

CURRICULUM VITAE

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CITIZENSHIP: Japan

MARITAL STATUS: Married, 1987

SEX: Male

EDUCATION:
1962-1965 Tokyo Metropolitan Aoyama High School
1966-1969 Waseda University Law School
1969-1975 Tokyo Medical College

DEGREES:
1993 Ph.D. (Doctor of Medical Science), Tokyo Medical College
1975 B.M. (Bachelor of Medicine), Tokyo Medical College

LICENCE:
1975 M.D. (Medical Doctor), National Medical License

POSTDOCTORAL TRAINING AND ACADEMIC CAREER:
1975-1977 Junior Resident, Dept. of Internal Medicine, Tokyo Medical College Hospital
1977-1979 Senior Resident, Dept. of Internal Medicine, Tokyo Medical College Hospital
1979-1980 Staff, Cardiology Division, Kouseikai Hospital, Tokyo
1980-1988 Staff, Cardiology Division, Tokyo Medical College Hachioji Medical Center
1983-1985 Research Fellow, Dept. of Artificial Organs, The Cleveland Clinic
Foundation, Cleveland, Ohio, U.S.A. (Director: Prof. Yukihiro Nose)
1986-1987 Chief of Exercise Physiology in WHO Collaborating Study for
Research on Prevention of Cardiovascular Diseases,
Shimane University, Shimane, Japan (Professor Yukio Yamori)
1988-1993 Instructor, Dept. of Preventive Medicine and Public Health, Tokyo Medical College
1988- Date Lecturer, National Training Course for Health Fitness Instructor
1989-1990 Guest Researcher, Department of Stress Research / WHO Psychosocial
Center, Karolinska Institute, Stockholm, Sweden (Director: Prof. Lennart Levi)
1992-1995 Part-time lecturer(Exercise therapy), Tokyo Gakugei University
1992-1997 Secretary General, WHO Collaborating Center for Health Promotion through Research
and Training in Sports Medicine (Director, Prof. Hisao Iwane)
1993-1994 Assistant Professor, Dept. of Preventive Medicine and Public Health, Tokyo Medical
1994- 1997 Associate Professor, Dept. of Preventive Medicine and Public Health, Tokyo Medical
1997- 2008 Advisor, WHO Collaborating Center for Health Promotion through Research and
Training in Sports Medicine (Director, Prof. Toshihito Katsumura)
1997- Date Professor and Director, Dept. of Preventive Medicine and Public Health, Tokyo
Medical College (Tokyo Medical University)
2003-2007 Visiting Professor, Shinshu University
2005-2008 Vice President, Tokyo Medical University
2006-2008 Acting President, Tokyo Medical University

HONORS:

1983 Hippocrates Award (From Tokyo Medical College)
1996 2nd Asian Congress of Sports Medicine Presidential Award
2000 Japanese society of physical fitness and sports medicine award

BOARD CERTIFICATIONS:

Certified Cardiologist, Japanese Circulation Society
Certified Doctor of Internal Medicine, The Japan Society of Internal Medicine
Certified Specialist, Supervisory Doctor, The Japan Society of Occupational Health
Certified Specialist, Japanese Society of Public Health

AREAS OF INTEREST AND SPECIALITY

Public Health, Physical Fitness Science, Stress Science, Health Science,
Behavioral Medicine and Occupational Health

MEMBERSHIPS:

Member and Secretary (1994-2000), Chairman (2000-2003), The Research Committee for Physical Fitness and Sports, Science Council of Japan
Member and Secretary (2000-2005), The Research Committee for Preventive Medicine, Science Council of Japan
Cooperative Member, The Subcommittee for Public Health Science, The Subcommittee for Health and Sports Science, The Subcommittee for Measures Against Lifestyle Related Disease, Science Council of Japan (2005-)
Member, Governing Council, International Society of Behavioral Medicine,
Member, International Committee(1996-1999), American College of Sports Medicine,
Fellow and Secretary, Section Board of Occupational Psychiatry, World Psychiatric President, The Japanese Association of Stress Science
President (2008-2012), Vice President (2004-2008), Chairman of Educational Committee (1992-2000), Japanese Society of Behavioral Medicine
Board and Council Member, Treasury Chairman, The Japanese Society of Physical Fitness and Sports Medicine
Board Member, Japanese Association of Fatigue Science
Board Member, The Japanese Society of Occupational Mental Health
Board Member, Japanese Society of Lifelong Sport
Board and Council Member, Vice President (2002-2005), Secretary(2005-2008) The Japan Association of Job Stress Reserch
Board and Council Member, The Japan Society of Health Promotion
Council Member, The Japanese Society for Hygiene
Council member, The Japan Association of Industrial Health
Council Member, The Japanese Society of Clinical Sports Medicine
Council Member, The Japanese Association of Cardiac Rehabilitation
Council Member, Japanese Society of Psychosomatic Internal Medic
Council Member, The Japanese Association for Cerebro-cardiovascular Disease Contro
Council Member, The Japan Society of Health Sciences
Council Member, Japanese Society of Public Health
Member, Japanese Circulation Society
Member, The Japanese Society of Internal Medicine
Member, The Japanese Society of Psychosomatic Medicine
Member, Japan Epidemiological Association

OTHERS:

1988- 1998 Member of Editorial Board, The Japanese Journal of Stress Sciences
1992- 2000 Member of Editorial Board, Japanese Society of Behavioral Medicine
1991- 1992 Member, Specialist Committee of Health Promotion, Yokohama City
1991- Date Contract Occupational Physician, DOW Chemical Japan Company
1993- 2005 Contract Occupational Physician, Tokyo Medical University

1995- Date Member of the Board of Directors, The Descente and Ishimoto Memorial Foundation for The Promotion of Sports Science

1998-2004 Editor in Chief, The Japanese Journal of Stress Sciences

1998-2003 Member of the Board of Directors, The Tokyo Metropolitan Health Promotion Foundation

1995-1999 Deputy Group Leader, Research Group in the Prevention of Work Related Disease. Granted by the Ministry of Labour

1999-2000 Member, Subcommittee for the "Health Japan 21" Exercise and Physical Activity, Ministry of Health and Welfare

2001-2002 Chair, Committee for the Development of Health Guidance Manual (Exercise and Physical Activity), Ministry of Health, Labour and Welfare

2002 Member, Committee for the "Health Japan 21" Assessment Method, Ministry of Health, Labour and Welfare

2003- Member, Committee for Planning and Analyzing the National Health and Nutrition Examination Survey, Ministry of Health, Labour and Welfare

2005 Member, Committee for the Development of Exercise Requirements and Exercise Guidelines, Ministry of Health, Labour and Welfare

2005 Member, Expert Committee for Medical Ethics Council, Ministry of Health, Labour and Welfare

2007- Member, Committee for Analyzing the Factor of Traffic Accidents Caused by Automobile Carrier, Ministry of Land, Infrastructure, Transport and Tourism

2010-2011 Member, Committee for Countermeasure for Mental Health at Workplace, Ministry of Health, Labour and Welfare

2007-2008 Chair, Committee for Investigative Research for Promotion of Mental Health on Police Personnel, National Police Agency

2002-2006 Chair, Subcommittee for Promotion of Returning to Work (Committee for Promotion of Countermeasure for Mental Health at Workplace), Japan Industrial Safety and Health Association

2002-2004 Member, Committee for the Development of Workers' Self Checklist for Fatigue Accumulation, Japan Industrial Safety and Health Association

2003-2006 Chair, Promotion Council for Health Promotion Project, Tokyo Social Insurance Association

2010- Member, Committee for Development of Textbook for Stress Countermeasure by Occupation, Japan Industrial Safety and Health Association

2011- Member, Development of a Guide for realization of Stress Symptoms and Implementation of an Interview, Japan Labour, Health and Welfare Organization

2002- Counselor for Occupational Health, Tokyo Center for Promotion of Occupational Health, Japan Labour, Health and Welfare Organization

2003-2010 Member, Planning Committee for Academic Projects, Japan Medical Association

2003-2006 Board Member, Tokyo-Medical University

2006-2009 Council Member, Tokyo-Medical University

2006- Vice President, The Medical Association of Tokyo Medical University

2007- Board Member, Japan Health Promotion and Fitness Foundation

2008- Board Member, Longevity Society Development Center

2007- Board Member, Public Health Research Foundation

2005-2007 Council Member, Public Health Research Foundation

2010- Director, Health Promotion Center, Public Health Research Foundation

2008- Member, Grant Selection Committee, Meiji Yasuda Life Foundation of Health and Welfare

2006- Board Member, Kuretake Gakuen

BIBLIOGRAPHY

1. Shimomitsu T., Nohara Y., Hokano M., Ohtaka Y. et al. :
A case with dysphagia, edema and syncope. Nippon Rinsyo 35: 3028-3029, 1977 [Jpn]
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A case with double parasystole originated in A-V subjunctional area. Clinical Cardiac Electrophysiology, 1(2): 31-37, 1978 [Jpn]
3. Kudo T., Uchibori Y., Shimomitsu T., Takayama Y. et al. :
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4. Shimomitsu T., Ishii T., Iwane H., Nohara Y. et al. :
A case with Wenckebach type infra-hissian block. Clinical Cardiac Electrophysiology 2(1): 63- 68, 1979 [Jpn]
5. Ishii T., Shimomitsu T., Takeuchi T., Iwane H. et al. :
A case of sick sinus syndrome with paroxysmal supraventricular tachycardia of either wide or narrow QRS. Clinical Cardiac Electrophysiology 3(1):23-30, 1980 [Jpn]
6. Kudo T., Uchibori Y., Takayama Y., Shimomitsu T. et al. :
A successfully operated case of Fallot tetralogy with congenital defect of left pulmonary artery. Kousei Medical Journal 5: 57-63, 1980 [Jpn]
7. Kaneko Y., Fujita Y., Shimomitsu T., Nohara Y., Iwane H. et al. :
A Study on clinical application of Amerlex Digoxin RIA Kit. Medicine and Pharmacology 6(4): 1011-1016, 1981 [Jpn]
8. Iwane H., Shimomitsu T., Itoh S. :
A cardiological study of sudden death in the period of development.
In: Annual Special Report; Fundamental Study on Physical Fitness in the Period of Development. Tokyo, The Japan Ministry of Education 21-24, 1982 [Jpn]
9. Nohara Y., Iwane H., Ishii T., Shimomitsu T. et al. :
A clinical study of antiarrhythmic effect of disopyramide 50mg capsule(SC 7031) on ventricular premature beats. Pharmacology and Treatment, 11(4):1363-1370, 1983 [Jpn]
10. Shimomitsu T., Iwane H. :
Sudden cardiac death in the period of development and long QT syndrome. Japanese Journal of Physical Fitness and Sports Medicine, 32(4):194-196, 1983 [Jpn]
11. Katsumura T., Itoh S., Shimomitsu T., Iwane H. et al. :
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12. Iwane H., Fujita Y., Shimomitsu T. et al. :
T-U complex and overlapping contourogram in electrocardiography. In: Annual Special Report; Fundamental Study on Physical Fitness in the Period of Development, Tokyo, Japan Ministry of Education 166-175, 1984 [Jpn]
13. Ishii T., Shimomitsu T., Katsumura T., Iwane H. et al. :
Case report. Sick sinus syndrome with acute inferior myocardial infarction. Clinical Cardiac Electrophysiology, 7(1): 99-105, 1984 [Jpn]
14. Morimoto T., Golding L.R., Stewart R.W., Harasaki H., Shimomitsu T., Nose Y. et al. :
A simple method for extended heart-lung preservation by autoperfusion. Trans. Am. Soc. Artif. Int. Organs 30: 320-324, 1984
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Problems in Behcet's disease. New Japanese Journal of Medicine, 3136:22-34, 1984 [Jpn]
16. Nishida H., Endo M., Shimomitsu T. et al. :
A successful case of 522g aneurysmectomy for post-infarction giant left ventricular aneurysm suffering from VT and intractable heart failure for 6 months. Coronary, 1(1):159-167, 1984 [Jpn]

17. Iwane H., Fujita Y., Shimomitsu T., Katsumura T. et al.:
Exercise and b-endorphin. Japanese Journal of Sports Science 3(6): 450-455, 1984 [Jpn]
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Use of the anaerobic threshold for evaluating various total artificial heart control algorithms in calves. Artificial Organs 9(3) 1985
19. Yoza R., Golding L. A. R., Shimomitsu T., Jacobs G., Nose Y. et al.:
Exercise response in chronic nonpulsatile and pulsatile TAH animals. Trans. Am. Soc. Artif. Intern. Organs 31: 22-27, 1985
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A Mathematical model to predict the optimal control mode for a pusher-plate total artificial heart (TAH). Trans. Am. Soc. Artif. Intern. Organs 31: 216-223, 1985
22. Shimomitsu T., Yoza R., Watanabe T., Jacobs G., Nose Y. et al.:
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23. Kambic H., Murabayashi S., Sugita Y., Shimomitsu T., Nose Y. et al.:
Effect of length on PNI formation and endothelialization processes in small tabular devices. In: Progress in Artificial Organs - 1985, 977-982: edited by Nose Y., Kjellstrand C. and Ivanovich P. ISAO press, Cleveland 1986
24. Kudo T., Ishikawa M., Hino H., Iwane H., Shimomitsu T. et al.:
A successfully operated case of active infectious endocarditis. Journal of Tokyo Medical College, 44(4): 748-753, 1986 [Jpn]
25. Sugita Y., Shimomitsu T., Oku T., Kambic H., Shirey E.K., Nose Y. et al.:
Nonsurgical implantation of a vascular ring prosthesis using thermal shape memory Ti/Ni alloy (Nitinol wire). Trans. Am. Soc. Artif. Intern. Organs, 32(1): 30-34, 1986
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Evaluation of exercise capacity in total artificial heart animals using anaerobic threshold. Journal of Tokyo Medical College, 45(2): 289-290, 1987 [Jpn]
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A comparative study of various exercise test protocols for health promotion. In: General Study Report: Study concerning medical check-up, exercise prescription and manpower for health promotion. Japan Ministry of Health and Welfare, 75-86, 1988 [Jpn]
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Total artificial heart; evaluation of the control modes in exercise tests. Japanese Annals of Thoracic Surgery, 8(3): 310-311, 1988 [Jpn]
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A case of angina pectoris suspected of causing by coronary aneurysm with Kawasaki's disease in an adult. Coronary 5(1): 33-38, 1988 [Jpn]

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46. Shimomitsu T., Iwane H.:
Sports and b-endorphin. *Current Therapy* 9(7):43-46, 1991 [Jpn]
47. Shimomitsu T., Iwane H.:
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48. Shimomitsu T., Iwane H.:
Exercise for health promotion. *The Journal of Modern Medicine (Gendai Iryo)* 23(1): 362-366, 1992 [Jpn]
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50. Shimomitsu T.:
Present status of stress research in Sweden. *Journal of Type A Behavior Pattern* 3 (1): 46-53, 1992 [Jpn]
51. Shimomitsu T., Levi L.:
Recent working life changes in Japan. *European Journal of Public Health* 2:76-86, 1992
52. Kawakami N., Shimomitsu T., Iwane H.:
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53. Shimomitsu T. :
The relation between changes in plasma b-endorphin levels and mood state profiles after ultraendurance exercise. Journal of Tokyo Medical College 51(2): 116 - 124, 1993 [Jpn]
54. Iwane H., Shimomitsu T. :
Karoshi, or death from overwork - from the viewpoint of social medicine. Imago 4(5):102-108, 1993 [Jpn]
55. Fujieda Y., Iwane H., Shimomitsu T., Ohya Y., Katsumura T., Sakamoto A., Fujinami J., Oda S. :
The effects of lifestyle on cardiovascular fitness in apparently healthy Japanese males. In: Sport, Medicine, and Health- The Asian Perspective, 14-17, edited by Chan K.M., Daniel Printing. 1993
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The methodology of stress research: From the aspect of public health. The Japanese Journal of Stress Sciences 8(1): 46-51, 1993 [Jpn]
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Behaviour and health: Behavioural approach to exercise. The Journal of Public Health Practice 58(4): 254-257, 1994 [Jpn]
58. Shimomitsu T., Iwane H. :
Stress management at work place. Clinica 21(3): 57-63, 1994 [Jpn]
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Amino acid metabolism and central fatigue during endurance exercise. Japanese Journal of Biochemistry of Exercise 6: 87-94, 1994 [Jpn]
60. Shimomitsu T., Iwane H., Katsumura T., Ohya Y., Sakamoto A., Odagiri Y., Fujieda Y., Fujinami J. :
Exercise habits and prevention of non-communicable disease. The Japanese Journal of Stress Sciences 9(3) 12-17, 1994 [Jpn]
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Karoshi - death from overwork in Japan. In: Past, Present and Future of Psychiatry. 817-821, Edited by Beigel A., Lopez Ibor, Jr J.J., World Scientific Publishing Co., 1994
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How to prevent abdominal pain during exercise - In the case of Triathlon. Taiikunokagaku 44(6): 449-452, 1994 [Jpn]
63. Odagiri Y., Iwane H., Shimomitsu T., Katsumura T., Ohya Y., Sakamoto A., Fujinami J. :
The relation between exhaustive mood state and stress hormone levels in the blood after ultraendurance exercise. Clinical Sports Medicine 12(2): 189- 192, 1995 [Jpn]
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65. Hamaoka T., Iwane H., Shimomitsu T., et al. :
Non-invasive measurement of aerobic metabolic rate in working muscle. Therapeutic Research 16(9): 311- 315, 1995 [Jpn]
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What is the relaxation? - From the viewpoint of exercise science. The Japanese Journal of Stress Sciences 10(3): 209-214, 1995 [Jpn]
67. Shimomitsu T., Theorell T. :
Intraindividual relationships between blood pressure and emotional state. Psychother Psychosomatics 65: 137-144, 1996
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Relationships between exhaustive mood state and changes in stress hormones following an ultraendurance race. International J Sports Medicine 17: 325-331, 1996
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A case of members of fitness club who could prevent from the incidence of cardiac event by continuous medical check-ups. Clinical Sports Medicine 13(7): 819-924, 1996 [Jpn]
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- Noninvasive measurement of oxidative metabolism on working human muscle by near-infrared apectroscopy. *Journal of Applied Physiology* 81(3): 1410-1417, 1996
71. Hamaoka T., Iwane H., Katsumura T., Shimomitsu T. et al.:
Development of a system to simultaneously measure muscle oxygenation and energy metabolism during exercise and recovery. *Therapeutic Research* 17(6): 2027-2030, 1996
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 73. Shimomitsu T., Odagiri Y., Ohya Y., et al.:
Type A behavior pattern at work place and coronary heart disease prevention. *The Japanese Journal of Stress Sciences* 11(3): 304-311, 1996 [Jpn]
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Psychosomatic approach to ultraendurance exercise. *Psychosomatic Therapy* 9(3): 304-311, 1997 [Jpn]
 76. Hamaoka T., Katsumura T., Shimomitsu T.:
Measurement of muscle oxygen dynamics by near infrared spectroscopy. *Respiration and Circulation* 16(3): 399-405, 1997 [Jpn]
 77. Odagiri y., Shimomitsu T., Katsumura T., et al.:
Relation between Vitamin B1 and exhaustive mood state after ultraendurance exercise. *Descente Sports Science* 18: 44-54, 1997 [Jpn]
 78. Nishio S., Katsumura T., Shimomitsu T., et al:
Noninvasive measurement of muscle oxygen consumption of lower extremities during bicycle exercise. *Clinical Sports Medicine* 14(6): 659-663, 1997 [Jpn]
 79. Hamaoka T., Katsumura T., Shimomitsu T.:
Study on optical properties of the human forearm skeletal muscle. *Therapeutic Research* 18(7): 148- 152, 1997 [Jpn]
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Stress and social support; stress research in Kalolinska Institute. *Modern Esprit* 10: 182-195 1997 [Jpn]
 81. Kohyama A., Nakamura K., Shimomitsu T.:
Methods of stress evaluation at work place. *Japanese Journal of Occupational Mental Health* 5(4): 269-272, 1997 [Jpn]
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Correlation between indicators determined by near infrared spectroscopy and muscle fiber types in humans
 85. Kime, R., Shirasawa, H., Tamaki, H., Shimomitsu, T. et. al
Effects of local cooling and heating in the triceps surae muscles during sustained isometric contraction [Jpn]
 86. Shimomitsu, T., Odagiri, Y.:
The evaluation method of stress [Jpn]
Archives of Psychiatric Diagnosis and Clinical Evaluation 9(1):39-
 87. Shimomitsu, T., Kawakubo, K., Mikasa, M.:
Disease Prevention and Health Promotion.
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Occupational stress and its evaluation [Jpn]
Psychology world 1:11-14, 1998
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Effect of oral creatine supplementation on regional muscle
performance and
muscle creatine phosphate concentration [Jpn]
90. Shimomitsu, T., Sakamoto, A. :
Exercise and mental health. Handbook of Occupational mental
Health.
1040-1048, [Jpn]
Edited by Japan Society for Occupational Mental Health, Nakayama
91. Kawai, Y., Katsumura, T., Shimomitsu, T. :
The effect of probunzed exercise on the formation of oxidized LDL
and total
antioxidant capacity in serum [Jpn]
92. Kimura, T., Katsumura, T., Hamaoka, T., Shimomitsu T. :
The relationship between endurance time and fatigue factors at
varying
intensities in handgrip isometri exercise [Jpn]
93. Higuchi, H., Katsumura, T., Shimomitsu, T. et al. :
Changes in muscle oxygenation and blood volume during field
walking and
running [Jpn]
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94. Odagiri, Y., Shimomitsu, T. :
The effects of endurance exercise on endocrine system and mood
states [Jpn]
95. Hamaoka, T., Katsumura, T., Shimomitsu, T. et al. :
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96. Kimura, N., Katsumura, T., Shimomitsu, T. et al. :
Changes in skeletal muscle oxygenation in isometric exercise at
varying intensity.
The 1997 Nagano Symposium on Sports Science 94-101,
97. Higuchi, H., Katsumura, T., Shimomitsu, T. et al. :
Estimation of the changes in skeletal muscle oxygenation
during an
incremental loaded exercise [Jpn]
Reduced blood flow in abdominal viscera measured by Doppler
ultrasound during
one-legged knee extension.
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99. Matsubara, D., Shimomitsu, T., Okamura, H. et al. :
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