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INTERNATIONAL CONFERENCE ON SPORTS SCIENCE

Lifestyle Management - A Long-term Wellness Education

Date: Wednesday 20 July 2011 Time: 7:00pm-9:10pm

Venue: WLB210, Shaw Campus, Hong Kong Baptist University

For further information or to register:

Tel: (852) 3411 5758/ (852) 3411 5738

Fax: (852) 3411 5756

香港浸會大學
HONG KONG BAPTIST UNIVERSITY

The University Sports Federation of Hong Kong, China

HKSAR Leisure and Cultural Services Department

Mobility Challenges in the Elderly

Li Li, Ph.D.

Louisiana State University

The community is getting older. The world will have more people who are 65 and older than who are 5 and younger for the first time in the history. Aging population present us falls and related problems. These problems affect world economy and people's quality of life. Take the human body as a whole, balance and fall related problems can be viewed as a system problem and measured as such. This presentation addresses the relevant problems. Furthermore, peripheral neuropathy will be discussed as a clinical case study. Nonlinear mathematical tools used to evaluate system behavior. Interventions will be discussed. At the end of the presentation, ACSM recommendations in regarding exercise for elderly will be discussed.

Project GAME: Gaming Approaches to Promote Exercise

Zan Gao

Texas Tech University, Lubbock, TX

Physical activity has been linked to improved health-related physical fitness and potentially increased academic performance. Although urban children experience diminished physical health and academic performance, few studies have investigated the positive effects of structured exercise programs on these outcomes. This study was designed to examine the effect of a structured exercise program on urban children's physical fitness and academic performance. The implementation of the structured exercise program could have a significantly positive effect on urban children's BMI and math grades over time. Additionally, intervention children considered the exercise program beneficial to their physical fitness and academic performance (e.g., lose weight and improved concentration and energy).

Lifestyle Management Practices of Hong Kong People

Frank H. Fu, An Nan, Chung PK, Lena Fung, Leung ML, Sandy Li

Hong Kong Baptist University

The present project would attempt to assess the current status of "Lifestyle Management" practices of Hong Kong people, with a view to develop policy and programs to facilitate people to attain a more active lifestyle and better quality of life.

The focus of the project was on health practices (adopted from the California Human Population Study on Longevity, 1962). For each health practice, differences in the 14 age cohorts were analyzed. Their relationships are presented using descriptive statistics as well as dendrograms and cluster memberships.

The findings suggested that the 25-39 years cohort led a more unhealthy lifestyle in comparison with other age cohorts - they exercised less, had more breakfast skipping and irregular meals, slept less and smoked more. They should be encouraged to modify such un-desirable habits. On the other hand, the elderly people need to pay more attention to weight control, especially abdominal obesity. Children and female should cut down on snacks and exercise more. Hong Kong people are recommended to reduce their usage of medication and exercise more as well as further reduce the habit of drinking and smoking.

The classical studies conducted some 50 years ago with UK bus conductors and drivers and USA postmen and post office workers suggested that blue collar workers enjoyed better health and normal body weight compared with the sedentary white collar workers. Our investigation, however, found that the health status of the blue collar (labor) workers were worse than the white collar counterpart. The poor health awareness among the blue collar workers might be a possible explanation for this phenomenon. It appears that city dwellers in developing countries are affected by other lifestyle practices than the nature of the job alone.

The present project also identified another two significant lifestyle practices namely the habits of sleeping and eating. It was found that 20% (17%for male and 23% for female) of the subjects surveyed slept less than six hours per day. In terms of eating habit, 20% of them did not eat their three meals regularly and 20% of male and 18% of female did not eat breakfast. Since these two habits were essential in enjoying a healthy lifestyle and quality of life (such as in maintaining normal body weight and functions of the digestive system), they should be monitored carefully and emphasized, especially in the young and middle age cohorts. All of us should be aware of the importance of sleeping enough (7-8 hours/day) and eating breakfast and regularly (three meals a day). If parents become more aware of their importance, they can be good role models and encourage their children to develop such good practices in their lifestyle.

It is believed that the sample of the present project covers 3024 subjects with cohorts from 5 to 74 years through random and systemic selection is unique in providing an overview of the lifestyle of Hong Kong people as well as invaluable information to policy makers and researchers. It is recommended that interventions for various age cohorts should be designed and implemented in light of the findings in the future.

Knowledge is Power:

Western Kinesiology and China Tiyu Science Comparison

Guoli Liang

University of Wisconsin-Whitewater

This presentation discusses the similarities and differences between the Western Kinesiology and the China Tiyu Science. It points out the mistranslation and misunderstanding of certain Western profession terms and practices, such as athletic training, wellness, recreation, pedagogy, etc. Due to the lack of academic and professional knowledge, the current China Tiyu science has to face the tremendous challenges and criticize to meet the health and wellness expectations of the nation and its people to provide quality guidance, support, and service. For a country like China, it has to build up its own solid knowledge base, structure, and contents while it has been collaborating with international societies and resources.

Poster Presentations

A Report on Sports Ground Management: Meeting Quality Maintenance to Users' Expectation

HSU Ka Man[1], CHEUNG Siu Yin[2],
[1] Leisure and Cultural Services Department
[2] Department of Physical Education, Hong Kong Baptist University

A Study on Physical Activity Patterns and Quality of Life of University Staff Members

CHAN Ho Mei, Phyllis, CHEUNG Siu Yin
Department of Physical Education, Hong Kong Baptist University

Examination of the Psychometric Properties of Chinese Translated Behavioral Regulation in Exercise Questionnaire-2

Pak Kwong CHUNG, Jing Dong LIU
Department of Physical Education, Hong Kong Baptist University

Discrepancies in fighting strategies between Taekwondo Medalists and Non-medalists

Heather KWOK, Frank H. FU
Department of Physical Education, Hong Kong Baptist University

Hong Kong Residents' Perception on 2009 East Asian Games

YUEN Yuk Kuen Miranda, CHEUNG Siu Yin
Department of Physical Education, Hong Kong Baptist University

Identifying Fitness Activity Preferences in Adults with Intellectual Disability

Frank H. FU, Lena FUNG
Department of Physical Education, Hong Kong Baptist University

Reliability of Modified Plank Test for Evaluating Core Muscle Function

WU, S., TONG, K.K., LOUIE, H.T.
Department of Physical Education, Hong Kong Baptist University

Poster Presentations

Exercise Regulation during Cycle Ergometry Using the Cantonese Versions of Children's Effort Rating Table (CERT) and Rating of Perceived Exertion (RPF) Scale

Pak Kwong CHUNG [1], B. Quach[1], R. W LEUNG[2], Y. N ZHAO[3]
[1] Department of Physical Education, Hong Kong Baptist University
[2] Department of Physical Education and Exercise Science, Brooklyn College.
[3] Department of Physical Education and Exercise Science, Nanjing Normal University.

Social Cognitive Theory Based Physical Activity Intervention Targeting Non-Working Time Physical Activity of Workers with Intellectual Disabilities

Ada CHAN
Department of Physical Education, Hong Kong Baptist University

The Blood Redox Status of Endurance-trained Adolescents

Tom K. TONG[1], Hua LIN[2], Jinlei NIE[3], Qingde SHI[3], Ye TIAN[4]
[1] Dr. Stephen Hui Research Centre for Physical Recreation and Wellness,
Department of Physical Education, Hong Kong Baptist University, Hong Kong, China;
[2] College of Physical Education, Liaoning Normal University, Dalian, Liaoning, China;
[3] School of Physical Education and Sports, Macao Polytechnic Institute, Macao, China;
[4] China Institute of Sport Science, Beijing, China

The Training Effect of Tai Chi Soft Ball on Physical Functional Health of Chinese Older Adults

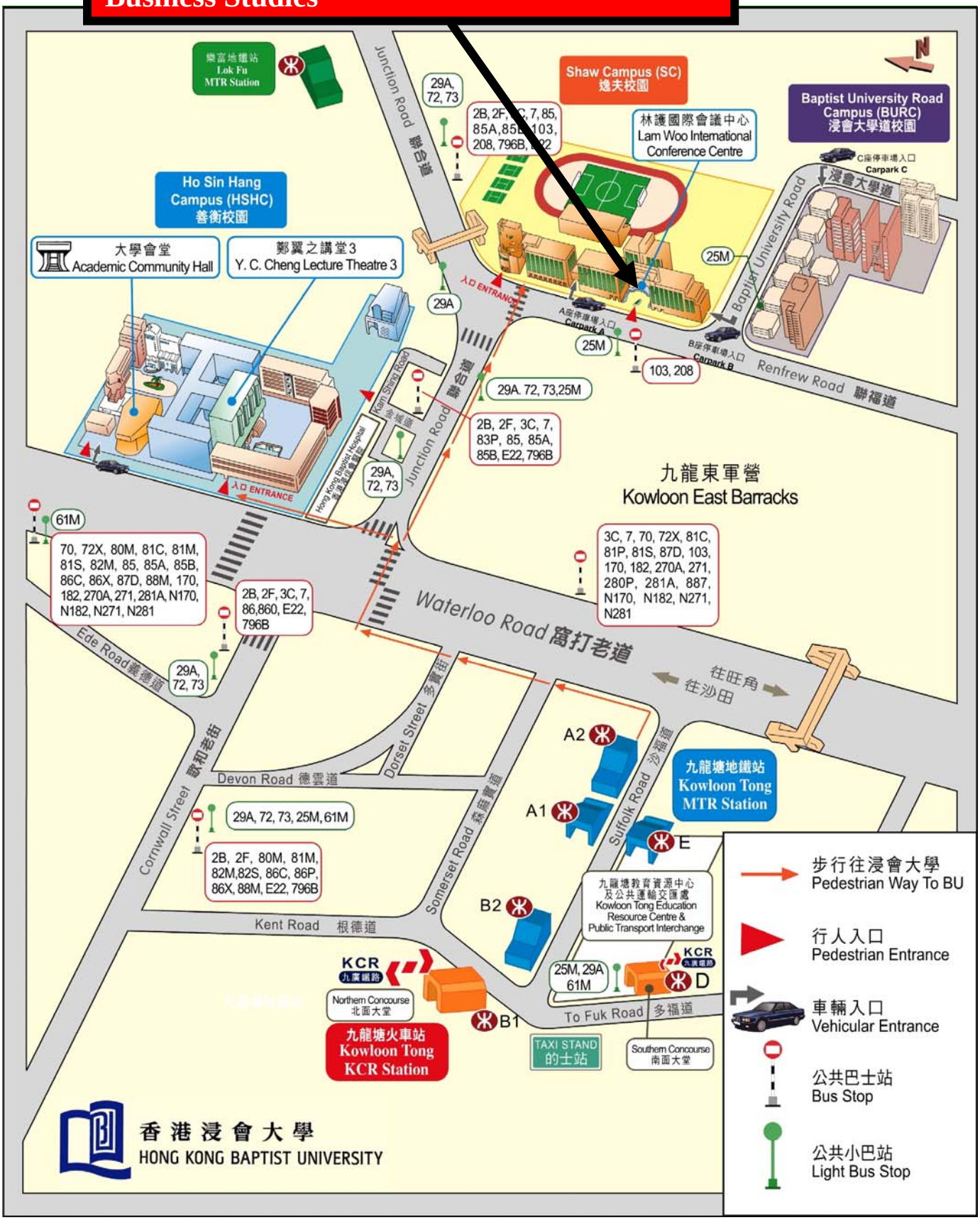
LAM MHS, CHEUNG SY, CHOW BC
Department of Physical Education, Hong Kong Baptist University.

The Training Effects of Water Tai Chi on Health-Related Quality of Life

Pak Kwong CHUNG, Rosetta Suet-Ying MUI
Department of Physical Education, Hong Kong Baptist University

WLB210, 2/F, Wing Lung Bank Building for Business Studies

Transportation



Registration Form

INTERNATIONAL CONFERENCE ON SPORTS SCIENCE

Lifestyle Management - A Long-term Wellness Education

Date: 20 July 2011 (Wednesday)
Time: 18:50 - 21:10
Venue: WLB210, Wing Lung Bank Building for Business Studies, Shaw Campus, Hong Kong Baptist University

Please use block letters to complete the form.

Name and Title: _____

Affiliation: _____

E-mail Address: _____

Phone No.: _____ **Fax No.:** _____

Registration Fees:			
	☐	**USFHK members:**	**Free**
	☐	**Participants:**	**HK$250**
	☐	**Full-time Students:**	**HK$50**

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Please send the Registration Form to lukui@hkbu.edu.hk or Fax the Registration Form to 3411 5756 by July 18 2011. Registration fee (if applicable) can be paid on-site to the registration counter of the conference.