Day 1

Friday, April 24, 2026

Start Time	Duration	A-1 Room [Maximum capacity: 150]	A-2 Room [Maximum capacity: 25]	Lobby (Poster Session)
10:00	30	Opening Ceremony & Event		
10:30	50	Keynote Lecture (1) Technology-Driven Athlete Support in Practice From Elite to Youth Athletes Speakers & Topics: •**Scientific Training in Practice for Elite Athletes** Dr. Masaaki Kanno (JATI President, Japan) •**Non-invasive electrophysiological monitoring of conditioning using bioelectrical impedance analysis** Dr. Takayuki Inami (Keio Univ., Japan)		
11:00				
11:30	45	Symposium (1) Trends in Sports Science & Technology Speakers & Topics: •**Effects of Pneumatic Resistance on the Kinetics and Kinematics of Back Squat** Dr. Danny Lum (HPSI, Singapore) •TBA Dr. Michael Tse (Univ. Hong Kong) *Additional Speakers to be confirmed.	Practical Workshop (1) **Ukemi-Based Injury and Fall Prevention: Applying Judo Principles to Protect the Human Body** Dr. Akitoshi Sogabe (Konan Univ., Japan)	
12:00				
12:30	40	Lunch seminar (Corporate presentations) Lunch box distribution		
13:00				
13:30	50	Keynote Lecture (2) Tech at the Edge **Technology in Sport Training:How and for what should we utilize it?** Emeritus Prof. Hiroshi Hasegawa(Ryukoku Univ. & JATI Honorary Chairman, Japan)		
14:00				
14:30	30	Mini Oral Presentation (1-2 min talk to poster)		
15:00	50			Poster Presentations with odd numbers (Coffe break)
15:30				
16:00	30	Educational Lecture (1) **Exercise as Medicine and High-Performance Sport: Integrating Science, Technology, and Practice Across the Lifespan** Dr. Michael Tse (Univ. Hong Kong)		
16:30	50	Symposium (2) Support of High-Performance Athletes in Asia Speakers & Topics: •**Sports Science Support for High Performance Athletes in Singapore** Dr. Danny Lum (HPSI, Singapore) •TBA Dr. Michael Tse (Univ. Hong Kong) •**Shaping the Future of Sport and Health Sciences through Co-Creation and Global Collaboration** V.P. Dr. Akira Maeda (NIFS, Japan) *Additional Speakers to be confirmed.	Practical Workshop (2) **Performance Evaluation of Tennis Players Based on Ball Speed and Spin Rate** Dr. Hiroo Takahashi(NIFS, Japan)	
17:00				
17:30	50	Hit a workout or watch the Muscle Gate competition in the exhibition area, or a relaxed warm-up on the Ginowan Tropical Beach with snacks and drinks		
18:00				
18:30	90	Welcome Party		
19:00				
19:30				

Day 2

Saturday, April 25, 2026

Start Time	Duration	A-1 Room [Maximum capacity: 150]	A-2 Room [Maximum capacity: 25]	Lobby (Poster Session)
8:00		Beach Yoga at Ginowan Tropical Beach Ms. Midori Kahata *Canceled in case of rain		
8:30				
9:00	30			
9:30	30	Morning Seminar **Isometric Training: Science and Practice in High Performance Sports** Dr. Danny Lum (HPSI, Singapore)	Practical Workshop (3) **Velocity-Based Training in Practice: Strategies to Enhance Athletic Performance** Dr. Rikiya Sunakawa(Univ. of the Ryukyus)	
10:00	30	Educational Lecture (2) **Age-related Changes to Neuromuscular Function** Dr. McNeil Chris (Univ. British Columbia, Canada)		
10:30	30	Award Nominated Mini Oral Presentation 3-5 finalist		
11:00	30			Award Poster presentation
11:30	40	**Conference Theme Discussion** Dr. Danny Lum (HPSI, Singapore) Dr. Michael Tse (Univ. Hong Kong) Dr. McNeil Chris (Univ. British Columbia, Canada) Emeritus Prof. Hiroshi Hasegawa (Ryukoku Univ., Japan) Roundtable Facilitator: V.P. Dr. Akira Maeda (NIFS, Japan) *Additional Speakers to be confirmed.		
12:00				
12:30	5	Awards and Closing Ceremony		

* Note: Schedule is subject to change.