

Health Promotion Unit Top Global University Project Waseda University 79th Higashi Fushimi Sport Science Research Conference

Dates: Thursday 18 MAY 2023 **15:00~16:30**

Location: Room 303 Bldg 79 (STEP22), Waseda University

Title

Global and exotic research in exercise science beyond the border Prof. Hirofumi Tanaka(University of Texas)

■**Abstract:** Culture is an integral part of any society, and every community has its unique cultural heritage and tradition that sets them apart from the rest. Understanding and appreciating diverse cultures and people from different parts of the world can provide valuable insights for researchers in the field of exercise science. Adopting a global approach to research can offer fresh perspectives that challenge scientific dogma and uncover previously hidden physiological facts that traditional approaches may have missed. In this way, researchers can expand their knowledge base and develop a more comprehensive understanding of exercise science. The present lecture will showcase a range of research studies conducted by the presenter on various continents around the world. With the recent emphasis on diversity, equity, and inclusion (DEI) on college campuses, this topic is particularly relevant and timely. By embracing a global perspective and recognizing the importance of diversity, researchers and investigators in exercise science can enhance their research and contribute to a more inclusive and equitable world.

■**Bio:** Hirofumi Tanaka is a Professor and the Director of the Cardiovascular Aging Research Laboratory and the program coordinator for the Exercise Physiology program at the University of Texas at Austin. He received a B.A. in physical education/martial arts at the International Budo (Martial Arts) University in Japan, a M.S. in human bioenergetics from Ball State University, and a Ph.D. in applied physiology from the University of Tennessee. He completed his postdoctoral fellowship in cardiovascular physiology at the University of Colorado at Boulder. Tanaka's research interests revolve around vascular aging that manifests as the stiffening (hardening) of large elastic artery and vascular endothelial dysfunction. A variety of topics that encompass the physiological mechanism that mediate vascular aging, sequel or consequences of aging-related vascular dysfunction such as cognitive and cerebrovascular dysfunction, and lifestyle modifications that prevent and reverse vascular dysfunction with aging are being investigated in his research laboratory. Masters athletes or aging competitive athletes are often used as the model of successful aging. The experimental approaches are highly translational ranging from mechanistic studies in animal models to human clinical investigations to community-based studies in minority health in cardiovascular disease. He is currently involved in the Atherosclerosis Risk in Communities study, the Jackson Heart Study, and the Hispanic Community Health Study/Study on Latinos. He has over 360 peer reviewed publications with a h-index of 86.

