




Time	Day 1 - 19 July 2023, Wednesday	
0800 Onwards	Registration	
	AUDITORIUM 3 - BLK 26B, LEVEL 2	
0900 - 0930	<p><b>Welcome Address by Organising Chairs</b> Dr. Kalpana BHASKARAN (Singapore) and A/Prof. Jason LEE (Singapore)</p> <p><b>Opening Remarks</b> Prof. Chia-Hua KUO (Taiwan) - ANSSH Prof. Dinender SINGLA (United States) - ISAM</p>	
0930 - 1000	<p><b>Keynote Session</b> <b>Landmarks in the Historical Development of Sports Nutrition</b> Emeritus Prof. Ronald MAUGHAN (United Kingdom) <b>Session Chair: A/Prof. Jason LEE (Singapore)</b></p>	
1000 - 1030	Coffee Break and Poster Viewing	
1030 - 1110	<p><b>Plenary Session 1</b> <b>Session Chair: Prof. Wook SONG (Republic of Korea)</b></p>	
1030 - 1050	<p><b>Exercise, Nutrition, and Senescence</b> Prof. Chia-Hua KUO (Taiwan)</p>	
1050 - 1110	<p><b>The Potentials of Skeletal Muscle Glycogen in Maximising Health and Performance</b> Prof. Jørgen JENSEN (Norway)</p>	
	AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
1115 - 1220	<p><b>Symposium 1: Exercise and Nutrition for Brain Health &amp; Performance</b> <b>Session Chairs: Asst Prof. Wei Peng TEO (Singapore) and Asst Prof. Jor Ming GOH (Singapore)</b></p>	<p><b>Symposium 2: Muscle Metabolism &amp; Health</b> <b>Session Chairs: Prof. Hyon PARK (Republic of Korea) and Dr. Chee Yong LOW (Singapore)</b></p>
1115 - 1135	<p><b>Eccentric Exercises: Muscle and Brain Adaptations and Implications for Health</b> Asst Prof. Wei Peng TEO (Singapore)</p>	<p><b>Progress in Exercise and Gut Microbiota Research and the Opening of a New Area in Exercise Science</b> Prof. Hyon PARK (Republic of Korea)</p>
1135 - 1150	<p><b>Alterations in Cerebral Haemodynamic Responses During Exertional Hyperthermia: A Functional Near-Infrared Spectroscopy Study</b> Ms. Naomi MICHIKO (Singapore)</p>	<p><b>Effects of Exercise Type and Age Group on Circulating Inflammatory Biomarkers: ARISE Study</b> Dr. Zi Xiang LIM (Singapore)</p>
1150 - 1205	<p><b>Associations of Motor Skill-Related Fitness with Cognitive Performance in Chinese Preschool Children</b> Mr. Kang WAN (China)</p>	<p><b>Effects of Vitamin D3 Supplementation on Skeletal and Cardiac Muscle Damage after Marathon Race: A Preliminary Study</b> Mr. Yu-Hsiu CHIEN (Taiwan)</p>
1205 - 1220	<p><b>Comparing Food Reward in Response to a Standardised Meal in Physically Inactive and Active Young Men</b> Mr. Yusei TATAKA (Japan)</p>	<p><b>Effects of Mechanistic/Mammalian Target of Rapamycin Complex 1 Inhibition on Mitochondrial Adaptation during Myotendinomy-Induced Mechanical Overload in Mouse Skeletal Muscle</b> Mr. Kazuki UEMICHI (Japan)</p>
1220 - 1320	Lunch Break and Poster Viewing	
	AUDITORIUM 3 - BLK 26B, LEVEL 2	
1320 - 1400	<p><b>Plenary Session 2</b> <b>Session Chair: Prof. Chia-Hua KUO (Taiwan)</b></p>	
1320 - 1340	<p><b>Exercise, Essential Element for Healthy Aging</b> Prof. Wook SONG (Republic of Korea)</p>	
1340 - 1400	<p><b>Using a Nutritional Supplement to Improve Cardiovascular and Hepatic Health</b> Prof. Grant N. PIERCE (Canada)</p>	
1400 - 1500	<p><b>Meet-the-Experts</b> <b>Sports Nutrition Interest Group</b> <b>Session Chair: Dr. Ian ROLLO (United Kingdom)</b></p> <p><b>Gatorade in Asia</b> Ms. Teena BADSHAH (Thailand)</p> <p><b>What are Children Drinking Before, During and After Sport? Collaboration Opportunities for the DRinKS Study</b> Prof. Ajmol ALI (New Zealand)</p> 	
1500 - 1530	Coffee Break and Poster Viewing	
	AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
1530 - 1700	<p><b>Symposium 3: Nutrition Periodisation, Performance and Recovery</b> <b>Session Chairs: Assoc Prof. Masaki TAKAHASHI (Japan) and Dr. Jamie LYE (Singapore)</b></p>	<p><b>Symposium 4: Injury &amp; Functional Recovery</b> <b>Session Chairs: Prof. Michael CZUBRYT (Canada) and Prof. Ren-Ke LI (Canada)</b></p>
1530 - 1550	<p><b>Chrono-Nutrition and Health Promotion</b> Assoc Prof. Masaki TAKAHASHI (Japan)</p>	<p><b>Scleraxis Balances Wound Healing and Fibrosis: A Boon to Tendons, and a Bane to the Heart</b> Prof. Michael CZUBRYT (Canada)</p>
1550 - 1610	<p><b>Nutrition Periodization</b> Ms. Liyan HUANG (Singapore)</p>	<p><b>Cardiac Tissue Engineering to Enhance Heart Function Restoration After Injury</b> Prof. Ren-Ke LI (Canada)</p>
1610 - 1630	<p><b>Nutrigenomics and Sports Nutrition: A Practitioner's Perspective</b> Mr. Derrick ONG (Singapore)</p>	<p><b>Corn Peptide Enhances Exercise Performance and Prevents Myocardial Damage of Mice Caused by Overtraining Through Activating Autophagy</b> Ms. Weichu TAO (China)</p>
1630 - 1640	Q&A	Q&A
1640 - 1655	<p><b>Plate Size Matters: Comparing the Athlete's Plate Against Sport Nutrition Recommendations for Carbohydrates and Protein</b> Dr. Jamie LYE (Singapore)</p>	<p><b>Fueling and Refueling Marathon Runners with Traditional Fermented Rice Water with Fortified Nutrients on Health, Performance and Recovery – An Investigative Research</b> Dr. Saravana Prabha RAJENDRAN (India)</p>
1700	End of Day 1	





Time		Day 2 - 20 July 2023, Thursday	
		AUDITORIUM 3 - BLK 26B, LEVEL 2	
0900 - 0940		<b>Plenary Session 3</b> Session Chair: Prof. Ajmol ALI (New Zealand)	
0900 - 0920	High Salt Supplement Induced Remodeling of Human Vascular Smooth Muscle Prof. Ghassan BKAILY (Canada)		
0920 - 0940	The Importance and Regulation of Sweating in Humans Prof. Narihiko KONDO (Japan)		
0940 - 1010		Coffee Break and Poster Viewing	
		AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
1020 - 1145		<b>Symposium 5: Macro-, Micronutrient &amp; Supplements</b> Session Chairs: Assoc Prof. Rungchai CHAUNCHAIYAKUL (Thailand) and Dr. Bing WEI (China)	
1020 - 1040	Sports Drink Tonicities on Physiological Functions during Repeated Exhaustive Exercises Assoc Prof. Rungchai CHAUNCHAIYAKUL (Thailand)		
1040 - 1100	Whey Protein Nutrition Strategies for Muscle Gain Dr. Bing WEI (China)		
1100 - 1110	Q&A		
1110 - 1125	The Role of the Magnesium Supplement in the Regulation of Hepatic Lipid Metabolism in Obese Mice Ms. Ruwen WANG (China)		
1125 - 1140	Vitamin D3 Enhanced Serum 25(OH)D without Physical Performance in Adolescent Swimmers Prof. Rengfei SHI (China)		
1145 - 1300		Lunch Break and Poster Viewing	
		AUDITORIUM 3 - BLK 26B, LEVEL 2	
1300 - 1340		<b>Plenary Session 4</b> Session Chair: Dr. Ian ROLLO (United Kingdom)	
1300 - 1320	Beetroot Juice – Super Functions From a Super Food Prof. Ajmol ALI (New Zealand)		
1320 - 1340	Balancing Animal and Plant Foods for Physical Fitness in Response to Sustainable Healthy Diet Prof. Hardinsyah RIDWAN (Indonesia)		
		AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
1350 - 1530		<b>Symposium 7: Nutrition for Health and Performance in a Warming World</b> Session Chairs: Prof. Joo-Young LEE (Republic of Korea) and Dr. Ivan, Cherh Chiet LOW (Singapore)	
1350 - 1410	Overcoming the Challenges of Working in Hot Environments: Strategies for Effective Monitoring and Management Prof. Joo-Young LEE (Republic of Korea)		
1410 - 1430	Physiological Challenges and Impact of Hypohydration and Hyperthermia on the Human Brain Asst Prof. Xiang Ren TAN (Singapore)		
1430 - 1440	Q&A		
1440 - 1455	The Effect of Ice Slurry Ingestion on Physiological and Cognitive Performance of Healthcare Workers During Simulated Chemical Decontamination Dr. Sharifah Badriyah ALHADAD (Singapore)		
1455 - 1510	Measuring Heat Acclimatization Via Cutaneous Thermal Sensitivity: A Comparison of Young Indonesian and Korean Males Mr. Sang-Hyun ROH (Republic of Korea)		
1510 - 1525	Thermal Perception and Lung Function: A Panel Study in Young Adults with Exercise Under High Outdoor Temperature Mr. Huailin WANG (China)		
		AUDITORIUM 3 - BLK 26B, LEVEL 2	
1530 - 1600		Meet-the-Experts Fenugreek Seed – A Source of Ingredients for Comprehensive Endurance Enhancement Dr. Prasad THAKURDESAI (India)	
1600 - 1615		Coffee Break and Poster Viewing	
1615 - 1655		<b>Plenary Session 5</b> Session Chair: Prof. Ghassan BKAILY (Canada)	
1615 - 1635	Nutritional Considerations for Post-Exercise Appetite and Gastrointestinal Permeability Prof. Masashi MIYASHITA (Japan)		
1635 - 1655	Sports Nutrition for Football: Theory to Practice Dr. Ian ROLLO (United Kingdom)		
		AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
1700 - 1810		<b>Symposium 9: Endurance, Strength &amp; High Intensity Training</b> Session Chairs: Assoc Prof. Ahmad Munir CHE MUHAMED (Malaysia) and Dr. Abdul Rashid AZIZ (Singapore)	
1700 - 1720	Extreme Terrestrial Environments: Challenges to Train and Live in the Tropics Assoc Prof. Ahmad Munir CHE MUHAMED (Malaysia)		
1720 - 1740	The Training-Induced Efficacy and Time-Efficiency of the Novel 'Dispersed' Protocol of the Sprint Interval Training on Cardiovascular Fitness, Strength and Metabolic-Health Markers Dr. Abdul Rashid AZIZ (Singapore)		
1740 - 1755	Mechanical Properties During Unresisted and Sled Resisted Sprints Among Trained Male and Female Field Sport Athletes Dr. Maria MONAHAN (Ireland)		
1755 - 1810	Effects of Low and High Glycemic Index Pre-Exercise Malaysian Mixed-Meals on Endurance Running Performance in a Heat Stress Environment: A Randomised, Cross-Over Study Ms. Zaini BAHARI (Malaysia)		
1900 - 2200		<b>CONFERENCE DINNER (OFFSITE)</b> Plume at Singapore Flyer Coach will depart at 1830hrs from Temasek Polytechnic	





Time	Day 3 - 21 July 2023, Friday	
AUDITORIUM 3 - BLK 26B, LEVEL 2		
0900 - 0940	<b>Plenary Session 6</b> Session Chair: Prof. Danielle JACQUES (Canada)	
0900 - 0920	<b>Hypercholesterolemia Induced Inflammation Mediates Sarcopenia and Muscle Myopathy in Diabetes</b> Prof. Dinender SINGLA (United States)	
0920 - 0940	<b>Exercise and Metabolic Health-Multi-Group Learning Queue and Intervention Research</b> Prof. Ru WANG (China)	
0940 - 1010	<b>Coffee Break and Poster Viewing</b>	
AUDITORIUM 3 - BLK 26B, LEVEL 2		
EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2		
1010 - 1200	<b>Symposium 11: Exercise and Nutrition for Health &amp; Wellness</b> Session Chairs: Assoc Prof. Naruemon LEELAYUWAT (Thailand) and Prof. Hidenori OTANI (Japan)	<b>Symposium 12: Sport Nutrition Industry - Trends, Challenges &amp; Opportunities</b> Session Chairs: Dr. Joanna LI (Singapore) and Ms. Belinda LEOW (Singapore)
1010 - 1030	<b>Effects of Oral Vitamin C Supplementation on Metabolism and Immune System at Rest and Exercise in Patients with Type 2 DM</b> Assoc Prof. Naruemon LEELAYUWAT (Thailand)	<b>Prevailing Strategies of Weight-Cutting and Management in Weight Category Sports Amongst Youth Athletes in Singapore</b> Dr. Joanna LI (Singapore) and Mr. Muhammad Hidayat BIN OSMAN (Singapore)
1030 - 1050	<b>Gig Workers' Workload and Dietary Behaviors: A Case of the Parcel Delivery Drivers in South Korea</b> Ms. Ga-Young LIM (Republic of Korea)	<b>Breaking Barriers, Building Champions: Tackling Challenges in Implementing Dietary Strategies for Athletes</b> Ms. Belinda LEOW (Singapore)
1050 - 1100	<b>Q&amp;A</b>	<b>Q&amp;A</b>
1100 - 1115	<b>Time-of-Day Does Not Affect the Volume of Water Ingested During Outdoor and Indoor Exercise on a Clear Summer Day in the Heat</b> Prof. Hidenori OTANI (Japan)	<b>Developing an Ear-Based Wearable Core Temperature Algorithm for Use in Passive and Active Heat Acclimatisation</b> Mr. Shawn TAN (Singapore)
1115 - 1130	<b>The Efficacy of Powdered Coconut Drink on Liver and Kidney of Streptozotocin-Induced Diabetes in Sprague-Dawley Rats</b> Dr. Jeallyza Muthia AZRA (Indonesia)	<b>Addictive Effects of Creatine and Caffeine Supplementations in Glucose-Electrolyte-Based Sports Drinks on Soccer Performance in U21 League Players</b> Dr. Kunanya MASODSAI (Thailand)
1130 - 1145	<b>The Effect of 4-Week FATmax and HIIT Exercise Intervention in Obese Insulin Resistance Adolescents</b> Ms. ZHU Lin (China)	<b>Hydroleogels - A Complete Product for Endurance</b> Mr. Karol BANAS (Poland) and Prof. Joanna HARASYM (Poland)
1145 - 1200	<b>The Effects of Pre-Exercise High and Low Glycaemic Index Meals on Substrate Metabolism and Appetite in Inactive Middle-Aged Japanese Women</b> Ms. Miki SAKAZAKI (Japan)	<b>Anthocyanin-Rich Supplementation: Emerging Potential for Sport and Exercise Nutrition</b> Prof. Mark WILLEMS (United Kingdom)
1200 - 1300	<b>Lunch Break and Poster Viewing</b>	
AUDITORIUM 3 - BLK 26B, LEVEL 2		
1300 - 1340	<b>Plenary Session 7</b> Session Chair: Prof. Stephen, Heung-Sang WONG (Hong Kong)	
1300 - 1320	<b>Development and Application of Sports Digital Technology in the Reasonable Diet Management of Athletes</b> Mr. Yu ZHU (China)	
1320 - 1340	<b>Taurine Supplementation and Heart Function</b> Prof. Danielle JACQUES (Canada)	
AUDITORIUM 3 - BLK 26B, LEVEL 2		
EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2		
1350 - 1530	<b>Symposium 13: Antioxidants, Biotics and Herbal/Plant-Based Nutrition</b> Session Chairs: Prof. Madhu ANAND-SRIVASTAVA (Canada) and Assoc Prof. Mahenderan APPUKUTTY (Malaysia)	<b>Symposium 14: Oxidative Stress &amp; Cardiovascular Health</b> Session Chairs: Prof. Ashok SRIVASTAVA (Canada) and Prof. Neelam KHAPER (Canada)
1350 - 1410	<b>Resveratrol and Cardiovascular Adaptation</b> Prof. Madhu ANAND-SRIVASTAVA (Canada)	<b>Histone Deacetylase 5 and Oxidative Stress in Hypertrophic Vascular Adaptive Pathways</b> Prof. Ashok SRIVASTAVA (Canada)
1410 - 1430	<b>Sports Psychobiotics: A Realistic Approach?</b> Assoc Prof. Mahenderan APPUKUTTY (Malaysia)	<b>Cardiac Response to Low Dose Radiation</b> Prof. Neelam KHAPER (Canada)
1430 - 1450	<b>Xanthophyll Carotenoids: It's Influence on Visual Function and Potential Impact in an Athlete's Performance</b> Ms. Parimala SIVAPERUMAN (Singapore)	<b>Nutrition Support for Peak Performance: Lesson Learned from Indonesian Elite Taekwondo and Boxing Athletes</b> Dr. Mury KUSWARI (Indonesia)
1450 - 1500	<b>Q&amp;A</b>	<b>Q&amp;A</b>
1500 - 1515	<b>The Effects of Pre-Exercise Watermelon-Based Energy Drinks on Antioxidant Activity, Oxidative Stress, and Physiological Performance in Male Collegiate Athletes</b> Assoc Prof. Sareena Hanim HAMZAH (Malaysia)	<b>Effects of Wearing Face Masks on Physiological Responses at Different Exercise Intensities: A Randomized Crossover Pilot Trial</b> Ms. Shu JIANG (Republic of Korea)
1515 - 1530	<b>Cordyceps Sinensis Enhances DNA Repair in Human Skeletal Muscle after High Intensity Exercise</b> Ms. Yu-Chieh LIAO (Taiwan)	<b>Association between Physical Activity and Cardiovascular Disease in Patients with Diabetes: A Meta-Analysis of Prospective Cohort Studies</b> Ms. Haili TIAN (China)
1530 - 1600	<b>Coffee Break and Poster Viewing</b>	
AUDITORIUM 3 - BLK 26B, LEVEL 2		
1610 - 1630	<b>Plenary Session 8</b> <b>Time Restricted Eating on Health and Exercise Performance</b> Prof. Stephen, Heung-Sang WONG (Hong Kong) Session Chair: Prof. Dinender SINGLA (United States)	
1630 - 1715	<b>Young Scholar Panel Discussion: Opportunities and Challenges in Advancing Sports &amp; Nutrition</b> Session Chair: Dr. Ivan, Cherh Chiet LOW (Singapore)	
1715 - 1745	<b>Award Presentation Ceremony and GSSI Excellence In Sports Science Research Award Presentation</b> Prof. Dinender SINGLA (United States) / Dr. Ian ROLLO (United Kingdom) / Prof. Chia-Hua KUO (Taiwan)	
1745 - 1800	<b>Closing Address: ICANS 2025 - The Next Chapter</b> A/Prof. Jason LEE (Singapore) and Dr. Kalpana BHASKARAN (Singapore)	

Programme is updated as of 15 July 2023.

The programme may be subject to change without prior notice.