



INTERNATIONAL CONFERENCE ON SPORTS SCIENCE

Lifestyle Management - A Long-term Wellness Education

Date: Wednesday 13 July 2011

Time: 7:00pm-8:30pm

Venue: WLB210, Shaw Campus, Hong Kong Baptist University

Organized by: Dr. Stephen Hui Research Centre for
Physical Recreation and Wellness,
Department of Physical Education,
Hong Kong Baptist University

The University Sports Federation of
Hong Kong, China

Sponsored by: HKSAR Leisure and Cultural Services Department



INVITATION FROM CHAIRMAN



Frank H.K. FU, JP 傅浩堅

Associate Vice-President,
Director, Dr. Stephen Hui Research Centre for
Physical Recreation and Wellness,
Chair Professor, Department of Physical Education
Hong Kong Baptist University

On behalf of the organizing committee, it is my great pleasure to invite you to attend the International Conference on Sports Science to be held at Hong Kong Baptist University, Hong Kong, China on 13 July 2011. The main theme of the Conference is "Lifestyle Management - A Long-term Wellness Education".

This conference is jointly organized by Dr. Stephen Hui Research Centre of Physical Recreation and Wellness and Department of Physical Education of Hong Kong Baptist University (HKBU) and The University Sports Federation of Hong Kong (USFHK) with sponsorship from the HKSAR Leisure and Cultural Services Department (LCSD).

It will be a good opportunity for colleagues and students to explore current developments of exercise physiology and fitness in other parts of the world. It will also provide a platform for scholars worldwide to exchange cutting edge research findings and trends in the area of life style management and health education. I hereby invite you to participate in this conference.

Looking forward to seeing you in Hong Kong in the coming July.

ORGANIZING COMMITTEE:

Chairman: Prof. Frank Fu

Members: Staff, Dr. Stephen Hui Research Centre for Physical Recreation and Wellness and Department of Physical Education, Hong Kong Baptist University
Staff, The University Sports Federation of Hong Kong, China

KEYNOTE PRESENTATIONS



Bengt Saltin, Ph.D.,

Adjunct Professor
Panum Institute of Faculty of Health Sciences
University of Copenhagen, Denmark
Senior Researcher,
Copenhagen Muscle Research Centre

Poor lifestyle a major killer; who is responsible to act ?

In recent decades a wealth of studies have been published on lifestyle (smoking, diet, and exercise) in relation to health. The epidemiological studies are dominant, whereas randomised intervention studies are scarce, however, the number of investigations on the mechanisms by which e.g. diet, overweight, and physical inactivity positively affect health is increasing. Of note is the prognosis put forward by WHO that in 10 years, 60% or maybe 70% of all chronic diseases leading to death globally will be lifestyle-related (WHO, Global recommendations on Physical Activity and Health, August 2010). In the same report it is documented that lack of exercise per se explains 6-7 % of all deaths, similar to type II diabetes.

The value of a proper health behaviour is demonstrated in a study of more than 20.000 middle-aged women and men in UK who were followed for eleven years (Khaw et al., PLOS Med 2008; 5(1): e12). They found that being a non-smoker, moderate alcohol intake, eating vegetables, and performing moderate exercise markedly elongated the lifespan (~14 years). Of note is the fact that body weight had no or only little bearing on health outcome. This is in line with the reduced mortality/morbidity observed in middle-aged people who have a good cardio-respiratory fitness (Mitchell et al., Am Heart J 2010; 160: 102) or who increase their fitness levels (Gulati et al., NEJM 2005; 353: 468).

At the mechanistic level it is worth highlighting the critical role of muscle usage to induce favourable metabolic modifications, which are likely explanations for improved insulin sensitivity, less of a bad blood lipid profile, and lowered blood pressure (Pedersen & Saltin, Scand J Med Sci 2006; 16: Suppl 4). In addition to these effects the possibility exists that skeletal muscle acts like an endocrine organ when the muscles contract. Myokines are produced and released from the exercising muscle fully or in part counteracting negative health effects of certain adipokines, produced by the fat pad. Focus has been on muscle derived IL-6 opposing fat cell derived TNF- α (Pedersen, Brain Behav Immun. 2011 Feb 25, Handschin & Spiegelman, Nature 2008; 454:463). Thus, strong evidence is available to the fact that moderate regular exercise and a proper diet positively affect the risk factor profile for chronic diseases and premature death.

The key issue to be addressed is the priority given by society and the health authorities to encourage people to live a healthy life and which institutions including primary care providers should play relevant resources. The reaction to this knowledge by the medical profession and health authorities varies markedly. In most countries, gentle information and smooth campaigns are employed to make the citizens aware of the value of choosing a healthy lifestyle, which should include regular exercise. The question is whether the time has come for a more direct action.

KEYNOTE PRESENTATIONS



Jane Kent-Braun, Ph.D.

Professor of Kinesiology
Muscle Physiology Laboratory
University of Massachusetts

Skeletal Muscle Fatigue in Vivo: A Perspective on Aging

Skeletal muscle fatigue can be defined as the loss of muscle force or power in response to contractile activity. In vivo, fatigue can occur as a result of failure at any of several sites between initiation of a signal in the brain to interactions between myosin and actin. We have many tools available to understand how and why fatigue occurs in humans. The focus of this talk will be on how age-related changes in neural activation, bioenergetics and contractile function can alter the fatigue response of older adults.

CONFERENCE INFORMATION

DATE: 13 July 2011
VENUE: WLB210, Shaw Campus, Hong Kong Baptist University
LANGUAGE: English

REGISTRATION

Registration fees:

USFHK members: Free
Participants: HK\$250
Full-time Students: HK\$50

Registration fee includes:

- Admission to the scientific sessions
- Certificate of attendance
- Coffee & Tea

Deadline for Registration: June 30, 2011

CONTACT US

Secretariat

International Conference on Sports Science
Tel: Ms Lu (852) 3411 5758; Mr. Chan (852) 3411 5738.
Fax: (852) 3411 5756

INTERNATIONAL CONFERENCE ON SPORTS SCIENCE

Lifestyle Management - A Long-term Wellness Education

Registration Form

Please use block letters to complete the form.

Name and Title: _____

Affiliation: _____

E-mail Address: _____

Phone No.: _____

Fax No. : _____

Registration Fee:

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USFHK members: Free

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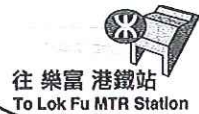
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Please send the Registration Form with proper registration fee to:

**Dr. Stephen Hui Research Center for Physical Recreation and Wellness
Room NAB110, Level 1, David C. Lam Building,
Hong Kong Baptist University
34 Renfrew Road, Kowloon Tong, Hong Kong, China**

圖例 Legend

-  行人入口
Pedestrian Entrance
-  車輛入口
Vehicular Entrance
-  公共巴士站
Bus Stop
-  公共小巴站
Light Bus Stop



聯合道

**逸夫校園
SHAW CAMPUS**

逸夫行政樓
Shaw Tower

區樹洪紀念圖書館
Au Shue Hung
Memorial Library

聯校運動中心
Joint Sports Centre

永隆銀行商學大樓
The Wing Lung
Bank Building
for Business Studies

林護國際會議中心
Lam Woo
International
Conference Centre

思齊樓
David C. Lam
Building

WLB 210

聯合道

Junction Road

Renfrew Road

聯福道

Baptist University Road

**浸會大學道校園
BAPTIST UNIVERSITY
ROAD CAMPUS**

第一座
Block 1
第三座
Block 3
低座校舍
Low-Rise Buildings

吳多興博士國際中心
Dr. Ng For Tai
International House

Campus Under Expansion
校園擴建中

C座停車場入口
Carpark C

賽馬會師生活動中心 / 陳瑞槐夫人
胡尹桂女士持續教育大樓
Jockey Club Academic
Community Centre / Madam
Chan Wu Wan Kwai School of
Continuing Education Tower

賽馬會中醫藥學院大樓
Jockey Club School
of Chinese Medicine Building

學生宿舍
Student Residence Halls

C座停車場出口
Carpark C

消防局
Fire Station

校園擴建中
Campus Under Expansion

傳理視藝大樓(興建中)
Communication and Visual Arts
Building (Construction in progress)