

## **Seminar on “A Perspective on High-Intensity Interval Training for Health and the Value of Brief, Vigorous Intermittent Exercise”**

**Date:** 5 December 2024 (Thu)

**Time:** 19:00-20:30

**Venue:** Lecture Hall, Cultural Building (E34-G011)

**Language:** English

**Registration:** Online Registration (<https://go.um.edu.mo/0quhweia>)

**Enquiries:** Mr. Harvey LO (Email: [FED\\_Event@um.edu.mo](mailto:FED_Event@um.edu.mo) / Tel: 8822-4593)

### **Speaker:**

Prof. Martin GIBALA is a Professor and the Faculty of Science Research Chair in Integrative Exercise Physiology at McMaster University in Hamilton, Canada. He is a global expert in high-intensity interval training. His research examines the effects of exercise at the molecular to whole body level in both healthy individuals and people with chronic diseases. In addition to basic, mechanistic studies on the regulation of skeletal muscle energy metabolism, his laboratory conducts applied research that examines the impact of physical training and nutrition on human health and performance. He is also interested in science communication and coauthored a book for the general public on the science of time-efficient exercise.

### **Abstract:**

High-intensity interval training (HIIT) describes a style of exercise involving repeated bouts of hard work interspersed with recovery periods. The method is commonly viewed in the context of athletic performance and is an essential component of the training programs of high-level endurance athletes. The concept of interval training to improve health, including in a rehabilitative context or when practiced by individuals who are insufficiently active or deconditioned, has also been advanced for decades. This session will consider the physiological basis of HIIT and practical application of various protocols with an emphasis on the potential for brief, vigorous intermittent exercise to reduce cardiometabolic disease risk.