



Health Promotion through Food Science, Chrono-nutrition and Sports Science-From basic to applied research-

Waseda Bioscience Research Institute - Organization for University Research Initiatives—Core-to-Core Program of Japan Society for the Promotion of Science - Private University Research Branding Project of the Ministry of Education, Culture, Sports, Science and Technology (MEXT)

Joint Workshop 2018



WASEDA Bioscience Research
Institute in Singapore (WABIOS)



Waseda University
Organization for University Research Initiatives



MEXT
MINISTRY OF EDUCATION,
CULTURE, SPORTS,
SCIENCE AND TECHNOLOGY-JAPAN

Core-to-Core Program



13:00, 24 October 2018 (12:30~: Registration)
Matrix Building Level 2, Biopolis, Singapore 138671

Opening remark:

13:00

Prof. Takafumi Inoue (Faculty of Science and Engineering, Waseda University, Japan)

Opening talk:

13:10

Assist. Prof. Masaki Takahashi (Waseda Bioscience Research Institute, Waseda University, Singapore)

Title: Overview of Aging Research Project in WABIOS, and importance of circadian rhythm for health promotion

Session I: Invited Speaker: Food Science

Chair: Assist. Prof. Satoshi Arai (Research Institute for Science and Engineering Waseda University, Singapore)

13:20:

Prof. Youichi Nakao (Faculty of Science and Engineering, Waseda University, Japan)

Title: Assay systems for the study of bioactive food ingredients

13:35:

Dr. Takuya Sato (KIKKOMAN SINGAPORE R&D LABORATORY PTE LTD, Singapore)

Title: Introduction of KIKKOMAN SINGAPORE R&D LABORATORY PTE LTD

13:45:

Assist. Prof. Daisuke Arai (Research Institute for Science and Engineering Waseda University, Japan)

Title: Search and mechanism study of food ingredients affecting histone modifications

14:00:

Dr. Chan Li Yan (Food Innovation & Resource Centre, Singapore Polytechnic, Singapore)

Title: From Waste to Wealth – Okara as the Diabetes Reversal

14:10-Coffee break

Session II: Invited Speaker: Nutrition and Sports Science

Chair: Assoc. Prof. Masashi Miyashita (Faculty of Sport Sciences, Waseda University, Japan)

14:20:

Assist. Prof. Shinya Aoyama (Organization for University Research Initiatives, Waseda University, Japan)

Title: Control of skeletal muscle mass by timing of nutrition and exercise

14:40:

President. Yasuhiro Seki (WISMERLL COMPANY LIMITED, Japan)

Title: The Importance of Oxidative Stress Assessment in Sports Science

15:00:

Assist. Prof. Masato Kawabata: (Department of Physical Education & Sports Science, Nanyang Technological University, Singapore)

Title: How can we enhance the quality and interpretation of self-report measures?

15:20:

Dr. Victor Selvarajah A/L Selvanayagam (Sports Centre, University of Malaya, Malaysia)

Title: The role of carbohydrate meals on central fatigue

15:40:

Mr. Paul Oh (School of Chemical & Life Sciences, Singapore Polytechnic, Singapore)

Title: Applying sports science principles in health promotion

16:00-Tea time

Session III: Keynote lecture

Chair: Assoc. Prof. Stephen Francis Burns (Department of Physical Education & Sports Science, Nanyang Technological University, Singapore)

16:20:

Prof. Shigenobu Shibata (Faculty of Science and Engineering, Waseda University, Japan)

Title: Chrono-nutrition and chrono-exercise from basic to applied science

Session IV: Students session

Chair: Dr. Lim Pei Jean (Waseda Bioscience Research Institute, Waseda University, Singapore)

16:50

Ms. Mamiho Ozaki (Graduate School of Advanced Science and Engineering, Waseda University, Japan)

Title: Effect on glucose metabolism of different timing of catechin intake

17:00

Mr. Shutaro Fujino (Graduate School of Advanced Science and Engineering, Waseda University, Japan)

Title: Search for bioactive compounds from *Curcuma aromatica*

17:10

Ms. Hanisah Binte Rehan (School of Chemical and Life Sciences, Singapore Polytechnic, Singapore)

Title: Effectiveness of point-of-decision prompts in promoting the use of stairs on campus

17:20

Ms. Rina Hiroka (Graduate School of Advanced Science and Engineering, Waseda University, Japan)

Title: Effect of fasting breakfast and dinner on protein synthesis

17:30

Ms. Miku Sugizaki (Graduate School of Advanced Science and Engineering, Waseda University, Japan)

Title: Search for compounds affecting histone modifications from *Citrus depressa*

17:40

Mr. Jesudas Menon (Nanyang Technological University, Singapore)

Title: The Effect of Meal Frequency and Exercise on Postprandial Triacylglycerol Concentrations

17:50

Mr. Takuma Yanaoka (Graduate School of Sport Sciences, Waseda University, Japan)

Title: Effect of half-time re-warm up on subsequent exercise performance

18:00:

Mr. Fumiaki Nakamura (Graduate School of Advanced Science and Engineering, Waseda University, Japan)

Title: Fermented ingredients from “Miso” that affect histone modifications

18:10

Ms. Rebecca Liew Hui Ting (School of Chemical and Life Sciences, Singapore Polytechnic, Singapore)

Title: The relationship between lifestyle habit and health outcomes – comparative studies between Japan and Singapore

Closing remark:

18:20

Assoc. Prof. Stephen Francis Burns (Department of Physical Education & Sports Science, Nanyang Technological University, Singapore)