





## 第55回 ARIHHP Human High Performance セミナー

2019年10月9日(水) 10:00~12:00

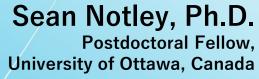
会場: 筑波大学 5C606

世話人:藤井 直人(2675)

※学外の方は事前の申込みが必要です。 【メール】office@arihhp.taiiku.tsukuba.ac.jp

講演タイトル

**Explaining individual variation in human** heat exchange during exercise-heat stress 運動時の熱交換の個人差を決定する要因」





To prevent continued rises in body temperature during exercise-heat stress, humans rely on evaporative and dry heat exchange. However, those heat exchanges vary greatly among people and within a given person. This seminar will describe recent advancements in our understanding of the factors explaining that variation, while providing attendees with an overview of the use direct calorimetry to assess whole-body heat exchange.



## University of Tsukuba

