

5th HKASMSS Student Conference on Sports Medicine, Rehabilitation and Exercise Science 2016

Health and Life Quality Enhancement through Application of Science

Program

Time	Program	Speaker
0830-0900	Registration	
	Free Paper Presentation I: Exercise Science (I)	<i>Moderator: Dr. Justin LEE</i>
0900-0915	Effects of Vitamin D Supplementation on Balance and Muscle Strength in Vitamin D Deficient Young Adults: A Pilot Study	Ms. Chung-yan CHAN (RS - PolyU)
0915-0930	The Effect of Topical Fish Oil and Therapeutic Ultrasound on Tendon Healing: A Histological Study in a Rat Model	Ms. Karly, Oi-wan CHAN (RS - PolyU)
0930-0945	A Novel Wear-Site for Accelerometers Use in Physical Activity Measurement	Ms. Joni, H. ZHANG (SPH - HKU)
0945-1000	Self-perceived Physical Literacy and Teaching Efficacy of Physical Education Teachers in Hong Kong	Mr. Benjamin, Bing-chung KWOK (SSPE - CUHK)
1000-1015	Validation of Electronic Activity Monitor Devices during Treadmill Walking	Ms. Ka-man TAM (PE - HKBU)
1015-1030	Opening Ceremony	
1030-1115	Keynote Lecture: Developing Physical Literacy through Sport Education: Current Progress and Future Challenges	Prof. Tristan WALLHEAD <i>Moderator: Prof. Raymond SUM</i>
1115-1130	Open Discussion	
	Tea Break	
1130-1200	Poster Presentation I	<i>Moderator: Prof. Kam-ming MOK & Dr. Justin LEE</i>
	Free Paper Presentation II: Sports Psychology and Behavior	<i>Moderator: Dr. Derwin CHAN</i>
1200-1215	Children with Physical Disabilities at School and Home: Physical Activity and Contextual Characteristics	Ms. Ru LI (SSPE - CUHK)
1215-1230	Systematic Review: The Psychological and Behavioural Factors of Unintentional Doping	Mr. Alfred LEE (SPH - HKU)
1230-1245	The Importance of Recreation Physical Activity in Promoting Physical Literacy among Hong Kong Adolescents	Mr. Siu-ming CHOI (SSPE - CUHK)
1245-1300	The Impacts of Increasing Physical Activity on Motor Functions, Behaviours, Activity Participation and Quality of Life of Children with Developmental Coordination Disorder	Ms. Yoyo, Ting-yiu CHENG (SPH - HKU)
1300-1315	Factors Influencing Physical Literacy of Adolescents – Experience on Developing a PPLI-A Instrument	Mr. Fong-jia WANG (SSPE - CUHK)
1315-1400	Lunch & Open Discussion of Poster Presentation	

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1400-1430	Keynote Lecture: ACL Injury Prevention: From Science to Sustainable Behavior Change	Prof. Erich PETUSHEK <i>Moderator: Prof. Kam-ming MOK</i>
1430-1500	Panel Discussion: How to Implement ACL Injury Prevention Program in The Community Effectively?	<i>Panel: Prof. Patrick YUNG, Dr. Lobo LOUIE, Dr. Roy CHEUNG</i>
	Free Paper Presentation III: Exercise Science (II)	<i>Moderator: Prof. Kam-ming MOK</i>
1500-1515	Effect of Real-time Auditory Feedback on Impact Loading before and after Running Retraining	Mr. Ivan, Pui-hung AU (RS - PolyU)
1515-1530	Learning to Run: Consistency of Motor Modules among Experienced but Not Novice Runners	Mr. Ben, Man-fei CHEUNG (MBChB - CUHK)
1530-1545	Immediate and Short Term Effect of Running Shoes in Habitual Barefoot Runners	Ms. On-yue LAU (RS - PolyU)
1545-1600	The Pattern of Impact Acceleration during Distance Running	Mr. Shi-wei MO (HPE - EdUHK)
1600-1615	Kinetics Control in Runners at Different Running Speeds and Slopes After Completion of a Gait Retraining Program	Ms. Janet, Han-wen ZHANG (RS - PolyU)
	Tea Break	
1615-1645	Poster Presentation II	<i>Moderator: Prof. Kam-ming MOK & Dr. Justin LEE</i>
	Free Paper Presentation IV: Sports Medicine and Rehabilitation	<i>Moderator: Dr. Roy CHEUNG</i>
1645-1700	Real Time Feedback Gait Retraining Improves Symptoms in Patients with Knee Osteoarthritis: A Randomized Controlled Trial	Mr. Ivan, Pui-hung AU (RS - PolyU)
1700-1715	Effect of Facilitatory Kinesio Tape on Muscle Activity and Performance in Regular Users and Non-users	Mr. Dominic, Ngo-tung MAK (MBChB - CUHK)
1715-1730	The Investigation of Biomechanical Properties of Tibial Anterior Muscle of People with Chronic Stroke	Ms. Mei-zhen HUANG (RS - PolyU)
1730-1745	Injury Patterns in Adolescent Male Football Players and Its Relationship to Sexual Maturity. A Cross-Sectional Study	Mr. Kwong-yan CHEUNG (O&T - CUHK)
1745-1800	Immediate Effects on the Changes of Morphological and Mechanical Properties of Achilles Tendon After Jogging or Race Walking	Mr. Ellis, Chun-fai LI (HTI - PolyU)
1800-1815	Closing Ceremony	

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Poster Presentation I (Time slot: 1130-1200)

Concurrent Poster Presentations of Original Research and Project Proposal

No.	Original Research (4-min each)	Speaker
1-1	Comparison of Biomechanical Parameters Between Elite and Recreational Marathon Runners from Hong Kong and Africa	Ms. Janet, Han-wen ZHANG (RS - PolyU)
1-2	Biomechanical Analysis in Various Types of Push-Ups: Implication for Home-Based Upper Body Training	Ms. Christianne, On-nor Anna HO (SMHS - CUHK)
1-3	The Impact of Stroke on Bone Mass and Microstructure Properties: A Systematic Review	Mr. Zhen-hui YANG (RS - PolyU)
1-4	Effect of Inhibitory Kinesio Tape on Measured vs. Perceived Maximum Grip Strength	Ms. Aislinn Joan Campbell MACPHAIL (RS - PolyU)
1-5	Associations of Physical Activity, Low Back Pain and Neck Pain in Hong Kong Adolescents	Ms. Hoi-yan MOK (SPH - HKU)

No.	Project Proposal (3-min each)	Speaker
2-01	Effects of a Visual-feedback Gait Retraining on Landing Pattern Transition in Rear-foot Strike Runners	Ms. Zoe, Yau-shan CHAN (RS - PolyU)
2-02	Alterations in Patellofemoral Kinematics Following Anterior Cruciate Ligament Deficient and Reconstruction	Dr. Wen-han HUANG (O&T - CUHK)
2-03	Physical Literacy: A Survey of Hong Kong Universities Students	Ms. Suet-ting LAM (SSPE - CUHK)
2-04	Investigation of the Gaze Behavior During Walking in Community-dwelling Elderly People: Implication for Fall Rehabilitation	Mr. Toby, Chi-to MAK (SPH - HKU)
2-05	Effects of Multi-directional Visual Signals on Running Biomechanics	Ms. Anamaria Laudet MANGUBAT (RS - PolyU)
2-06	Correlation between Tasks and Stability of Knee, and Performances within Multiple Types of Tasks	Mr. Tsz-ki NG (EE - CUHK)
2-07	Biomechanical Difference in Forward Lunges and Lateral Lunges and Changes in Knee Joint Moment and Functional Measurement	Mr. Ming-chung POON (SMHS - CUHK)
2-08	Compare the Validity of Movement Tasks for Analysis of Function of Anterior Cruciate Ligament with Using Portable System	Mr. Long-ho WONG (EE - CUHK)
2-09	The Association of Physical Activity and Physical Literacy of Schools Principals among Cross-Strait Four Regions	Ms. Po-ling WONG (SSPE - CUHK)
2-10	The Acute Effect of Self-Myofascial Release, Dynamic Stretching and Combination of Self-Myofascial Release and Dynamic Stretching on Lower Limb Muscle Flexibility and Performance	Ms. Ying-ying CHAN (SMHS - CUHK)

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Poster Presentation II (Time slot: 1615-1645)

Concurrent Poster Presentations of Original Research and Project Proposal

No.	Original Research (4-min each)	Speaker
1-6	The Effect of Aerobic Exercise Combined with Garcinia Cambogia Extract on the Body fat and Blood Lipids in Rats	Ms. Zheng ZHANG (SPH - HKU)
1-7	Effects of Deceptive Footwear Condition on Subjective Comfort and Joint Kinematics in Runners	Ms. Zoe, Yau-shan CHAN (RS - PolyU)
1-8	A Comparison of Muscle Coordination and Stroke Kinematics between Stationary and Dynamic Indoor Rowing Machines in Lightweight Rowers	Mr. Ming-hang CHEUNG (SSPE - CUHK)
1-9	Water-based and Land-based Recovery Exercise on Circulatory Response and Muscle Injury after Prolonged Eccentric Exercise	Mr. Edwin, Chun-yip CHIN (HPE - EdUHK)

No.	Project Proposal (3-min each)	Speaker
2-11	The Use of Thermosensitive mPEG-polyalanine Hydrogel to Localize Platelet-Rich Plasma for Intra-tendinous Injection	Ms. Yuan-dong JIANG (SMHS - CUHK)
2-12	Sports Injury in University Athlete in Hong Kong	Ms. Wai-ling LEUNG (SMHS - CUHK)
2-13	Development of an Anti-Ankle Sprain Shoe that Prevents Ankle Inversion through Myoelectric Stimulation	Ms. Sze-man WONG (EE - CUHK)
2-14	An Investigation of the Effect of Platelet-rich Fibrin (PRF) to Treat Anterior Cruciate Ligament(ACL) Partial Tear in a Rat Model	Mr. Shao-qi ZHANG (SMHS - CUHK)
2-15	Design for the EMG-Driven Cable-Robot Exoskeleton for Shoulder Rehabilitation Devices	Mr. Hung-hon CHENG (MAE - CUHK)
2-16	How Effective of Lower Limb Resistance Training to Elder Chinese in Pre-Sarcopenia and Sarcopenia Stage	Ms. Li-juan LU (SMHS - CUHK)
2-17	The Effects of Current Virtual and Augmented Reality Technology on Walking Biomechanics	Ms. Aislinn Joan Campbell MACPHAIL (RS - PolyU)
2-18	Physical Literacy and Coaching: Comparing Coaches' and Student-athletes' Perceptions of Physical Literacy in Hong Kong Secondary Schools	Ms. Ming-hui LI (SSPE - CUHK)
2-19	Intention-driven Shoulder Rehabilitation for Targeted Neuro-muscular Training Using an Exo-musculoskeletal Robot	Ms. Hang-man YIP (EE - CUHK)

CUHK	EE	Department of Electronic Engineering, The Chinese University of Hong Kong
	MAE	Department of Mechanical and Automation Engineering, The Chinese University of Hong Kong
	MBChB	Faculty of Medicine, The Chinese University of Hong Kong
	O&T	Department of Orthopedics and Traumatology, The Chinese University of Hong Kong
	SMHS	Sports Medicine and Health Science, Department of O&T, The Chinese University of Hong Kong
	SSPE	Department of Sports Science and Physical Education, The Chinese University of Hong Kong
EdUHK	HPE	Department of Health and Physical Education, The Education University of Hong Kong
HKBU	PE	Department of Physical Education, Hong Kong Baptist University
HKU	SPH	School of Public Health, The University Of Hong Kong
PolyU	HTI	Department of Health Technology and Informatics, The Hong Kong Polytechnic University
	RS	Department of Rehabilitation Sciences, The Hong Kong Polytechnic University