

## **FED-CAPE Seminar “Are We More Fit Today Than in The Past?”**

**Date:** 26 Sep 2025 (Fri)

**Time:** 17:00 -18:30

**Venue:** E33-2036, Faculty of Education

**Language:** English

**Registration:** Online Registration ( <https://go.um.edu.mo/16jirhn3> or  )

**Enquiries:** Mr. Alex CHEN (Email: [fed\\_event@um.edu.mo](mailto:fed_event@um.edu.mo) / Tel: 8822-4575)

### **Speaker:**

Prof. Grant TOMKINSON, Professor of Human Movement and Exercise and Sports Science, and member of the Alliance for Research in Exercise, Nutrition and Activity at University of South Australia. Prof. Tomkinson's research focuses on how people's physical fitness levels relate to their health. He was the first to show that kids' aerobic performance levels have, in fact, declined worldwide since about 1975 and have been stable since 2000. His research has informed policy and guidelines nationally and internationally, including co-authoring the International Olympic Committee's consensus statement on Fitness and Health of Young People through Sport and Physical Activity. He is also an Associate Editor for the Journal of Exercise Science & Fitness, an Executive Committee member of Active Healthy Kids Australia, and the Oceania Representative on the Active Healthy Kids Global Alliance's Board of Directors.

### **Abstract:**

In this talk, Prof. Grant TOMKINSON from the University of South Australia, will try to try answer a burning question: Are we more fit today than in the past? He will start by defining physical fitness, how it is measured, and present compelling evidence for why physical fitness is important for good health. Then, relying largely on evidence from systematic reviews and meta-analyses, where he and his colleagues have pooled data from hundreds of studies and national datasets (including large datasets from Asia), he will describe how fitness levels children and adults has changed over recent decades. He will finish by describing what may be causing these trends in physical fitness by exploring trends in two popular culprits: trends in fat mass and physical activity levels.