

# 2016 International Symposium

# Evidence-Based Exercise Medicine for the Promotion of Lifelong Health

Friday, May 20<sup>th</sup> 2016, 13:00~18:00  
Grand Ballroom, Baekyangnuri, Yonsei University, Seoul

## Keynote Speakers



“Risk factors, prevention and treatment of knee osteoarthritis”

Prof. Walter Herzog  
Faculty of Kinesiology  
University of Calgary



“History of the lactate shuttle with implications for clinical practice”

Prof. George A. Brooks  
Department of Integrative Biology  
University of California, Berkeley

## Speakers



“Post-traumatic knee osteoarthritis: the inconvenient consequence of injury”

Prof. Brian Pietrosimone  
Department of Exercise and Sports Science  
University of North Carolina



“Obesity and physical activity in youth: Does the type of exercise matter for health?”

Prof. SoJung Lee  
Department of Pediatrics  
Children's Hospital  
University of Pittsburgh



“Evidence-based exercise medicine for diabetes and cancer patients: How good is exercise?”

Prof. Justin Y. Jeon  
Department of Sport and Leisure Studies  
Exercise Medicine Center for Diabetes and Cancer Patients, ICONS  
Yonsei University



“Intervention strategies for the prevention of post traumatic knee osteoarthritis”

Prof. Sae Yong Lee  
Department of Physical Education  
Yonsei Institute of Sports Science and Exercise Medicine, YISSEM  
Yonsei University

Program and Registration: <http://fricss.weebly.com>

Frontier Research Institute of Convergence Sports Science, Tel:02-2123-4759, Email:fricss@yonsei.ac.kr

Presented by



Department of Physical Education  
Department of Sport and Leisure Studies



FRICSS  
Frontier Research Institute of  
Convergence Sports Science

Sponsored by



National Research  
Foundation of Korea



YISSEM  
Yonsei Institute of  
Sports Science and Exercise Medicine

## Schedule

| Time              | Program  | Speakers   |
|-------------------|--|--|
| 13:00~13:30       | Poster Section & Registration  |  |
| 13:30~13:50       | Welcoming Address  |  |
| 13:50~14:40       | Project Introduction   | <b>Prof. Hae Dong Lee</b><br>Yonsei University   |
|                   | Evidence-based exercise medicine for diabetes and cancer patients: How good is exercise? | <b>Prof. Justin Y. Jeon</b><br>Yonsei University   |
|                   | Intervention strategies for the prevention of post traumatic knee osteoarthritis         | <b>Prof. Sae Yong Lee</b><br>Yonsei University   |
| 14:40~14:50       | Coffee Break   |  |
| <b>Session I</b>  | <b>Evidence-based exercise medicine from the perspective of musculoskeletal health</b>   | <b>Moderators</b><br><b>Prof. Hae Dong Lee, Prof. Sae Yong Lee</b><br>Yonsei University    |
| 14:50~15:40       | Risk factors, prevention and treatment of knee osteoarthritis                            | <b>Prof. Walter Herzog</b><br>University of Calgary  |
| 15:40~16:10       | Post-traumatic knee osteoarthritis: the inconvenient consequence of injury               | <b>Prof. Brian Pietrosimone</b><br>University of North Carolina                            |
| 16:10~16:20       | Q&A  |  |
| 16:20~16:30       | Coffee Break   |  |
| <b>Session II</b> | <b>Evidence-based exercise medicine from the perspective of metabolic health</b>         | <b>Moderators</b><br><b>Prof. Sang-Hoon Suh, Prof. Justin Y. Jeon</b><br>Yonsei University |
| 16:30~17:20       | History of the lactate shuttle with implications for clinical practice                   | <b>Prof. George A. Brooks</b><br>University of California, Berkeley                        |
| 17:20~17:50       | Obesity and physical activity in youth: Does the type of exercise matter for health?     | <b>Prof. SoJung Lee</b><br>University of Pittsburgh  |
| 17:50~18:00       | Q&A  |  |