

Trainology Conference 2013 at Indiana University

Department of Kinesiology, SPH Room 048

May 27th, 2013

9:00

Opening Address

Takashi Abe, PhD (Indiana University)

9:10 – 9:40

Exercise training-induced vascular adaptation in older adults

Christopher A. Fahs, PhD (University of Oklahoma)

9:40 – 10:10

Post-exercise hypotension: Importance and applicability to training in older adults

Lindy M. Rossow, PhD (University of Oklahoma)

10:10 – 10:40

Impact of physical activity on spinal network and postural control

Koichi Kitano, PhD (Indiana University)

Break (10:40 – 10:50)

10:50 – 11:20

Progression model of blood flow restriction training for older adults

Jeremy P. Loenneke, PhD (c) (University of Oklahoma)

11:20 – 11:50

Home-based exercise interventions for older adults

Robert S. Thiebaud, PhD (c) (University of Oklahoma)

11:50 – 12:20

Cycle training: Concurrent improvement of muscular and cardiovascular functions

Hayao Ozaki, PhD (Juntendo University)

12:20

Closing Address