

Hong Kong Association of Sports Medicine and Sports Science

香港運動醫學及科學學會

NEWSLETTER 訊



November 1, 2011 No. 13

SMART Convention & Expo 2011

Co-organized with Department of Orthopaedics & Traumatology, Faculty of Medicine, The Chinese University of Hong Kong, SMART Convention & Expo 2011 was successfully held on 1 Oct 2011, Saturday, at School of Public Health and Primary Care Building, The Chinese University of Hong Kong, Prince of Wales Hospital.

Themed with “Sports for All, Sports for Health”, the fifth year of SMART Convention has well attracted over 1,200 person-time from the public as well as professionals from the sports industry.

There were 6 major elements in the SMART Convention & Expo 2011, namely (1) Sports and Health Public Lectures, (2) Sports Medicine Scientific Meeting, (3) Professional Sports Demonstration and Performance, (4) Sports Products and Technology Exhibition, (5) Free Fitness Assessments and (6) Health School Forum.



(1) Sports & Health Public Lectures

Aiming to promote the concept of “Sports for Health”, a series of public lecture was delivered by sports and health professionals to arouse the public awareness of the importance of healthy life. Speakers include medical doctors, sports scientists, sports dietitian and elite athletes. HKASMSS council and commission members, including Dr Patrick Yung, Dr Lobo Louie, Dr Raymond So, Dr Gary Mak, Dr Tai-Wai Wong, Mrs Mimi Sham and Dr Jonathan Wai have delivered several lectures.

Half of the lectures were mainly on common sports and health issues like, exercise prescription, sudden cardio-death, muscle training, etc., whereas other lectures focused on “Running, Cycling and Swimming”- three popular sports and exercises among Hong Kong people. During these lectures, speakers

shared with audience the sports injuries and treatments commonly found in these popular sports while experienced runners, cyclists and swimmers shared their own experiences! With interesting topics and renowned guest speakers, the public lectures had once attracted more than 400 audiences in a single talk.



(2) Sports Medicine Scientific Meeting

Sports Medicine Scientific Meeting served as an academic platform for knowledge exchange among professionals in the sports medicine industry. Members of the PgD / MSc in Sports Medicine and Health Science Alumni Association, The Chinese University of Hong Kong were invited to present their master theses. Special thanks is given to the following speakers: Ms Lai-On Chan, Mr Allan Fu, Ms Pui-Yan Hung, Ms Wai-Fong Kwan, Ms Holly Leung, Ms Wing-Ching Leung, Mr Jamie Ng and Ms Yuen-Ching So

Besides, it was our great honor to have Dr Hai-Rim Shin, Team Leader of Non-communicable Diseases and Health Promotion, World Health Organization Western Pacific Region, as our guest speaker to share the WHO works on promoting physical activity to prevent non-communicable disease.



(3) Professional Sports Demonstration and Performance

Professional running coach and cyclist demonstrated and shared practical skills on running and artistic cycling with the audience. Guests included Ms Tania Mak, Former Representative of Hong Kong National Triathlon Team, and Ms Wing-Yi Luk, Representative of Hong Kong National Artistic Cycling Team.

More than 100 participants attended the demonstration and performance session. Some of them were invited to join the demonstration on the stage. They had also actively participated in the question and answer sessions. The direct interactions with the coaches and cyclist have made this workshop a perfect occasion for the participants to learn more about the practical skills in running and artistic cycling.



(4) Sports Products and Technology Exhibition

There was a total of 15 exhibition booths/counter which included latest products and equipment in the sports medicine industry. Corporate exhibitors had offered trials on their products. Participants could gain first-hand experience on their products and learn its applications in sports. Hong Kong Association of Sports Medicine and Sports Science and Physical Fitness Association of Hong Kong China, the organizer and supporting organizer of the convention respectively, also joined as exhibitors.

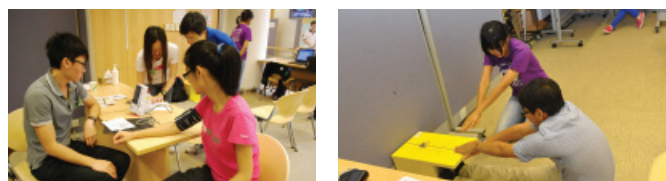


In addition to exhibitors from corporates and professional institutions, The Sport Performance and Biomechanics Laboratory, The Chinese University of Hong Kong also provided 8 sports performance assessments and introduction of technology for the participants, including Counter Movement Jump Test, Plantar Pressure Test, Soccer Shooting Motion Analysis, Optical Motion Analysis, The Knee Rotational Laxity Meter, Anti-Sprain Sports Shoes, Agility Test and Body Composition Analysis (Inbody). These assessments were well received from the participants.



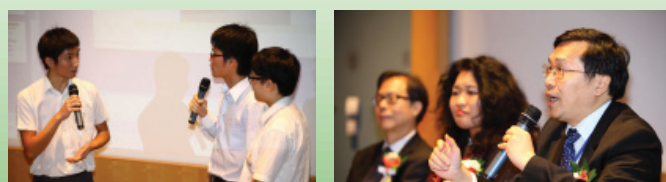
(5) Free Fitness Assessments

Other than sports performance assessments, The Medical Society of the The Chinese University of Hong Kong was also invited to provide several free fitness assessments to the public, including BMI Measurement, Sit and Reach Test, Waist-Hip Ratio Measurement, Skinfold Test and Blood Pressure Measurement.



(6) Healthy School Forum

The Centre for Health Education and Health Promotion, School of Public Health and Primary Care, The Chinese University of Hong Kong, first pioneered the concept of “Health Promoting Schools” in Hong Kong to promote and improve health of children and adolescents. Themed with “How to promote young people to adopt a healthy and active lifestyle in an information and social networking age?”, speakers shared with students about the trend of youth health behaviours and how cyberspace affects the young people. Speakers and moderators included Dr Hai-Rim Shin, Prof Albert Lee, Prof Fong-Lok Lee and Prof Annisa Lee.



學校運動推介——健美體操

自2011年起，體操運動再次成為香港體育學院的重點運動項目，實在值得高興。對於體操運動，一般人都不會感到陌生，而在體操運動的大家庭裏，除了包括已屬於奧運項目的競技體操、藝術體操和彈網外，還有較新的成員——健美體操。在香港，健美體操較少為大眾所認識，筆者於今年8月帶領香港健美體操隊運動員參加全中國中學生運動會健美體操比賽，深深感受到這項運動在中國的普及程度。而從參與運動員所散發出的自信與動態美，相信健美體操絕對適合在香港的學校推廣，更藉這次機會向大家推介這項對學生有益身心的運動。

（一）健美體操的特點

「以健康舞及體操動作為基礎，並配合音樂節奏的一個運動項目」這應該可算是最能概要地說明健美體操運動的特點。然後，再按照參加者及訓練目的來分類，健美體操可分為「大眾健美體操」和「競技健美體操」兩大類：

- 大眾健美體操以健身為目的，適合任何人士參與
- 競技健美體操以比賽為目的，技術要求較高，因此適合運動員參與

除此以外，兩類健美體操在動作特點，音樂節奏及參與組別上亦有所不同：

	大眾健美體操	競技健美體操
動作特點	動作較簡單、易學及多重複。可以依據各人需要，把運動強度定為低、中或高	動作特點是連續性及高難度，要求高質素的完成動作。套路編排須按照競賽規則進行。運動強度較高
音樂節奏	中至快 每分鐘110-144拍	快 每分鐘144拍以上
參與組別	沒有特定組別，可按參加者的程度，設計規定動作套路，進行練習或組織比賽	國際及本地賽均設以下組別： 單人(男子、女子) 及 組合(混合雙人、三人、六人)

由於兩類項目對參加者在技術上的要求有異，初學者可先從大眾健美體操入手，掌握了節奏感，動作協調及一定程度的體能，再作常規的訓練，繼而參加本地的比賽，甚至代表香港參加國際賽事。



大眾健美體操中的歡欣、同樂

（二）健美體操的益處

從運動科學的角度來看，健美體操比賽對運動員體能的要求殊不簡單，國際競技健美體操比賽套路規則要求運動員在1分30秒內做出連續的動作，當中除了包括高強度的帶氧動作，亦要加插展示肌肉力量、柔軟度、協調及平衡能力的難度動作，如「掌上壓」、「一字馬」等。有研究顯示，運動員在進行一套競技健美體操套路時，用氧量達最高攝氧量的81.3%，而運動心跳率亦達最高心跳率的95.2%，而在完成套路後的三分鐘，乳酸值仍處於7.5mmol/l的高水平。加上在比賽當中，所選用的音樂節拍都是強勁的，在動作的數量上，運動員就要做出100個或以上多變化的動作，同時地，每個動作都要保持著上佳的質素來完成，才有望取得好成績，當中對運動員生理及心理運動能力的要求，實在不能看輕。

相對而言，大眾健美體操一般皆為運動時間較長的中等強度運動，這正好能有效改善心肺功能，同時亦能協助減少脂肪積聚。在一次大眾健美體操套路能量要求的研究中，結果顯示，進行一次1分15秒的規定套路時，能量消耗約為每分鐘4.6至7.5大卡，與一般運動如跑步、跳舞、踏單車等相約，如果能持之以恆的參與及訓練，對維持良好的體態及體重控制，效果都會十分顯著。而且，在參與健美體操運動時，一般都會有同伴一起參與，這對參加者的社交方面定有正面的影響。

（三）健美體操運動在學校的發展

在國內大部份省市的大、中、小學，均將健美體操納入體育課的課程內，這可以說是健美體操在國內普及的重要原因。而就香港的情況，健美體操作為一項學校運動，其本身有着十分值得推廣的特點：首先，健美體操比較不受場地及設施的限制，在學校的範圍，更是容易找到適合的場地，如活動室、舞蹈室、有蓋操場或禮堂均可作為上課或課外活動舉行的地點，而所需的器材就只是一部音樂播放機。另外，健美體操的內容本來就是富有變化及充滿創造空間，從練習大眾健美體操的規定套路到自由編創的競技健美體操套路，課程內容可以做到由淺入深，又或作為學校活動中的表演項目，通過不同內容的訓練，絕對能有效地培養學童的共通能力，如協作能力、溝通能力、創造力和審美能力等。

健美體操運動已是康樂及文化事務處學校推廣計劃的一個新項目，隨著健康生活模式越來越受人重視，希望這項運動能更廣泛地受到注視，並能成為學校運動文化的一員。



競技健美體操最能表現運動員的體能與動態美

香港教育學院 健康與體育學系
張佩儀博士

Sports Medicine, Sports Science, and the Athletes

運動醫學、運動科學、運動員

Interview with Lam Ting Kan Maggie 林定勤 Senior Sports Reporter, i-CABLE News Limited

Background

Justin: Can you briefly tell us your background?

Maggie: I was the representative for both Hong Kong National Volleyball Team and Athletic Team when I studied in Jockey Ti-I college. After graduated from Hong Kong Baptist University, majoring Physical Education and Recreation Management, I worked as a sports reporter and reported the FIFA World Cup 2002 which was held in Japan and Korea. Afterward, I worked one year of teaching Physical Education in a primary school. Since then, I have worked as a sports reporter for more than 8 years and the major sports events that I have covered included Beijing Olympics games and Doha Asian Games etc.



As a Student

Justin: Can you recall any difficult moments during school and university?

Maggie: Apart from heavy academic workloads and strenuous trainings, financial burden was my major challenge in the school life. Luckily, I am an inborn athlete who possesses the positive attitude to conquer any difficulties ahead. I worked in all days of week and more than ten hours a day, in order to strike a balance between maintaining satisfied academic result, having good sport performance and providing financial support to family. Out of my expectation, the long hours of part time job experience enriched me a strong social network in sports industry which is now helping me a lot in my career path. For instance, ten years ago, I worked as a part time substitute teacher in a school for two weeks, the PE teacher that I have met is a good friend of mine now. And I had the chance to interview a few of famous athletes, who have graduated from that school.



Justin: How can you arrange your time for studying with the tight and busy schedule?

Maggie: My goals in study were to have graduation on time and avoid fail in any school or university exam. As a result, I chose to sacrifice time to watch movies or hang out with friends. Goal setting and making priority are the keys.



As a Sports Reporter

Justin: What are the most challenging tasks when you work as a sports reporter?

Maggie: Majority of the chief editors may not put sports on a higher priority when comparing other types of news e.g. politics, lifestyle, etc. I always try my best to have safe guarding on reporting 2-3 minutes sports news within a 30-minute session. Another issue is regarding the broadcasting right of major sports event. In my opinion, I think HK citizens have the right to watch the major event that Hong Kong athletes participate in without paying a penny. For example, if Hong Kong team play in the FIFA world cup final round, the game footage is better to be shown on different TV channels including both pre-paid and free-to-air television channels.

Justin: What makes you to stay in sports media field?

Maggie: It's an interesting and exciting experience that I could meet different kind of people in sports industry and cover a variety of major sports events. I feel happy every day in work that I couldn't recall any unhappy moments here.

Justin: What are the most memorable moments from your work?

Maggie: I travelled 10 cities in Korea during FIFA World Cup 2002. Since Korean national team had gone through different rounds until semi-final, the whole nation had shown their passion and unity which impressed me a lot. On the street and in the home stadium, everyone dressed in red and yelled their slogans. In Doha Asian Games 2006, all of us were very busy for preparing the profile of each athletes, especially when Hong Kong team have won record high number of medals in the event. However, it's unforgettable for witnessing our cycling hero Wong Kam Po finished the road racing event in the 1st place. I was at the best position – finishing line, and I was having live broadcasting for that event.

Justin: How sports medicine and sports science knowledge help you in work?

Maggie: Under the influence of my professor Dr. Lobe Louie in HKBU, I believe I have the responsibility to promote sports to the public and let them know how exercise could benefit their body and mind. After the Doha Asian Games, my company launched a new program to promote sports and exercise. And my team had visited the SMART Convention hosted by CUHK and HKASMSS, in the past two years for advocating the latest knowledge of the field. We picked some interesting topics e.g. common fallacy in exercise and current trend in weight management.

Words of Wisdom

Justin: Any words you want to tell those who have passion in sports industry?

Maggie: When you are looking for job after graduation, don't just pick one field for living, instead try picking the area that you have passion in. Keep your life healthy and pass the message to your family, friends and those you love. Don't start exercising when doctors tell you to do so.

Mr. Justin Lee
PhD student

Department of Orthopaedics and Traumatology
Faculty of Medicine
The Chinese University of Hong Kong

Past Activities

Article Contribution in Sportsoho Magazine

Dr Lobo Louie, Dr Patrick Yung and Mr Man Chung contributed articles to Sportsoho Magazine in Aug, Sep and Oct Issue respectively.



Article Contribution in Ming Pao Weekly Health Column

Dr Patrick Yung contributed articles to Ming Pao Weekly Health Column for 9 consecutive issues starting from Issue 2224 - 2232. (Period: 25 Jun 11 - 20 Aug 11)



打籃球增高? 暑假將至, 家長正忙於為小朋友準備暑期活動。除了不同學科的補習班外, 體育培訓班也是常見的「暑期必修科」。不少家長都盼我學體育活動適合他們的小朋友, 甚至有家長認為他們的小朋友個子太小, 希望在暑假能多打籃球來增高。這令我不能...	打造姚明二代? 一本國際運動科學期刊在兩年前刊登了一篇由澳洲科研人员發表的文章。內容報告了他們利用血液測試, 發現一種能控制我們肌肉某些成分構造的基因。而擁有這種基因的人, 會有較多有利於短跑的爆發力肌肉。於是他們建議小朋友體血, 若然他們有...	運動處方 近年, 香港及周邊鄰近地區舉辦多個大型體育盛事, 例如2008年奧運馬術比賽、2009年東亞運動會、2010年廣州的亞運會, 以及今年將會在深圳舉行的世界大學生運動會, 這些體育盛事不但帶動了大眾做運動的氣氛, 亦令市民了解到恆常運動對建...	足球員的命根 每年6月, 運動創傷科門診都來了很多職業足球員, 可能是球季剛完結, 他們想將過去一年的傷患一次過檢驗出來。他們大部分都懷著戰戰兢兢的心情, 希望診斷過後, 我會告訴他們沒事。然而亦有些早已心裏有數, 知道自己身體已有一些問題, 只...
運動創傷流行病學 我每天的工作都會接觸很多運動員, 他們受傷的部位各有不同, 要幫助他們好好處理傷患, 足夠的運動醫學和科學知識是不可或缺的。運動創傷流行病學的知識就是當中的一環。什麼是運動創傷流行病學? 簡單來說, 是就不同類型的運動, 分析運動...	至Fit巨人 每年夏季都有不少市民問那些運動可以快速地減肥, 我從幾十多年前, 發現功用的減肥方法層出不窮。如果只相信這些誇大失實的廣告胡亂跟隨, 減肥很可能有損健康。想持續的減去磅數, 該參考真正的科學根據, 並從日常生活習慣、飲食及運動方...	應力性骨折 身高逾2.29米、體重逾320磅的國家籃球隊中鋒姚明, 最近宣布因無法忍受不住傷患困擾, 決定退出美國職業籃球(NBA)球壇。令姚明退出球壇的元兇是應力性骨折。對於身高和體重都較高的運動員來說, 它並非罕見的運動創傷。過去兩年, 此症不斷...	十二碼心理學 在剛過去的亞洲國家盃足球比賽, 巴西隊在八強對十二碼決勝, 但四射不入, 黯然出局。日本女子足球隊在同一時間, 於德國舉行的女子世界盃, 憑準確的十二碼技藝, 擊敗美國隊奪冠。對十二碼決勝, 有不少人認為取決於足球員的心理素質多於技術...
			運動隊醫的角色 上月我以隊醫身份和香港中學生運動團隊, 到內蒙古一年一度的全國中學生運動會。到外地當隊醫不下數十次, 挑戰性真的各有不同。這次的挑戰遠於位處海拔1,000多的比賽城市包頭, 它雖算不上是高原氣候, 但天氣乾燥, 且...

Upcoming Events

National Strength & Conditioning Association (NSCA) - Preparatory Course and Examination in Hong Kong

HKASMSS is one of the co-organizers of the National Strength & Conditioning Association (NSCA) preparatory course and examination in Hong Kong. NSCA based in Colorado Springs, USA, is recognised as the worldwide authority on strength and conditioning for improved physical performance. The NSCA offers two certifications for professionals - Certified Strength and Conditioning Specialist (CSCS) and NSCA-Certified Personal Trainer (NSCA-CPT). The certifications are awarded after passing an examination administered by an independent examination center. As approved by NSCA and NSCA-Shanghai, Hong Kong Sports Institute has the honour to organise the examinations in Hong Kong with HKASMSS as one of the co-organisers. For more details, please visit <http://www.hksi.org.hk/nsca/>

NSCA National Strength & Conditioning Association
• Certified Personal Trainer (NSCA-CPT)
• Certified Strength & Conditioning Specialist (CSCS)

Preparatory Course and Examination in Hong Kong
Examination Date: 17 December 2011 (Saturday)

Organised by NSCA Shanghai
Co-organised by HKASMSS and HKSI

Contribution to The Hong Kong Medical Diary (HKMD) 2011 Dec Issue, the official publication of The Federation of Medical Societies of Hong Kong

Dr Patrick Yung is invited to be the editor of the Dec Issue of the HKMD and several council members from HKASMSS have contributed articles to this issue to share with readers about the knowledge in sports medicine industry.



New Membership Category and Membership Fee

As from Apr 17, 2010, HKASMSS membership category and membership fees are revised as below:

Categories	Benefits	Fees
Ordinary member#	Receiving free Journal of Exercise Science & Fitness (2 issues per year) Discount on courses and conferences organized by the Association One vote at any General meeting	HKD250 per annum
Associate member *	Receiving free Journal of Exercise Science & Fitness (2 issues per year) Discount on courses and conferences organized by the Association	HKD 150 per annum
Student member ^	Discount on courses and conferences organized by the Association	HKD 50 per annum

Ordinary members must possess recognize degree or its equivalence in sports science or sports medicine.

* Associate members must be current practitioners in a field related to sports science, sports medicine, or related fields, and be processed and approved by the executive council.

^ Student Members must be undergraduate or postgraduate students in a field related to sports science, sports medicine, or related fields.

To apply for a HKASMSS membership, please visit our website (www.hkasmss.org.hk) for application details.

Let's Join the HKASMSS Facebook Group!!!

A facebook group named after the Association was launched at the year-end of 2008. It provides a platform for sharing knowledge, news and ideas of sports related fields. News about sports medicine, sports science and the association are regularly updated there. Now we have more than 800 members in the group now. Let's join us to foster the development of sports medicine and sports science.



Council Members 2010-2012

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