energy availability and bone health among females athletes</i> Dr. Sareena Hamza (Malaysia) <i>Update in nutrition and ageing</i> Dr. Khanut Kruthakul (Thailand) <i>Exercise and nutrition timing system for the frail elderly</i> Dr. Wook Song (Korea) <i>How diet can enhance physical performance in older athletes?</i> Dr. Chanida Pachotikarn (Thailand)
	10.15-10.30 am		Coffee break, exhibition and poster presentation for award
	10.30-12.00 am	Symposium 13: Chair: Co-chair: Members:	Trend of sports nutrition supplements Trend of sports nutrition supplements Dr. Chanida Pachotikan (Thailand) Dr. Saiphon Kongkum (Thailand) <i>New Chinese national policy and its impact on market for sports nutritional supplements</i> Dr. Houzeng Bai (China)

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



			<i>Herbal supplements and sports performance</i> Dr. Rabindarjeet Singh (Malaysia)	
Saensuk 2		12.00-1.00 pm	Lunch, exhibition	
	Morning		Cardiovascular adaptation	
		9.00-10.15 am	Symposium 11: Chair: Co-chair: Members:	Physiological and cardiovascular adaptations Dr. Tossaporn Yimlamai (Thailand) Dr. Thanomsak Senakum (Thailand) <i>β adrenergic receptor agonism and the adaptive mechanism of vasculoprotection</i> Dr. Ashok Srivastava (Canada) <i>A novel form of cell death induces doxorubicin induced cardiomyopathy</i>
		10.15-10.30 am		Dr. Dinender Singla (USA) <i>Role of taurine in the regulation of excitation-secretion coupling and remodeling of human endocardial endothelial cells</i> Dr. Danielle Jacques (Canada)
		10.30-12.00 am	Coffee break, exhibition and poster presentation for award Man under deprivations Man under deprivations Dr Jason Lee-Kai Wei (Singapore) Dr. Ratre Ruangthai (Thailand) <i>Sleep apnea</i> Dr. Wanvisa Tantrakul (Thailand) <i>Ramadan and psycho-physiological stresses</i> Dr. Ibrahim Dabayebbeh (Jordan)	
Saensuk 5		12.00-1.00 pm	Lunch, exhibition	
	Morning	9.00-10.15 am	Symposium 12: Chair: Co-chair: Members: Exercise and health benefits Dr. Jan Slezak (Slovakia) Dr. Yu Kitaoka (Japan) <i>Benefits of exercise: mechanisms, preventative and therapeutic implication</i>	

INTERNATIONAL CONFERENCE ON
ADAPTATIONS AND NUTRITION IN SPORTS



		Dr. Barbara Ukropcova (Slovakia) <i>The efficiency of mental training on different sports performance in global</i>
		Dr. Palanisamy (India) <i>Biological strategy for the maintenance of skeletal muscle mass</i>
		Dr. Mitsunori Miyazaki (Japan)
10.15-10.30 am		Coffee break, exhibition and poster presentation for award
		Exercise and Ageing
10.30-11.30 am	Exchange lect 10:	Exercise, aging and mitochondria Dr. Mark A.Tarnopolsky (Canada)
12.00-1.00 pm		Lunch, exhibition
Saensuk 1	1.00-2.30 pm	Workshop III: "Young sports scientists opportunity for overseas grants: How to write for NIH grant (an example)?" by Dr.Mark Roltsch (USA)
	2.30-3.30 pm	EC meeting (SAT, KKU, ANSSH, ISAM)
	3.30-4.30 pm	Award ceremony Closing ceremony