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Javier Koichi is a professor at Nippon Sport Science University in Japan.

He works at the faculty of Medical Science at Yokohama Campus. His main research interests are physiology, biochemistry, and molecular biology in sports and exercise. He has taught physiology, exercise physiology, biochemistry, and cell biology. In his leisure time, he likes doing aerobic exercise to maintain health and he sometimes goes fishing by the Tama River in Tokyo.

My Topics for the 22nd International Teaching Week:

1) Effects of Alcohol-Metabolism Gene, Aldehyde Dehydrogenase 2 (ALDH2), on Skeletal Muscle

Some Japanese cannot digest alcohol because of a lack of ALDH2. I will explain how the Japanese lost their ALDH2. Based on our recent findings, I will also discuss the effect of such changes on skeletal muscle.

2) Changes and Effects of Motor Nerves on Muscle Atrophy and Strength Loss

Muscle wasting frequently occurs in muscle injury, disuse, and aging, but strength loss proceeds to muscle loss. Based on our recent findings, I will discuss how motor nerves play a role in these phenomena.