

No.	Title	Authors	Affiliations
1	A relatively longer duration of exercise regimen from pre-diabetes prevents spatial memory impairment with improvement of diabetic symptoms in a type 2 diabetic rat model	Subrina Jesmin <sup>1</sup> , Takeru Shima <sup>1</sup> , Kanako Takahashi <sup>1</sup> , Yujiro Matsuishif <sup>2</sup> , Mariko Soya <sup>1,3</sup> , Jang Soo Yook <sup>1</sup> , Hikaru Koizumi <sup>1</sup> , Ryota Sato <sup>1</sup> , Kasane Ogura <sup>1</sup> , Nobutake Shimajo <sup>2</sup> , Satoru Kawano <sup>2</sup> , Yoshio Iwashima <sup>4</sup> , Hideaki Soya <sup>1</sup>	<sup>1</sup> Faculty of Health and Sport Sciences, University of Tsukuba, <sup>2</sup> Faculty of Medicine, University of Tsukuba, <sup>3</sup> The Japan Society for the Promotion of Science, <sup>4</sup> National Center for Cerebro-cardiovascular Diseases
2	Aerobic fitness associates with mnemonic discrimination as a mediator of physical activity effects: evidence for memory flexibility in young adults	Kazuya Suwabe <sup>1</sup> , Kazuki Hyodo <sup>2</sup> , Kyeongho Byun <sup>1,3</sup> , Genta Ochi <sup>1,4</sup> , Takemune Fukuie <sup>1</sup> , Michael A. Yassa <sup>1,3</sup> , Hideaki Soya <sup>1,3</sup>	<sup>1</sup> Faculty of Health and Sport Sciences, University of Tsukuba, <sup>2</sup> Meiji Yasuda Life Foundation of Health and Welfare, <sup>3</sup> Department of Neurobiology and Behavior, University of California, Irvine, <sup>4</sup> The Japan Society for the Promotion of Science
3	Assessment of training in female runners using hair cortisol : a new biomarker for preventing overtraining	Ai Bamba <sup>1</sup> , Genta Ochi <sup>1,2</sup> , Hideaki Soya <sup>1</sup>	<sup>1</sup> Faculty of Health and Sport Sciences, University of Tsukuba <sup>2</sup> The Japan Society for the Promotion of Science
4	Effect of high-groove music combined with mild exercise on mood and executive function	Takemune Fukuie <sup>1</sup> , Kazuya Suwabe <sup>1</sup> , Genta Ochi <sup>1,2</sup> , Hideaki Soya <sup>1</sup>	<sup>1</sup> Faculty of Health and Sport Sciences, University of Tsukuba, <sup>2</sup> The Japan Society for the Promotion of Science
5	Exercise rehabilitation rescue cognitive dysfunction in traumatic brain injury: the role of BDNF and HSP20	Yu-Fan Liu	Faculty of Health and Sport Sciences, University of Tsukuba
6	Imaging cognitive fatigue from hypoxic exercise: An fNIRS study	Genta Ochi <sup>1,2</sup> , Kazuki Hyodo <sup>1,3</sup> , Kazuya Suwabe <sup>1</sup> , Hideaki Soya <sup>1</sup>	<sup>1</sup> Faculty of Health and Sport Sciences, University of Tsukuba, <sup>2</sup> The Japan Society for the Promotion of Science, <sup>3</sup> Meiji Yasuda Life Foundation of Health and Welfare
7	Influence of brain derived neurotrophic factor on exercise-induced improvement of endurance capacity and hippocampal function	Naoki Shibata, Yu-Fan Liu, Ryota Sato, Hikaru Koizumi, Takeru Shima, Jang Soo Yook, Kanako Takahashi, Yuki Amaya, Hideaki Soya	Faculty of Health and Sport Sciences, University of Tsukuba
8	Mild exercise improves memory dysfunction in a rat model of type 2 diabetes: involvement of hippocampal glycometabolism	Takeru Shima <sup>1</sup> , Subrina Jesmin <sup>1</sup> , Kanako Takahashi <sup>1</sup> , Mariko Soya <sup>1,2</sup> , Akihiko Oharazawa <sup>1</sup> , Takashi Matsui <sup>1</sup> , Hideaki Soya <sup>1</sup>	<sup>1</sup> Faculty of Health and Sport Sciences, University of Tsukuba, <sup>2</sup> The Japan Society for the Promotion of Science
9	Mild exercise training during adolescence rescues cognitive dysfunction with schizophrenia-like behavior in prenatal phencyclidine-treated mice	Hikaru Koizumi <sup>1</sup> , Takeru Shima <sup>1</sup> , Akihiro Mouri <sup>2</sup> , Toshitaka Nabeshima <sup>2</sup> , Hideaki Soya <sup>1</sup>	<sup>1</sup> Faculty of Health and Sport Sciences, University of Tsukuba, <sup>2</sup> Fujita Health University Graduate School of Health Sciences
10	Neuronal regulation by hypothalamus of the running-induced stress response: role of CRH and AVP	Kanako Takahashi, Takeru Shima, Jang Soo Yook, Masahiro Okamoto, Hideaki Soya	Faculty of Health and Sport Sciences, University of Tsukuba
11	Preloading of exercises and high carbohydrate diet elevate hippocampal glycogen levels: a potential sports conditioning enhancing memory function	Mariko Soya <sup>1,2</sup> , Takeru Shima <sup>1</sup> , Takashi Matsui <sup>1</sup> , Hideaki Soya <sup>1</sup>	<sup>1</sup> Faculty of Health and Sport Sciences, University of Tsukuba, <sup>2</sup> The Japan Society for the Promotion of Science
12	Would mild exercise have the potential to induce fear extinction?	Yuki Amaya, Hikaru Koizumi, Takeru shima, Hideaki Soya	Faculty of Health and Sport Sciences, University of Tsukuba