

Behavioral Neuroscience Laboratory

Ichiro Kita

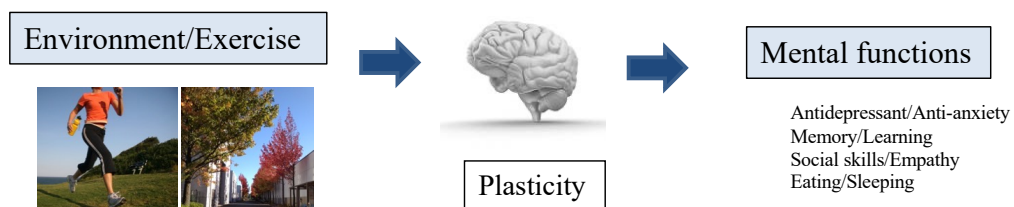
The brain regulates behavior, and the brain is changed by behavior

We simultaneously conduct detailed observation of behaviors and analysis of the function and structure of the brain to clarify the neural mechanisms behind various behaviors.

Searching for active strategies to protect the brain/enhance brain function

What kind of exercise is effective?

Searching for optimal exercise conditions from the perspective of how exercise changes the brain



Major research topics

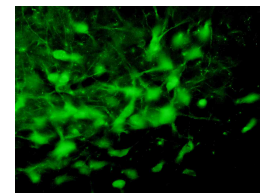
1) Observing neurons!

Changes in neural activity (brain regions, neurotransmitters, sensitivity)
Nerve cell connections (anatomical network)
Connection of neural activities (functional network)



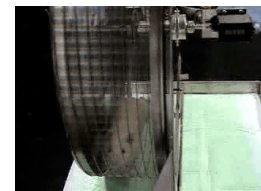
2) Behavioral neuroscience of exercise and emotion

Anti-depressant and anxiolytic effects of exercise
Exploration of exercise conditions that enhance sociality and empathy



3) Neural mechanisms of arousal, emotion, and learning

Relationships between yawning and arousal responses
Relationships between emotion and arousal
Decision making and emotion



4) Neural regulation of respiratory responses

Neural mechanism and biological significance of yawning
Breathing in yoga

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