

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

7/17/2018	13.00-17.00	Registration
<b>Day 1: 18/7/2018</b>		
	<b>08.00-17.00</b>	Registration
<b>Saensuk 1 and 2</b>		
<b>Morning</b>	<b>08.30-09.00</b>	Opening ceremony:
	<b>09.00-09.15</b>	Welcoming speech Itthiphol Kunplome, Vice Minister attached to the Prime Minister
	<b>09.15-09.45</b>	Honorary Discourse: "National policy for sports and tourism including development and sports funding" Itthiphol Kunplome, Vice Minister attached to the Prime Minister
	<b>09.45-10.00</b>	<b>Coffee break and exhibition</b>
	<b>10.00-11.00</b>	Highlight Symp 1: "Gut microbiota characteristics and the use of probiotics in sports nutrition" Dr. Hyon Park (Korea)
	<b>11.00-12.00</b>	Highlight Symp 3: "Meet the Presidents" SAT, KKU, ISAM (Prof. Pawan Singal (Canada)), ANSSH (Prof. Zeyi Yang (China))
<b>Saensuk 3</b>	<b>12.00-13.00</b>	<b>Lunch symposium</b> <b>"Effect of Vitamin C on Glucose Metabolism in Diabetes Type 2 Patients"</b> <b>Dr.Naruemon Leelayuwat</b>
	<b>13.00-13.30</b>	<b>Poster presentation for award</b>
		3 rooms for specific topics.
<b>Saensuk 1</b>		<b>Basic Sciences in nutrition and sports</b>
<b>Afternoon</b>	<b>13.30-14.00</b>	Exchange lect 1: Role of exercise and nutrition in metabolic aging Speaker: Dr. Chia-Hua Kuo (Taiwan)
	<b>14.00-14.30</b>	Exchange lect 4: Oxidative stress and Toll-Like receptors in heart failure Speaker: Dr. Pawan Singal (Canada)
	<b>14.30-15.30</b>	Symposium 1: <i>Protein and amino acid supplements in sports</i> Chair: Dr. Kallaya Kijboonchoo (Thailand) Co-chair: Dr. Sukanya Charoenwattana (Thailand) Members: <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)
	<b>15.30-15.45</b>	<b>Coffee break, exhibition and poster presentation for award</b>
	<b>15.45-16.45</b>	<b>Sports Nutrition in Asia: From theory to practice</b>
		Symposium 4: <i>Sports Nutrition in Asia: From theory to practice</i> Chair: 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. Ying Jiao (China)
<b>Saensuk 2</b>		<b>Adaptation in extreme conditions</b>
<b>Afternoon</b>	<b>13.30-14.00</b>	Exchange lect 2: Exercise and extra-cellular vesicles Speaker: Dr. Mark A.Tarnopolsky (Canada)
	<b>14.00-14.30</b>	Exchange lect 5: Scientific update on exercise research under extreme conditions Speaker: Dr.Nigel Taylor (Australia)
	<b>14.30-15.30</b>	Symposium 2: <i>High Intensity Intermittent Training</i> Chair: Dr. Futoshi Ogita (Japan) Co-chair: Dr. Thanomsak Senakum (Thailand) Members: <i>High Intensity Interval Training</i> Dr. Futoshi Ogita (Japan) <i>Pros and Cons of HIIT in my experience.</i> Dr. Ekkawit Sawangphol (Thailand)
	<b>15.30-15.45</b>	<b>Coffee break, exhibition and poster presentation for award</b>
	<b>15.45-16.45</b>	Symposium 5: <i>Glycogen storages: from physiological adaptations to diseases</i> Chair: Dr. Jørgen Jensen (Norway) Co-chair: Dr. Ratreer Ruangthai (Thailand) Members: <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)
<b>Saensuk 5</b>	<b>Afternoon 14.00-14.30</b>	Exchange lect 6:	<b>Exercise physiology &amp; adaptation</b> Combined physical-cognitive training enhances postural performances during daily life tasks in older adults Dr. Sonia Sahli (Tunisia)
	<b>14.30-15.30</b>	Speaker: Symposium 3: Chair: Co-chair: Members:	<i>Exercise, rehydration, and thermoregulation</i> Dr. Rungchai Chaunchaiyakul (Thailand) Dr. Saiphon Kongkhum (Thailand) <i>Electrolytes drink on repeated exhaustive exercises</i> Dr. Rungchai Chaunchaiyakul (Thailand) <i>Impact of fluid replacement &amp; dehydration on physiological function and athletic performance</i> Dr. Jose Gonzalez-Alonso (UK)
	<b>15.30-15.45</b>		<b>Coffee break, exhibition and poster presentation for award</b>
	<b>15.45-16.45</b>	Symposium 6:	<b>Cardiovascular adaptation</b> <i>Cardiovascular adaptation</i> Dr. Pawan Singal (Canada) Dr. Grant Pierce (Canada) <i>Protein kinase G signaling in cardioprotection</i> Dr. Rakesh Kukreja (USA) <i>The future perspective of heart regeneration by stem cell transplantation for elderly</i> Dr. Ren-Ke Li (Canada) <i>Sodium hydrogen exchange in cardiovascular adaptation in hereditary cardiomyopathy</i> Dr. Ghassan Bkaily (Canada)
	<b>16.45-17.30</b>		<b>Sports activity</b>
<b>Saensuk 1</b>	<b>18.00-19.00</b>		<b>EC meeting (ISAM)</b>
<b>Saensuk 3</b>	<b>19.00-21.00</b>		<b>"Maximizing the role of hydration on endurance performance"</b> Dr Jason Lee-Kai Wei (Singapore) <b>Welcoming party (For speakers and committee)</b>

<b>Day 2: 19/7/2018</b>		3 rooms for specific topics	
	<b>08.00-17.00</b>	Registration	
<b>Saensuk 1</b>	<b>Morning 09.00-10.00</b>	Exchange lect 7: Speaker:	Chondroitin and exercise pressor reflex Dr. Norio Hotta (Japan)
	<b>10.00-10.15</b>		<b>Coffee break and exhibition</b>
	<b>10.15-12.00</b>	Symposium 7: Chair: Co-chair: Members:	<b>Updated nutrition and performance</b> <i>Herbal supplements in sports nutrition</i> 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)
<b>Saensuk 3</b>	<b>12.00-13.00</b>		<b>Lunch symposium</b> <b>"Concussion Management with Focus on Stability Evaluation Test &amp; Dynamic Vision"</b> <b>Miguel A. Lind Figueroa</b>
	<b>13.00-13.30</b>		<b>Poster presentation for award</b>
<b>Saensuk 1</b>	<b>Afternoon 13.30-14.45</b>	Students present 1: Chair: Co-chair:	<i>Nutrition</i> Dr. Hyon Park (Korea) Dr. Sukanya Charoenwattana (Thailand)
	<b>13.30-13.40</b>		<i>Effects of resveratrol supplementation on contusion-induced muscle injury in mice</i> <b>Chun Sheng Ho (Taiwan)</b> <i>Effects of high fat diet-induced metabolic disorders and obesity in postpartum mice with intrinsic high- or low-aerobic exercise capacity</i> <b>Mon-Chien Lee (Taiwan)</b>
	<b>13.40-13.50</b>		

13.50-14.00		<i>Deep ocean minerals adding into fructose drink minimize muscle inflammation after exercise</i> <b>Suchada Saovieng (Thailand)</b>
14.00-14.10		<i>Influence of acute and chronic consumption of Tualang Honey on oxidative stress in female athletes</i> <b>Nur Syamsina Ahmad (Malaysia)</b>
14.10-14.20		<i>Does post-exercise ingestion of lactose-free skim milk vs sport drink affect net fluid balance and thirst?</i> <b>Marla Frances Tan Mallari (Thailand)</b>
14.20-14.30		<i>Nutrition perception, knowledge, and practices of elite junior footballers in Singapore</i> <b>Magan Ho Yew Sian (Singapore)</b>
14.30-14.45		<b>Coffee break, exhibition and poster presentation for award</b>
14.45-16.05	Students present 4: Chair: Co-chair:	<i>Nutrition</i> Dr. Sareena Hamza (Malaysia) Dr. Supaporn Silalertdetkul (Thailand)
14.45-14.55		<i>Epimedium and its bioactive compound icariin promote muscular hypertrophy in C2C12 cells</i> <b>Yi-An Lin (Taiwan)</b>
14.55 -15.05		<i>Effects of prebiotic contained inulin, anthocyanin and dietary fiber on fuel utilization in overweight or obese individuals</i> <b>Panicha Pongnaratorn (Thailand)</b>
15.05-15.15		<i>Potential use of a controlled release coconut hydrogel on endurance exercise performance in a hot-humid condition.</i> <b>Ahmad Munir Che Muhamed (Malaysia)</b>
15.15-15.25		<i>Effect of illite product on immune system</i> <b>Yukyoum Kim (Korea)</b>
15.25-15.35		<i>A Comparative Study of Vegetarian Chess Players and Non Vegetarians Chess Players in relation to their Performance of Chess Game in India</i> <b>Allama Shiva Prasad Kasinadhuni (India)</b>
15.35-15.45		<i>Corellation Intake of Energy, Protein, Fluid, Physical Activity and Hydration Status With Vo2 Max Among Hockey Athlete</i> <b>Rachmanida Kuswari (Indonesia)</b>
15.45-15.55		<i>Body Mass Index, Liquid Consumption, Hydration Status Physical Activity And Vo2max Level of Aspac Jakarta Basketball Player Jakarta</i> <b>Rachmanida Nuzrina (Indonesia)</b>
15.55-16.05		<i>The effect of exercise and health promotion via social media on weight reduction among obese adult</i> <b>Nazhif Gifari (Indonesia)</b>
<b>Saensuk 2</b>		
<b>Morning 09.00-10.00</b>	Exchange lect 8: Speaker	Heat and cold stresses: acute and adaptive physiological responses. Dr. Nigel Taylor (Australia)
10.00-10.15		<b>Coffee break and exhibition</b>
10.15-12.00	Symposium 8: Chair: Co-chair: Members:	<b>Hypoxic and hyperoxic training and adaptation</b> <i>Hypoxic and hyperoxic training and adaptation</i> Dr.Rungchai Chaunchaiyakul (Thailand) Dr. Weerawat Limroongraungrat (Thailand) "Oxygen: good gas or bad gas in hyperbaria? A matter of perspective." Dr. John Clarke (NASA.,USA) <i>Gravity of exercise for a trip to Mars</i> Dr. Alan R. Hargens (USA)
<b>Saensuk 3</b>		
12.00-13.00		<b>Lunch symposium</b> <b>"Concussion Management with Focus on Stability Evaluation Test &amp; Dynamic Vision</b> <b>Miguel A. Lind Figueroa</b>
13.00-13.30		<b>Poster presentation for award</b>
<b>Saensuk 2</b>		
<b>Afternoon 13.30-14.30</b>	Students present 2: Chair: Co-chair:	<i>Exercise Physiology and training</i> Dr. Ratreer Ruangthai (Thailand) Dr. Thanomsak Senakum (Thailand)
13.30-13.40		<i>The intensity of Qigong exercise</i> <b>Suphannika Ladawan (Thailand)</b>
13.40-13.50		<i>Effect Short-term Aquarobic Exercise on DHEA-S Levels in Women</i> <b>Siti Baitul Mukarromah (Indonesia)</b>
13.50-14.00		<i>Cardiac autonomic responses to combined exercise training are associated with central obesity changes in obese young men</i>

			<b>Jatuporn Phoemsapthawee (Thailand)</b> <i>Low-load resistance training combined with hypoxia provided greater muscle thickness and bone density than traditional resistance training</i>
14.00-14.10			<b>Chaiyawat Namboonlue (Thailand)</b> <i>Combining resistance and high-intensity interval training on sleep indexes and vascular function in obese children with obstructive sleep apnea</i>
14.10-14.20			<b>Khomkrip Longlalerng (Thailand)</b> <i>Analysis of peripheral fatigue in non-elite badminton player: a pilot study</i>
14.20-14.30			<b>Heping Huang (China)</b>
14.30-14.45			<b>Coffee break, exhibition and poster presentation for award</b>
14.45-15.55	Students present 5:		Psychology and Exercise Physiology and training
	Chair:		Dr. Chatkamon Singnoy (Thailand)
	Co-chair:		Dr. Prapapimon Pariwat (Thailand)
14.45-14.55			<i>A study of aggression and personality characteristics of senior and juniormale combat sports persons</i>
			<b>Bhaskar Salvi (India)</b>
14.55 -15.05			<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>
			<b>Haricharan Gajbhiye (India)</b>
15.05-15.15			<i>Health behaviors for chronic disease prevention among the elderly, Mahasarakham Province, Thailand.</i>
			<b>Nuanprang Duangsawang (Thailand)</b>
15.15-15.25			<i>Effect of low intensity exercise training on total antioxidant capacity and lipid profile in sedentary students: a pilot study</i>
			<b>Kultida Klarod (Thailand)</b>
15.25-15.35			<i>Adaptation and training: Case Study of a breaststroke olympian Thai swimmer during 2016-2017</i>
			<b>Radomyos Matjiur (Thailand)</b>
15.35-15.45			<i>Construction of skill test and norm for badminton coach</i>
			<b>Nopporn Tasnaina (Thailand)</b>
15.45-15.55			<i>Effect of arm swing exercise on pulmonary and autonomic nervous functions in metabolic syndrome patients</i>
			<b>Arisa Sespeng (Thailand)</b>
Saensuk 5			
	Morning	10.00-10.15	<b>Coffee break and exhibition</b>
			<b>Oxidative stress and adaptation</b>
		10.15-12.00	Symposium 9: Chair: Co-chair: Members:
			<i>Oxidative stress and adaptation</i> Dr. Daroonwan Suksom (Thailand) Dr. Saiphon Kongkhum (Thailand) <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)
Saensuk 3		12.00-1.00	<b>Lunch symposium</b> <b>"Concussion Management with Focus on Stability Evaluation Test &amp; Dynamic Vision"</b> <b>Miguel A. Lind Figueroa</b>
		13.00-13.30	<b>Poster presentation for award</b>
Saensuk 5			
	Afternoon	13.30-14.30	Students present 3: Chair: Co-chair:
			<i>Physiology and Biomechanics</i> Dr. Weerawat Limroongraungrat (Thailand) Dr. Sonia Sahli (Tunisia)
		13.30-13.40	<i>Predicting countermovement jump height with and without arm swing with core strength measurements</i>
			<b>Liang Guo (China)</b>
		13.40-13.50	<i>The effect of kinesio tape combined with exercise on ankle range of motion, agility and sprint in soccer athletes</i>
			<b>Shannon Parnitudom (Thailand)</b>
		13.50-14.00	<i>Effect of applied Muay Thai exercise on balance performance on the elderly with risk of falling: A randomized controlled trial</i>
			<b>Nopchaluk Phuttanurattana (Thailand)</b>
		14.00-14.10	<i>Correlation between center of pressure and joints velocity during sit-to-walk task in the elderly</i>

		<b>Nunnapat Chandej (Thailand)</b>
14.10-14.20		<i>Different of saccadic eye movement and vergence eye movement compare with fixed gaze on postural control in healthy elderly</i>
		<b>Ladapa Srijanya (Thailand)</b>
14.20-14.30		<i>The synthesis of physical activity by applying Thai tradition exercise in Thailand</i>
		<b>Chulaporn Sota (Thailand)</b>
14.30-14.45		<b>Coffee break, exhibition and poster presentation for award</b>
14.45-15.55	Students present 6: Chair: Co-chair:	<i>Exercise Physiology and training</i> Dr Jason Lee-Kai Wei (Singapore) Dr. Saiphon Kongkum (Thailand)
14.45-14.55		<i>Fluid balance and hydration practices of high-performance Singaporean youth athletes</i>
		<b>Ng Ee Ling (Singapore)</b>
14.55-15.05		<i>Effect of Satvik Food and physical exercises In lowering the blood sugar level in type 2 diabetes patients of India</i>
		<b>P.P. Satya Paul Kumar (India)</b>
15.05-15.15		<i>Swimming performance after different active recovery protocol in young breaststroker</i>
		<b>Siripong Sripakdee (Thailand)</b>
15.15-15.25		<i>Effect of Hill Training and Fartlek Training for development of aerobic fitness among middle and long distance runners of Hyderabad District in India</i>
		<b>Rajesh Kumar (India)</b>
15.25-15.35		<i>Effects of mechanical bed massage on subjective feeling of fatigue and performance after exercise-induced back fatigue in athletes: a randomized controlled trial</i>
		<b>Houyong Zhong (China)</b>
15.35-15.45		<i>Sports Bras on cardiopulmonary and metabolic functions during progressive exercise</i>
		<b>Kunanya Masodsai (Thailand)</b>
15.45-15.55		<i>Respiratory function, oxygen saturation, 6 minute walk test and quality of life in patient with type 2 diabetes mellitus</i>
		<b>Sirilak Banphot (Thailand)</b>
Saensuk 1	16.05-17.05	<b>Workshop I: Clinical workshop on heat adaptation &amp; cooling strategies</b> Dr. Nigel Taylor (Australia)
Saensuk 2	16.05-17.35	<b>Workshop II: Innovation in sport performance enhancement</b> Mr. Stephen Chung (Hong Kong)
Saensuk 2	18.00-19.00 pm	<b>EC meeting (ANSSH)</b>

<b>Day 3: 20/7/2018</b>		3 rooms for specific topics
<b>Saensuk 1</b>		<b>Nutrition and aging</b>
<b>Morning 09.00-10.15</b>	Symposium 10: Chair: Co-chair: Members:	<i>Nutrition and aging research in Asia</i> 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)
<b>10.15-10.30</b>		<b>Coffee break, exhibition and poster presentation for award</b>
<b>10.30-12.00</b>	Symposium 13: Chair: Co-chair: Members:	<b>Trend of sports nutrition supplements</b> <i>Trend of sports nutrition supplements</i> 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) <i>Herbal supplements and sports performance</i> Dr. Rabindarjeet Singh (Malaysia)
<b>Saensuk 3</b>	<b>12.00-1.00</b>	<b>Lunch, exhibition</b>
<b>Saensuk 2</b>		<b>Cardiovascular adaptation</b>
<b>Morning 09.00-10.15</b>	Symposium 11:	<i>Physiological and cardiovascular adaptations</i>

		Chair:	Dr. Kasem chaiklongkit (Thailand)
		Co-chair:	Dr. Thanomsak Senakum (Thailand)
		Members:	<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>
			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)
	<b>10.15-10.30</b>		<b>Coffee break, exhibition and poster presentation for award</b>
			<b>Man under deprivations</b>
	<b>10.30-12.00</b>	Symposium 14:	<i>Man under deprivations</i>
		Chair:	Dr. Jason Lee-Kai Wei (Singapore)
		Co-chair:	Dr. Ratee Ruangthai (Thailand)
		Members:	<i>Sleep apnea</i>
			Dr. Wanvisa Tantrakul (Thailand)
			<i>Ramadan and psycho-physiological stresses</i>
			Dr. Ibrahim Dabayeb (Jordan)
			<b>Lunch, exhibition</b>
Saensuk 3 Saensuk 5	<b>12.00-13.00</b>		
	<b>Morning 09.00-10.15</b>	Symposium 12:	<i>Exercise and health benefits</i>
		Chair:	Dr. Jan Slezak (Slovakia)
		Co-chair:	Dr. Yu Kitaoka (Japan)
		Members:	<i>Benefits of exercise: mechanisms, preventative and therapeutic implication</i>
			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)
	<b>10.15-10.30</b>		<b>Coffee break, exhibition and poster presentation for award</b>
			<b>Exercise and Ageing</b>
	<b>10.30-11.30</b>	Exchange lect 9:	Exercise, aging and mitochondria
			Dr. Mark A. Tarnopolsky (Canada)
	<b>12.00-13.00</b>		<b>Lunch, exhibition</b>
Saensuk 1	<b>13.00-14.30</b>	<b>Workshop III: "Young sports scientists opportunity for overseas grants: How to write for NIH grant (an example)?" by Dr. Mark Roltsch (USA)</b>	
	<b>14.30-15.30</b>	<b>EC meeting (SAT, KKU, ANSSH, ISAM)</b>	
	<b>15.30-16.30</b>	<b>Award ceremony</b>	
		<b>Closing ceremony</b>	