

## 2018 FRICSS International Symposium

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

Friday, May 18<sup>th</sup>, 2018, 12:00~18:00  
Grand Ballroom, Baekyangnuri, Yonsei University, Seoul, Korea

• Program, Registration, Submit Poster: [www.fricss.weebly.com](http://www.fricss.weebly.com) •

### Keynote Speakers



"Exercise and Cancer Outcomes:  
from Observational Studies to Randomized  
Trials"

Kerry S. Courneya, PhD

Professor and Canada Research Chair in Physical  
Activity and Cancer/ Fact. of Kinesiology, Sports, and  
Recreation, University of Alberta, CANADA



"Exercise is Medicine for Painful Joints:  
The Evolution of Osteoarthritis Management:  
from Late-Stage Surgery to a Comprehensive  
Prevention and Treatment Strategy"

Ewa M. Roos, PhD

Professor and Head of Research Unit/ Dept. Sports  
Science and Clinical Biomechanics, University of  
Southern Denmark, DENMARK

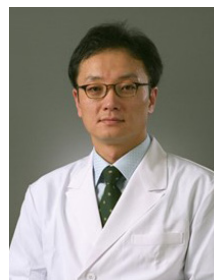
### Invited Speakers



"New Insights on Obesity Paradox Using Body  
Composition: Implication for Population  
Health and Physical Activity"

Dong Hoon Lee, PhD

Dept. Nutrition, Harvard T.H. Chan School of Public  
Health, USA



"The Clinical Effect of Crunch Factors on  
Back Pain: Golf Swing Biomechanics"

Chang-Hyung Lee, MD/PhD

Dept. Physical Medicine and Rehabilitation,  
Pusan National University, Korea



"Evidence-Based Exercise Medicine for Chronic  
Disease: Is Our Evidence Good Enough?"

Justin Y. Jeon, PhD

Dept. Sport Industry Studies, Yonsei University, Korea



"Effects of Proprioception Training on  
Outcomes of Patients with Knee Osteoarthritis"

Sae Yong Lee, PhD

Dept. Physical Education, Yonsei University, Korea

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Presented by



Department of Physical Education  
Department of Sport Industry Studies

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## Program Agenda

Time	Program	Speaker
12:00~13:00	Registration/ Poster Session	
13:00~13:20	Welcome Address	
13:20~14:20	Project Introduction	<b>Hae Dong Lee, PhD</b> Yonsei University
	Effects of Proprioception Training on Outcomes of Patients with Knee Osteoarthritis	<b>Sae Yong Lee, PhD</b> Yonsei University
	Evidence-Based Exercise Medicine for Chronic Disease: Is Our Evidence Good Enough?	<b>Justin Y. Jeon, PhD</b> Yonsei University
14:20~14:30	Coffee Break/ Poster Session	
Session I	Evidence-Based Exercise Medicine from the Perspective of Musculoskeletal Health	Moderators: <b>Sae Yong Lee, PhD</b> <b>Hyunseok Jee, PhD</b> Yonsei University
14:30~15:20	Exercise is Medicine for Painful Joints: The Evolution of Osteoarthritis Management: from Late-Stage Surgery to a Comprehensive Prevention and Treatment Strategy	<b>Ewa M. Roos, PhD</b> University of Southern Denmark
15:20~15:50	The Clinical Effect of Crunch Factors on Back Pain: Golf Swing Biomechanics	<b>Chang-Hyung Lee, MD/PhD</b> Pusan National University
15:50~16:10	Q & A	
16:10~16:20	Coffee Break/ Poster Session	
Session II	Evidence-Based Exercise Medicine from the Perspective of Metabolic Health	Moderators: <b>Justin Y. Jeon, PhD</b> <b>Jihye Park, PhD</b> Yonsei University
16:20~17:10	Exercise and Cancer Outcomes: from Observational Studies to Randomized Trials	<b>Kerry S. Courneya, PhD</b> University of Alberta
17:10~17:40	New Insights on Obesity Paradox Using Body Composition: Implication for Population Health and Physical Activity	<b>Dong Hoon Lee, PhD</b> Harvard University
17:40~18:00	Student Award Session	