

"High-intensity Interval Training for Promoting Physical Activity and Fitness in School Populations"

Date & Time: 6 March 2025 (Thursday); 19:00-20:00

Venue: Tin Ka Ping Lecture Hall, Faculty of Education (E33-G021)

Language: English / Cantonese

Registration: Online Registration (<https://go.um.edu.mo/wsjpgw40> or )

Enquiries: Mr. Brendan LEI (Email: fed_event@um.edu.mo / Tel: 8822-4210)

Speaker:

Prof. Tsz Chun POON is an Assistant Professor at the Department of Sports Science and Physical Education of The Chinese University of Hong Kong. Prof. Poon holds a B.Sc. (1st class) degree from the University of Hong Kong, as well as an M.Sc. and Ph.D. in Exercise Science from CUHK. With a specialization in High-Intensity Interval Training (HIIT), his research focuses on exploring the cardio-metabolic health benefits of HIIT among diverse populations, ranging from school-aged children to middle-aged and older adults. His contributions to the field have been recognized through numerous publications in reputable journals. Beyond his academic pursuits, Prof. Poon is an internationally accredited Certified Strength and Conditioning Specialist (NSCA-CSCS) and Exercise Physiologist (ACSM-EP). He has been invited for guest presentations and professional services with various community parties, such as Hong Kong Sports Institute, Hong Kong Jockey Club, and Hong Kong Physical Fitness Association over the past several years.

Abstract:

This seminar will explore the application of high-intensity interval training (HIIT) as an effective strategy to promote physical activity and fitness among school-aged populations. The session will provide an overview of the benefits of HIIT, its adaptability for young learners, and its role in addressing declining physical activity levels in schools. Attendees will gain insights into practical approaches for implementing HIIT programs in educational settings, which foster long-term health benefits and improved fitness levels among students.