

Mariko Nakamura Ph D

Researcher

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BIO

Dr. Mariko Nakamura gained her PhD in sports medicine at Tsukuba University. She has mainly focused on the effects of estrogen and endurance training on cardiovascular system in female athletes. From 2001 to 2006, She was a research associate at Mukogawa Women's University. She worked as a research assistant at Tsukuba University from 2006 to 2007, and moved to the National Institute of Advanced Industrial Science and Technology (AIST) in 2007 where she was a technical staff in the area of cardiovascular system and physiology. Currently She is a researcher in the area of exercise physiology and sports medicine at Japan Institute of Sports Sciences (JISS).

Current research activities

- Development of well-being evaluation methods of Japanese elite athletes.
- Effect of partial body cryotherapy on cardiovascular response.
- The influence of oral contraceptives on athletic performance in Japanese female athletes.
- Effects of the Olympic match schedule on football performance, heart rate variability, and physical condition.

International Publications

Kato E, **Nakamura M**, Takahashi H. The effect of compression garments on controlled force output following heel-rise exercise. *J Strength Cond Res.* (in press). DOI: 10.1519/JSC.0000000000001919

Nose-Ogura S, Yoshino O, Yamada-Nomoto K, **Nakamura M**, Harada M, Dohi M, Okuwaki T, Osuga Y, Kawahara T, Saito S. Oral contraceptive therapy reduces serum relaxin-2 in elite female athletes. *J Obstet Gynaecol Res.* 43(3), 530-535, 2017.

Sugawara J, Saito Y, Maeda S, Yoshizawa M, Komine H, **Nakamura M**, Ajisaka R, Tanaka H. Lack of changes in carotid artery compliance with systemic nitric oxide synthase inhibition. *J Hum Hypertens.* 28(8), 494-9, 2014.

Nakamura M, Hayashi K, Aizawa K, Mesaki N, Kono I. Effects of regular aerobic exercise on post-exercise vagal reactivation in young female. *Eur J Sport Sci.* 13 (6), 674-80, 2013.

Shimizu K, Suzuki N, **Nakamura M**, Aizawa K, Imai T, Suzuki S, Eda N, Hanaoka Y, Nakao K, Suzuki N, Mesaki, N, Kono I, Akama T. Mucosal immune function comparison between amenorrhic and eumenorrhic distance runners. *J Strength Cond Res.* 26 (5), 1402-1406, 2011.

Hayashi K, Sugawara J, Aizawa K, Komine H, Yoshizawa M, **Nakamura M**, Yokoi T. Arterial elastic property in young endurance and resistance-trained women. *Eur J Appl Physiol.* 104 (5), 763-768, 2008.