

Akito Yoshiko, Ph.D.

Curriculum Vitae

Associate Professor

Faculty of Liberal Arts and Sciences, Chukyo University

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Research area and topics

- Investigation of human skeletal muscle structures and functions in older individuals
- Reaction of intramyocellular lipid metabolism to the exercise
- Establishment of the criterion of muscle quality using community dwelling older individuals

Research area: Exercise and Sports Science, Physiology, and Gerontology

Keywords: Muscle Quality, Muscle Quantity, Ultrasound, MRI, MRS, Resistance Training, and Intramuscular adipose tissue

Education

2018 Ph.D. in Medicine

Nagoya University

Graduate School of Medicine

Mentors: Hiroshi Akima, Ph.D. and Yoshiharu Oshida Ph.D.

2014 M.S. in Education

Nagoya University

Graduate School of Education and Human Development

Mentor: Hiroshi Akima, Ph.D.

2012 B.S. in Sports Sciences

Chukyo University

School of Health and Sport Sciences

Mentor: Yoshihisa Umemura, Ph.D.

Academic Appointments

2024–Present

Chukyo University
Faculty of Liberal Arts and Sciences
Associate Professor

2023–Present

National Center for Geriatrics and Gerontology
Center for Gerontology and Social Science
Visiting Researcher

2022–2023

Chukyo University
Faculty of Liberal Arts and Sciences
Lecture

2020–2021

Chukyo University
Faculty of Liberal Arts and Sciences
Assistant Professor

2018–2019

Chukyo University
Faculty of International Liberal Studies
Assistant Professor

Publications

Publications (partly in Japanese) [Link](#)
Akito Yoshiko's publication list (NIH) [Link](#)
Researchgate [Link](#)
Google Scholar [Link](#)

Guest Reviewer

European Journal of Applied Physiology, Experimental Gerontology, Clinical Investigation in Aging, Method and Protocol, Clinical Physiology and Functional Imaging, Obesity Research & Clinical Practice, Scientific Reports, Sports Medicine, Geriatrics & Gerontology International, Clinical Nutrition ESPEN, Journal of Cachexia, Sarcopenia and Muscle, Journal of the American Medical Directors Association, Journal of Magnetic Resonance Imaging, Heliyon, Archives of Gerontology and Geriatrics, European Geriatric Medicine, Arthritis & Rheumatology, BMC Geriatrics