



**Unveil & Upgrade Human Performance: An approach from sport science, engineering, medicine, education and industry**



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Date : 3 March 2025 (Monday)  
Time : 2:30pm  
Venue : Room 1122, William M W Mong Engineering Building, CUHK

**Abstract**

The Human Performance Laboratory (HPL) was established in April 2017. It's mission is to untap the full potential of human performance with the development and application of a specific methodology based on scientific and engineering principles. Research on four basic themes forms the foundation of this methodology: 1) Attainment of “well-coordinated movement”, 2) Detailed analysis of physical performance and talent identification, 3) Optimizing physical conditioning methods, 4) Development of performance-enhancing modalities and humanoid robots. We aim to provide further insight into the human body and mind and to improve the potential of human performance across a broad range of ages and different physical features. In the seminar we will introduce some of our activities in research and science communication.

**Biography**

Yasuo Kawakami received Bachelor of Education, Master of Science, and Ph.D. from the University of Tokyo (1988-1995). Following his career as an assistant and associate professor at the University of Tokyo, he is presently a professor of the Faculty of Sport Sciences, Waseda University. He is a director of Human Performance Laboratory, Organization for University Research Initiatives, Waseda University (<https://www.waseda.jp/inst/cro/en/institutes-list/human-performance-laboratory/>) He is also Vice President for Research Communications and Health & Wellbeing, and Chairperson of Comprehensive Research Organization, Waseda University.

\*\*\* ALL ARE WELCOME \*\*\*

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