

2026

8.19

(wed.)

12:10
12:50

12:10-12:15

◆ Introduction

12:15-12:40

◆ Seminar
(Presentation)

12:40-12:50

◆ Q&A

Online
(Zoom)Scan here for
Registrationhttps://us02web.zoom.us/webinar/register/WN_V1yQ7bbnR5-MxjCQZLeenQ

Supported by Kyushu University, Q-AOS

The Neuroscience of Motor Learning



Key Words

Motor learning

Brain activity

Rest

Sleep

Associate Professor

Hisato SUGATA

Faculty of Welfare and Health Science, Oita University

Education:

Completed the doctoral program at the Graduate School of Medicine, Osaka University in 2012

Degree:

Ph.D. in Health Sciences

2012-2015:

Worked as a Specially Appointed Researcher and Specially Appointed Assistant Professor in the Department of Neurosurgery, Graduate School of Medicine, Osaka University

2015:

Assistant Professor in the Physical Therapy Course, Faculty of Welfare and Health Sciences, Oita University

2020:

Promoted to Lecturer at Oita University

2022-present:

Holds his current position and conducts research on the neural mechanisms underlying human motor learning

2022-2023:

Conducted international collaborative research on motor learning as a visiting researcher at the National Institutes of Health in the United States

Motor skills improve not only during practice, but also during sleep and rest. The brain is thought to organize what was practiced during these periods, helping the body learn movements more effectively. This process involves several areas of the brain, including those related to memory and movement control. To enhance the effects of practice, it is important not only to increase the amount of training, but also to incorporate rest and sleep according to the person's fatigue level and ability to concentrate. In this seminar, I will explain the brain mechanisms underlying motor skill improvement in an accessible way and discuss how this knowledge can help make practice more effective.