

Body Composition Health Management Based on the Concept of Physical Fitness

Date: 6 November 2024 (Wednesday)

Time: 19:00-20:30

Venue: E33-2036, Faculty of Education

Language: Mandarin

Registration: Online Registration (<https://go.um.edu.mo/50eb658s>)



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Speaker:

Prof. Yuming XU is a Professor at the School of Physical Education, Hangzhou Normal University. He serves as the Director of the National Virtual Simulation Experimental Teaching Center for Scientific Exercise and Fitness Skills, Associate Dean of the Institute of Health and Nursing, and Associate Dean of the Institute of Sports and Health. Prof. Xu has presided over one National Natural Science Foundation project, one China Postdoctoral Science Foundation project, and one Zhejiang Provincial New Century Education Reform project. He has been recognized as a key talent in Hangzhou's "131" talent program and received the "Jack Ma Education Award - Outstanding Teacher Award" at Hangzhou Normal University. He has authored over 50 SCI/CSSCI journal papers and 10 textbooks, and holds 10 patents and 6 software copyrights. In addition, Prof. Xu actively serves in various roles, including former President of the Professional Committee of Physical Fitness Research, Deputy Leader of the Sports Section of Liberal Arts Working Committee of the National Virtual Simulation Alliance, and Council member of the Society of Chinese Scholars of Exercise Physiology and Fitness.

Abstract:

This talk primarily organizes the origins of physical fitness, borrows from and distinguishes the meaning of "fitness" in physical fitness, and proposes, interprets, and reflects on the concept of physical fitness. By integrating the three main body components of fat, bone, and muscle, the talk applies the concept of physical fitness to multiple case analyses within the three-step process of health management: "measurement, evaluation, and intervention." It raises several questions and solutions concerning existing deficiencies. Finally, it prospects the development and trends of the physical fitness concept from the perspectives of disciplinary integration, Chinese thought, and Chinese standards.