

(For JSPS Fellow)

Form B-5

Date (日付)

(Date/Month/Year : 27 日/12 月/25

年)

Activity Report -Science Dialogue Program-

(サイエンス・ダイアログ事業 実施報告書)

- Fellow's name (講師氏名): Tripette Julien (ID No. P13214)- Participating school (学校名): Tsuru high school, Otsuki, Yamanashi- Date (実施日時): (Date/Month/Year: 6 日/12 月/25
年)- Lecture title (講演題目) : Using active video game to reduce sedentary screen time and increase
physical activity(in Japanese)

- Lecture summary (講演概要): Please summarize your lecture 200-500 words.

The prevalence of metabolic disease critically increased in the developed countries in the past decades. According to the World Health Organization, the prevalence of metabolic diseases (including obesity and diabetes) increase concomitantly to the decrease of physical activity in the population. The latter is partially due to the modern-way-of life, which promotes sedentary works, individual motorized transportations and screen-time (i.e. TV watching, video games, internet). This trend is observable worldwide as well as in Japan. Recently, a new type of video games requiring player movements to produce gaming commands, has emerged. Health agency usually recommend to have one hour a day of physical activity (activity intensity should be 3 METs at least). We did an experiment to compare the energy requirement of this new active video games compared to some other traditional sports. The students, found that the active video games intensity was no more than 2.5 METs. In comparison, playing basketball or running are respectively 8 and 10 METs. Sitting is 1 METs. This results were pretty close to those reported in the scientific literature (Miyachi et al, Med Sci Sports Exerc, 2010). In conclusion, active video games should be preferred to sedentary video games. However, because of their low intensity, they can not be a substitute to traditional sport activities.

- Language used (使用言語): english

- Lecture format (講演形式):

◆Lecture time (講演時間) 90 min (分), Q&A time (質疑応答時間) 10 min (分)

◆Lecture style (ex.: used projector, conducted experiments)

(講演方法 (例: プロジェクター使用による講演、実験・実習の有無など))

Ppt slides and experiment using TV and nintendo consoles

◆Interpretation (ex.: assistance by accompanied person, provided Japanese explanation by yourself) (通訳 (例: 同行者によるサポート、講師本人による日本語説明))

I tried to do some slide in japanese my self with the help of my colleague

◆Name and title of accompanied person (同行者 職・氏名)

◆Other note worthy information (その他特筆すべき事項):

- Impressions and opinions from accompanied person (同行者の方から、本事業に対する意見・感想等がありましたら、お願いいたします。):