

(For JSPS Fellow)

Form B-5

Date (日付)

29/8/14

(Date/Month/Year: 日/月/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): Julien Tripette (ID No. P13214)
- Participating school (学校名): Fukushima Prefecture High School
- Date (実施日時): 26/8/14 (Date/Month/Year: 日/月/年)
- Lecture title (講演題目):
(in English) Using Active Video Game to reduce sedentary screen time and increase physical activity
(in Japanese) 不活動の減少および身体活動の増加のためのアクティブビデオゲームの活用
- Lecture summary (講演概要): Please summary 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 talk about the work we conducted at the NIHN about active video games. This games have an average intensity of 3METs. However, in long term experiment aiming at matching real life conditions, researchers do not report any increment of the physical activity level. Adults might better response to this kind of intervention compared to juvenile populations. Student express their opinion on this matter: the present design of active video games might not meet adolescent expectations. 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. In addition, some population might not enjoy this kind of activity.
- Language used (使用言語): English
- Lecture format (講演形式):
◆Lecture time (講演時間) 60 min (分), Q&A time (質疑応答時間) 60 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))

Lecture (projector)

- ◆ 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))

A colleague was in charge of the translation job when necessary

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

(Interpreter) Satoshi Nakae, researcher

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

No

- 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。):

NA