

11.27.2016案

Invited lecture in Nagoya University

2016年12月9日 (金) 16:30~18:00

名古屋大学 総合保健体育科学センター
2階会議室

参加費：無料

持続的アスリートのパフォーマンス向上に
関する最近の知見



Professor Jens Bangsbo

Department of Nutrition, Exercise and Sports (NEXS),
University of Copenhagen, Denmark

主催：名古屋大学 総合保健体育科学センター
日本トレーニング科学会

協力：デンマーク大使館

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Curriculum Vitae

Jens Bangsbo, Professor, Doctor of Science

Department of Nutrition, Exercise and Sports (NEXS), University of Copenhagen, Denmark



Research profile

Professor Jens Bangsbo is Section leader of the Integrative Physiology Group, leader of Copenhagen Center for Team Sport and Health, and Head of Research at the Department of Nutrition, Exercise and Sport (NEXS), University of Copenhagen. His main areas of research are fatigue development and adaptations to exercise training in relation to work capacity and health. Jens Bangsbo has a vivid collaborate international network with several researchers. He has published more than 265 peer-reviewed articles and 59 reviews and book chapters (H-index: 62, Web of Science).

Studies realizable by collaboration

- Studies related to life-style interventions, including but not limited to nutrition and physical activity
- Studies related to optimizing health and quality of life in the elderly using non-pharmacological interventions

Specific technologies

- Physiological adaptations to life-style changes, including metabolism, cardiovascular function, insulin sensitivity, ion transport, fatigue, and bone mineral density

Ongoing commercial and international research projects

- Jens Bangsbo has several ongoing projects that are conducted in collaboration with commercial and non-commercial affiliates, including but not limited to nutrition, sport drinks, education, and training interventions