

Promoting Active Lifestyles for Primary School Children and Their Families in Hong Kong

Date: 5 March 2025 (Wednesday)

Time: 18:30-19:30

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

Language: English

Registration: Online Registration (<https://go.um.edu.mo/nn8rbte8> or



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Speaker:

Prof. Stephen Heung-sang WONG is currently the Chairperson and Professor of the Department of Sports Science & Physical Education at The Chinese University of Hong Kong (CUHK). He also serves as the Head of United College and Director of the Hong Kong Institute of Educational Research. Prof. Wong holds a BEd from Liverpool University, an MSc, and a PhD in Exercise Physiology from Loughborough University. He is a Fellow of the American College of Sports Medicine (ACSM) and the Hong Kong Institute of Sports Medicine and Science, and a Registered Nutritionist (RNutr) in the UK. Prof. Wong is also the Asia Representative of the Active Healthy Kids Global Alliance (AHKGA) Board and the Co-leader of the Active Healthy Kids Hong Kong Report Card on Physical Activity for Children and Youth. His research focuses on physical activity and sedentary behavior in children, as well as the nutritional and metabolic aspects of exercise. He has published extensively in leading journals in his field and serves as the Editor-in-Chief of the Journal of Exercise Science & Fitness. Prof. Wong has been recognized with several awards, including the Outstanding Research Award from CUHK. He has also been involved in various professional services, such as serving as the Editor-in-Chief of the Journal of Exercise Science and Fitness (JESF) and as a member of the Editorial Board/Advisory Board for several international journals.

Abstract:

The seminar will highlight the comprehensive findings of the research team, focusing on the 24-hour activity patterns of children and adolescents in Hong Kong, as well as the relationship between compliance levels and Body Mass Index (BMI). Additionally, it will explore how different family dynamics and parenting styles influence physical activity and health-related behaviors.

Based on these insights, the "F.I.T. Family" project has been developed to promote an active lifestyle among primary school students and their families in Hong Kong through a community-oriented healthy lifestyle program.