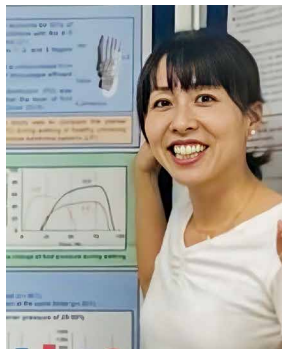


Associate Professor
School of Education
Graduate School of Humanities and
Social Sciences
KUROSAKA Shiho

Major research fields

Health sciences, health promotion



Health exercise workshop for elderly people in Hiroshima Prefecture



Health promotion workshop at Jakarta Institute of the Arts

Developing and implementing GENKI Exercise through industry-government-academia collaboration, aiming to realize a healthy society

Japan is experiencing rapid aging at a faster speed than any other country in the world. Everyone knows that doing exercise is good for your health, but many find it difficult to continue good-quality exercise that fits their body. Recently, amid the COVID-19 pandemic, I have felt the need to tackle the infection as well as lifestyle-related diseases, and I have been thinking if it is possible to boost immunity by increasing bone strength. Specifically, focusing on “strengthening bones” and “softening muscles,” my team has developed a fun exercise program that is easy

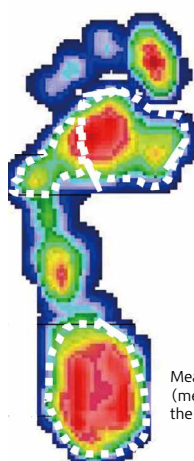
to continue to help people stay active and healthy, and we are conducting research to contribute to promoting the health of people in Japan and abroad.

An impetus that led me to the current research theme was my own experience. I was devoted to swimming in my school days, but my health condition was not so good. From this experience, I learned that physical activities do not always help improve health. Hiroshima Prefecture is the worst prefecture in Japan with regard to healthy life expectancy of women aged 65 years and older. It is also known that elderly people affected by disasters tend to withdraw from society, leading to further functional decline. To address these problems, we have developed “Hiroshima GENKI Exercise®” through academia-industry-government collaboration (Co-op Hiroshima, Hiroshima prefectural government and Hiroshima University), and we have been working to disseminate this exercise in various areas and evaluate its effects. Some of my research

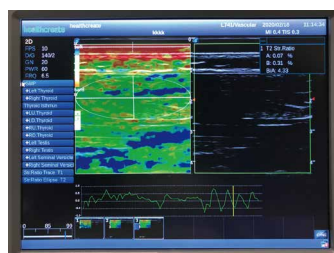
results have been published in international journals, and my activities have been covered by a variety of media. Thanks to all these, I have become able to conduct similar activities in other countries. However, my biggest motivation is to hear participants say happily, “I like exercise classes very much” or “My body feels lighter and I often go out now.”

With age, muscles become increasingly rigid, making it difficult to move smoothly. But, many older people in my classes move lightly and energetically. I am very happy to share with many people a refreshing feeling by doing the exercise program we have developed. Speaking of research projects, researchers are highlighted. However, no research is possible without the cooperation of participants. I also feel that the relationship of trust between researchers and participants is essential.

We are now living in uncertain times due to various issues, such as climate change and COVID-19. I think that the importance of being healthy will be increasingly significant in the future. I will actively conduct research and promotion activities to help realize a healthy society where as many people as possible can enjoy good health.



Measurement of plantar pressure distribution (measuring the bodyweight distribution on the sole of the foot during walking)



Measuring muscle flexibility by ultrasound

Attached Research Institute

Research Institute for Radiation Biology and Medicine

The Institute conducts comprehensive research projects on the effects of radiation on the human body, ranging from cutting-edge basic research in genomics to advanced clinical deployment of regenerative medicine, etc. While being involved in research and development of medical treatments for A-bomb survivors for over half a century, the Institute is actively engaged, as a research hub in the field of radiation disaster medical science, in joint research projects with researchers and doctors across the country.



Distinctive research facilities

Joint Education and Research Facilities on Campus

- Research Institute for Nanodevice and Bio Systems
- Research Institute for Higher Education
- Information Media Center
- Natural Science Center for Basic Research and Development
- Morito Institute of Global Higher Education
- Center for the Study of International Cooperation in Education
- Health Service Center
- The Center for Peace
- Environmental Research and Management Center
- Hiroshima University Museum
- Beijing Research Center
- Hiroshima Astrophysical Science Center
- Institute for Foreign Language Research and Education
- Hiroshima University Archives