

19-21 JULY 2023



























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

TEMASEK POLYTECHNIC

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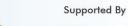




















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Time	Doy 2 20 July	2022 Thursday
Time		2023, Thursday
		Session 3
0900 - 0940	·	jmol ALI (New Zealand)
0900 - 0920		ling of Human Vascular Smooth Muscle
0000 0040		tion of Sweating in Humans
0920 - 0940	Prof. Narihiko k	
0940 - 1010		d Poster Viewing
	AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
1020 - 1145	Symposium 5: Macro-, Micronutrient & Supplements Session Chairs: Assoc Prof. Rungchai CHAUNCHAIYAKUL (Thailand) and Dr. Bing WEI (China)	Symposium 6: Physical Activity, Nutrition and Sports Performance Session Chairs: Assoc Prof. Stephen BURNS (Singapore) and Dr. Sofyan BIN SAHROM (Singapore)
1020 - 1040	Sports Drink Tonicities on Physiological Functions during Repeated Exhaustive Exercises Assoc Prof. Rungchai CHAUNCHAIYAKUL (Thailand)	Identifying Low Energy Availability in Endurance Runners Assoc Prof. Stephen BURNS (Singapore)
1040 - 1100	Whey Protein Nutrition Strategies for Muscle Gain Dr. Bing WEI (China)	Force-Time Characteristics of Handgrip Test in Youth Athletic Population Dr. Sofyan BIN SAHROM (Singapore)
1100 - 1110	Q&A	Q&A
1110 - 1125	The Role of the Magnesium Supplement in the Regulation of Hepatic Lipid Metabolism in Obese Mice Ms. Ruwen WANG (China)	The Effect of Low Load Resistance Training Combined with Hypoxic Training or Blood Flow Restriction on Muscle Strength and Physical Performance in Team Sports Athletes Mr. Kittamook LA-BANTAO (Thailand)
1125 - 1140	Vitamin D3 Enhanced Serum 25(OH)D without Physical Performance in Adolescent Swimmers Prof. Rengfei SHI (China)	Effectiveness Of Lifestyle Exercise And Nutritional Interventions In Childhood Obesity Comorbidities In High-Risk Population Groups: Meta Analysis Prof. Ahmad ALKHATIB (United Kingdom)
1145 - 1300	Lunch Break and	d Poster Viewing
	AUDITORIUM 3 - I	BLK 26B, LEVEL 2
1300 - 1340	Plenary Section Chairs Dr. Ion B	
		OLLO (United Kingdom) nctions From a Super Food
1300 - 1320		(New Zealand)
1320 - 1340	· · · · · · · · · · · · · · · · · · ·	Fitness in Response to Sustainable Healthy Diet IDWAN (Indonesia)
	AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
	Symposium 7: Nutrition for Health and Performance in a Warming World	Symposium 8: Nutrition, Ageing and Health Promotion
1350 - 1530	Session Chairs: Prof. Joo-Young LEE (Republic of Korea) and Dr. Ivan, Cherh Chiet LOW (Singapore)	Session Chairs: Prof. Ibrahim DABAYEBEH (Jordan) and Prof. Ning CHEN (China)
1350 - 1410	Overcoming the Challenges of Working in Hot Environments: Strategies for Effective Monitoring and Management Prof. Joo-Young LEE (Republic of Korea)	Intermittent Fasting Diet and Exercise Performance: The Muslim Fasting Month of Ramadan Model Prof. Ibrahim DABAYEBEH (Jordan)
1410 - 1430	Physiological Challenges and Impact of Hypohydration and Hyperthermia on the Human Brain Asst Prof. Xiang Ren TAN (Singapore)	Exercise-Induced Myokine Irisin for Health Promotion Prof. Ning CHEN (China)
1430 - 1440	Q&A	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)	Effects of Temperatures of Protein-Containing Drinks on Gastric Emptying and Appetite in Older People Dr. Kyoko FUJIHIRA (Japan)
1455 - 1510	Measuring Heat Acclimatization Via Cutaneous Thermal Sensitivity: A Comparison of Young Indonesian and Korean Males Mr. Sang-Hyun ROH (Republic of Korea)	Whey Protein Supplementation Lowers Exercise-Induced Pro-Inflammatory Response but Delays Senolytic Effect in Human Skeletal Muscle Dr. Lifan LAI (Taiwan)
1510 - 1525	Thermal Perception and Lung Function: A Panel Study in Young Adults with Exercise Under High Outdoor Temperature Mr. Huailin WANG (China)	Walking Exercise to Promote Healthy Lifestyles in Older Adults During COVID-19 Pandemic: An Intervention Study Mr. XinXing LI (Republic of Korea)
	AUDITORIUM 3 - I	BLK 26B, LEVEL 2
1530 - 1600	Dr. Prasad THAK	e-Experts or Comprehensive Endurance Enhancement (URDESAI (India)
1600 - 1615	Coffee Break and	d Poster Viewing
1615 - 1655	Plenary S	
.0.0 1000		assan BKAILY (Canada) Appetite and Gastrointestinal Permeability
1615 - 1635		e Appetite and Gastrointestinal Permeability YASHITA (Japan)
1635 - 1655	Sports Nutrition for Foo	tball: Theory to Practice United Kingdom)
	AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
1700 - 1810	Symposium 9: Endurance, Strength & High Intensity Training Session Chairs: Assoc Prof. Ahmad Munir CHE MUHAMED (Malaysia) and Dr. Abdul Rashid AZIZ (Singapore) natrusolate	Symposium 10: Sports Metabolism & Health Session Chairs: Prof. Ahmad ALKHATIB (United Kingdom) and Prof. Hideo HATTA (Japan)
1700 - 1720	Extreme Terrestrial Environments: Challenges to Train and Live in the Tropics Assoc Prof. Ahmad Munir CHE MUHAMED (Malaysia)	Integrated Human Physiology Models to Assess Fat Metabolism Outcomes Prof. Ahmad ALKHATIB (United Kingdom)
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)	Effects of Lactate Ingestion on Muscular Metabolism Prof. Hideo HATTA (Japan)
1740 - 1755		
	Mechanical Properties During Unresisted and Sled Resisted Sprints Among Trained Male and Female Field Sport Athletes Dr. Maria MONAHAN (Ireland)	Acute Effects of Eccentric Cycling Exercise on Lipid and Glucose Metabolism Among Obese Males Ms. Nur Haida CHE MAT ARIFFIN (Malaysia)
1755 - 1810	Sport Athletes	· · · · · · · · · · · · · · · · · · ·



MAXIMISING HUMAN POTENTIAL IN A CHANGING WORLD











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March Section Processing	Time	Day 3 - 21 Jul	ly 2023, Friday
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1901 100	1010 - 1200	Session Chairs: Assoc Prof. Naruemon LEELAYUWAT (Thailand) and	Session Chairs: Dr. Joanna LI (Singapore) and
Control Cont	1010 - 1030	Patients with Type 2 DM	Athletes in Singapore
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1102-1105 The Efficiency of Providence Chromato Data on Liver and Edition of Designation and Additional Efficience of Control and Additional Efficience of Control and Control and Control Data of Designation and Control and	1050 - 1100	Q&A	
110-1100 The Effect of A-West FATher and Hiff Exercise Networking in Observation State Present Presentation (Control of Exercise Notice Presentation State Present Notice Institute Control of Exercise Notice Presentation (Control of Exercise Notice Institute Control of Exercise Notice Institute Inst	1100 - 1115	Summer Day in the Heat	Acclimatisation
The Effects of Pre-Exercise High and Loss Objects of Industrial Medicalism and Appetite in author particles for the Exercise High and Loss Objects (Appetite Medicalism and Appetite in author) 1289-1290 Mark Med CARAZ-200 Capacett Lunch Break and Policy Mark Mills (ARAZ-200 Capacett)	1115 - 1130	Sprague-Dawley Rats	on Soccer Performance in U21 League Players
150-1500 Individe Middle-Aged Japanese Women of the Middle Aged Japanese	1130 - 1145		
1300 - 1340 Season Chair Prof. Significant P	1145 - 1200	Inactive Middle-Aged Japanese Women	Anthocyanin-Rich Supplementation: Emerging Potential for Sport and Exercise Nutrition
1900 - 1940 Season Chair Prof. Seption. Heavy Samy WING (Hong Kong)	1200 - 1300	Lunch Break and	d Poster Viewing
Secritor Chair - Prof. Septemb. Hourspasing WORD (Person Komp) 1300 - 1320 Development and Application of Series Digital Technology in the Reasonable Die Management of Athlotes Liv 7 x x x x x x x x x x x x x x x x x x			
1359 - 1340 Taurine Supplementation and Heart Function Prior. Springle JACQUES (Careads) ADDITORIUM 3 - BUX SSB, LEVEL 2 EXCUTIVE SEMINAR ROOM 62-MON1 - BIX 258, LEVEL 2 Symposium 13: Antiododinia, Biotics and HerbalPlant-Based Northion disastern Prior. Anti-Moddenia, Biotics and HerbalPlant-Based Northion Assoc Prior. Malarman Malarman APPUI/CITTY (Malayala) 1150 - 1410 Reserved and Cardiovaccular Adaptation Prior. Northion Prior. Anti-Moddenia, Alexandria, Prior. Northion Prior. Northion Prior. Anti-Modern APPUI/CITTY (Malayala) 1150 - 1410 Reserved and Cardiovaccular Adaptation Prior. Northion Prior. Northio	1300 - 1340	Session Chair: Prof. Stephen, F	leung-Sang WONG (Hong Kong)
AUDITIONUM 3 - BLK 26F, LEVEL 2 AUDITIONUM 3 - BLK 26F, LEVEL 2 Symposium 14: Oxidative Stress A Cardiovascular Health Session Chaine: Prof. Madnu ANAMO-SIN/A5 (Caradal) and Assoc Prof. Madnush ANAMO-SIN/A5 (Caradal) and Assoc Prof. Madnush ANAMO-SIN/A5 (Caradal) and Assoc Prof. Madnush ANAMO-SIN/A5 (Aradad) and Assoc Prof. Madnush ANAMO-SIN/A5 (Aradad) Total 14:00 Reversated and Cardiovascular Adaptation Prof. Madnush MAMPA-SIN/A5 (Aradad) Wilstone Descrytase 5 and Oxidative Stress A Cardiovascular Medium Prof. Name Sin/A5 (Aradad) Mistone Descrytase 5 and Oxidative Stress A Cardiovascular Madputation Prof. Name Sin/A5 (Aradad) Mistone Descrytase 5 and Oxidative Stress A Cardiovascular Adaptive Pathways Prof. Assoc Sin/A5 (Aradad) Mistone Descrytase 5 and Oxidative Stress A Cardiovascular Madputation Prof. Name Sin/A5 (Aradad) Mistone Descrytase 5 and Oxidative Stress A Cardiovascular Madputation Prof. Assoc Sin/A5 (Aradad) Mistone Descrytase 5 and Oxidative Stress A Cardiovascular Madputation Prof. Assoc Sin/A5 (Aradad) Mistone Descrytase 5 and Oxidative Stress A Cardiovascular Madputation Prof. Assoc Sin/A5 (Aradad) Mistone Descrytase 5 and Oxidative Stress A Cardiovascular Madputation Prof. Assoc Sin/A5 (Aradad) Mistone Descrytase 5 and Oxidative Stress A Cardiovascular Madputation Prof. Assoc Sin/A5 (Aradad) Mathematical Responses to Limit Description Anamonal Miles Sin/A5 (Aradad) Mathematical Responses to Limit Description Anamonal Prof. Madputation (Aradad) Mistone Descrytase Sin/A5 (Aradad) Mathematical Responses to Limit Description Association Description Association Description Mistone Description Association Description Associa	1300 - 1320		
Symposium 13: Antioxidants, Biotics and Herbal/Pian-Based Nutrition Seasion Chairs: Prof. Machine SPANAND SRIVASTAVA (Canada) and Assoc Prof. Machine ARAND SRIVASTAVA (Canada) and Assoc Prof. Machine ARAND SRIVASTAVA (Canada) and Prof. Machine Machine ARAND SRIVASTAVA (Canada) Prof. Machine Machine SRIVASTAVA (Canada) Prof. Machine Machine Machine Prof. Machine Machine Machine Prof. Machine Machine Prof. Machine Machine Prof. Machine Machine Prof. Machine Machine Assoc Prof. Machine Machine Prof. Machine Machine Assoc Prof. Machine Assoc Prof. Machine Assoc Prof. Machine Assoc Prof. Machine Prof. Machine Assoc Prof. Machine Prof. Machine Assoc Prof.	1320 - 1340	• •	
Symposium 133- Intoxia, Ribrica and Herbal/Plant-Based Nutrition Session Chairs: Prof. Alabok SRIVASTAVA (Canada) and Assoc Prof. Mather Ample (Manda) Analysis (Sanada) and Assoc Prof. Mather Ample (Manda) Analysis (Sanada) and Assoc Prof. Mather Ample (Sanada) Prof. Neclam KHAPER (Canada) Prof. Neclam KHAP		AUDITORIUM 3 - BLK 26B, LEVEL 2	EXECUTIVE SEMINAR ROOM 02-40/41 - BIK 26B, LEVEL 2
1410 - 1430 Sports Psychobiotics: A Realistic Approach? Assoc Prof. Malmodran APPIKUTTY (Malaysia) 1430 - 1440 Sports Psychobiotics: A Realistic Approach? Assoc Prof. Malmodran APPIKUTTY (Malaysia) 1430 - 1450 Manndaran APPIKUTTY (Malaysia) 1430 - 1450 Assoc Prof. Malmodran APPIKUTTY (Malaysia) 1450 - 1550 Manndaran APPIKUTTY (Malaysia) 1450 - 1550 O GAS 1550 O	1350 - 1530		Session Chairs: Prof. Ashok SRIVASTAVA (Canada) and
Assoc Prof. Mahenderan APPUKUTTY (Malaysia) Prof. Neelam KHAPER (Canada) Xanthophyll Carotenoids: It's Influence on Visual Function and Potential Impact in an Athlete's Performance Ms. Parimals SIVAPERUMAN (Singapore) Ms. Parimals SIVAPERUMAN (Singapore) ABA 1500 - 1515 The Effects of Pre-Exercise Watermeton-Based Energy Drinks on Antioxidant Activity, Oxidative Stress, and Physiological Performance in Male Collegiate Athletes Assoc Prof. Sereen's Hamin HAMZHr (Malaysia) Cordyceps Sinensis Enhances DNA Repair in Human Skeletal Muscle after High Intensity Exercise Cordyceps Sinensis Enhances DNA Repair in Human Skeletal Muscle after High Intensity Exercise Ms. Yu-Chieh LIAO (Tawari) Association between Physical Activity and Cataloguscular Disease in Patients with Diabetes: A Meta-Analysis of Prospective Cohort Studies Ms. Halli TIAN (China) Time Restricted Esting on Periose Prof. Studies Intensity Exercise Plenary Session 8 Time Restricted Esting one Single Activity and Cataloguscular Disease in Patients with Diabetes: A Meta-Analysis of Prospective Cohort Studies Ms. Halli TIAN (China) Young Scholar Panel Discussion: Opportunities and Challenges in Advancing Sports & Nutrition Session Chair: Prof. Nan., Cherch Chie LUOW (Singapore) Dr. Mary KLISWARI (Indonesia) Dr. Separation Cherci Work (Singapore) Dr. Mary KLISWARI (Indonesia) Ms. Sephemier Chief (Singapore) Dr. Mary KLISWARI (Indonesia) Ms. Sephemier Chief (Singapore) Dr. Mary KLISWARI (Indonesia) Ms. Sephemier Chief (Singapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan Chief (Chief Kingapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan Chief (Chief Kingapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan Chief (Chief Kingapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan Chief Kingapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan Chief (Chief Kingapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan Chief (Chief Kingapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan Chief (Chief Kingapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan Chief (Chief Kingapore) Dr. Mary KLISWARI (Indonesia) Dr. Jan		Assoc Prof. Mahenderan APPUKUTTY (Malaysia)	natrusolate
1430 - 1450 Performance Ms. Parimals WAPERUMAN (Singapore) 1460 - 1500 1460 - 1500 1500 - 1515 1500 - 151	1350 - 1410	Resveratrol and Cardiovascular Adaptation	Histone Deacetylase 5 and Oxidative Stress in Hypertrophic Vascular Adaptive Pathways
The Effects of Pre-Exercise Watermelon-Based Energy Drinks on Antioxidant Activity, Oxidative Stress, and Physiological Performance in Male Collegiate Athletes Assoc Prof. Sarenea Hanim HAMZAH (Malaysia) Cordyceps Sinensis Enhances DNA Repair in Human Skeletal Muscle after High Intensity Exercise Ms. Shu JIANG (Republic of Korea) Association between Physical Activity and Cardiovascular Disease in Patients with Diabetes: A Meta-Analysis of Prospective Cohort Studies Ms. Halli TIAN (China) 1530 - 1600 Coffee Break and Poster Viewing AUDITORIUM 3 - BLK 28B, LEVEL 2 Plenary Session 8 Time Restricted Eating on Health and Exercise Performance Prof. Stephen, Heung-Sang WONG (Hong Kong) Session Chair: Prof. Dinender SINCLA (United States) Young Scholar Panel Discussion: Opportunities and Challenges in Advancing Sports & Nutrition Session Chair: Dr. Van, Cherh Chier LOW (Singapore) Dr. Jamie LYE (Singapore) Dr. Jamie LYE (Singapore) Dr. Jamie LYE (Singapore) Dr. Jamie LYE (Singapore) Dr. Mury KUSWARI (Indonesia) Ms. Shu JANG (Presentation Prof. Dimender SINGLA (United States) // Prof. Chier-tua KUO (Taiwan) 1715 - 1745 Award Presentation Ceremony and GSSI Excellance in Sports Science Research Award Presentation Prof. Dimender SINGLA (United States) // Prof. Chier-tua KUO (Taiwan) Closing Address: ICANS 2025 - The Next Chapter		Resveratrol and Cardiovascular Adaptation Prof. Madhu ANAND-SRIVASTAVA (Canada) Sports Psychobiotics: A Realistic Approach?	Histone Deacetylase 5 and Oxidative Stress in Hypertrophic Vascular Adaptive Pathways Prof. Ashok SRIVASTAVA (Canada) Cardiac Response to Low Dose Radiation
1500 - 1515 and Physiological Performance in Male Collegiate Athletes Assoc Prof. Sareena Hanim HAMZAH (Malaysia) 1515 - 1530 Cordyceps Sinensis Enhances DNA Repair in Human Skeletal Muscle after High Intensity Exercise Ms. Yu-Chieh LIAO (Taiwan) Coffee Break and Poster Viewing AUDITORIUM 3 - BLK 26B, LEVEL 2 Plenary Session 8 Time Restricted Eating on Health and Exercise Performance Prof. Stephen, Heung-Sang WONG (Hong Kong) Session Chair: Dr. Ivan, Cherh Chiet LOW (Singapore) Penelist: Asst Prof. Xiang Ren TAN (Singapore) Dr. Jamie LYE (Singapore) Dr. Jamie LYE (Singapore) Dr. Jamie LYE (Singapore) Dr. Mury KUSWARI (Indonesia) Ms. Stephenie CHEN (Singapore) Prof. Dieneder SINGLA (Indonesia) Prof. Dieneder SINGLA (Indonesia) Prof. Dieneder SINGLA (Indonesia) Prof. Dieneder SINGLA (Indonesia) Prof. Dieneder SINGLA (Index Microscopie) Prof. Dieneder SINGLA (Index Mic	1410 - 1430	Resveratrol and Cardiovascular Adaptation Prof. Madhu ANAND-SRIVASTAVA (Canada) Sports Psychobiotics: A Realistic Approach? Assoc Prof. Mahenderan APPUKUTTY (Malaysia) Xanthophyll Carotenoids: It's Influence on Visual Function and Potential Impact in an Athlete's Performance	Histone Deacetylase 5 and Oxidative Stress in Hypertrophic Vascular Adaptive Pathways Prof. Ashok SRIVASTAVA (Canada) Cardiac Response to Low Dose Radiation Prof. Neelam KHAPER (Canada) Nutrition Support for Peak Performance: Lesson Learned from Indonesian Elite Taekwondo and Boxing Athletes
1515 - 1530 Cordyceps Sinensis Ennances DNA Repair in Human Skeletal Muscle after High intensity Exercise Mis. Yu-Chieh LIAO (Taiwan) Coffee Break and Poster Viewing AUDITORIUM 3 - BLK 26B, LEVEL 2 Plenary Session 8 Time Restricted Eating on Health and Exercise Performance Prof. Stephen, Heung-Sang WONG (Hong Kong) Session Chair: Prof. Dinender SINGLA (United States) Young Scholar Panel Discussion: Opportunities and Challenges in Advancing Sports & Nutrition Session Chair: Dr. Ivan, Cherb Chiet LOW (Singapore) Dr. Jamie LYE (Singapore) Dr. Jamie LYE (Singapore) Dr. Mary KUSWARI (Indonesia) Mis. Stephenie CHEN (Singapore) 1715 - 1745 Award Presentation Ceremony and GSSI Excellence in Sports Science Research Award Presentation Prof. Dinender SINGLA (United States) / Dr. Ian ROLLO (United Kingdom) / Prof. Chia-Hua KUO (Taiwan) Closing Address: ICANS 2025 - The Next Chapter	1410 - 1430 1430 - 1450	Resveratrol and Cardiovascular Adaptation Prof. Madhu ANAND-SRIVASTAVA (Canada) Sports Psychobiotics: A Realistic Approach? Assoc Prof. Mahenderan APPUKUTTY (Malaysia) Xanthophyll Carotenoids: It's Influence on Visual Function and Potential Impact in an Athlete's Performance Ms. Parimala SIVAPERUMAN (Singapore)	Histone Deacetylase 5 and Oxidative Stress in Hypertrophic Vascular Adaptive Pathways Prof. Ashok SRIVASTAVA (Canada) Cardiac Response to Low Dose Radiation Prof. Neelam KHAPER (Canada) Nutrition Support for Peak Performance: Lesson Learned from Indonesian Elite Taekwondo and Boxing Athletes Dr. Mury KUSWARI (Indonesia)
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