Health and Fitness Symposium

**Theme:** Issues in Health & Fitness in the schools or community

The two-hour symposium brings to the forefront current issues in health and fitness in the schools or community from Asia and beyond. Four papers will be presented & the topical issues will be deliberated and discussed.

**Chairperson**

Michael Chia, Ph.D.
Associate Professor & Head
Physical Education & Sports Science
ACSM Health/Fitness Director
BASES-accredited Sports Scientist
National Institute of Education
Nanyang Technological University
Singapore

AP Michael Chia is active in research in paediatric exercise physiology and health education. He is widely published with more than 100 publications in peer-refereed journals, book chapters, monographs and books. Maximal Intensity Exercise and Anaerobic Capability of Young People are two of his latest book chapters for Paediatric Exercise Physiology and the Encyclopedia of Sports Medicine published in international publishing houses in 2007. He is the principal author for a health-education resource book and CD-Rom called Healthy, Well and Wise (2004) and also a Health Education series for primary schools in 2007. He was also the chief steward of a web-based resource called Sports Science in Sporting Success™ (2006) that is marketed to schools in Singapore. His current research is on the sensitive ages for physical fitness development among young people in Singapore where representative and retrospective longitudinal data of more than 40,000 young people will be scrutinized. He is vocal advocate of PRIDE (personal responsibility in daily effort) for play in schools in Singapore and he emphasizes that young people should have at least 90 minutes of structured or unstructured play daily. He is the current Chairman of the University’s Healthy Lifestyle Committee that oversees the well-being and health of more than 2,500 university staff.

**Presenters**

Promoting Physical Activity to Families: A Randomized Controlled Trial of a Non Face-to-Face Program Using Behavioral Modification Methods
Yukio Yamaguchi, M.A.
Assistant Professor, Faculty of Sport & Health Science
Fukuoka University
Japan

Determinants of Sedentary Behaviour among Singaporean Youths
John Wang, Ph.D. et al
Associate Professor, Physical Education & Sports Science
National Institute of Education
Singapore

The Role of Fitness Testing, Feedback & Counseling in Promoting a Healthy Lifestyle: Malaysian Scenario
Chen Chee Keong, Ph.D. et al
Sports Science Unit, School of Medical Sciences
Universiti Sains Malaysia
Malaysia

Prevention of Obesity and Fit At Any Size
Iradge Ahrabi-Fard, Ph.D.
Professor, School of Health, Physical Education & Leisure Services
University of Northern Iowa
USA