

## **Plenary Session 2**

### **Building A Stronger Young Generation**

**Date: 7 Oct, 2016**

**Time: 15:15 – 16:45**

**Session Chair: Prof. Stanley Sai-Chuen Hui**

**Speaker: Prof. Nicholas Holt**

**Title: Sports and Positive Youth Development**

#### **Abstract:**

Participation in youth sport can produce positive psychological, social, and physical development, but only when sport is delivered in the 'right' ways. The purpose of this talk will be to discuss the notion of Positive Youth Development (PYD) and how it can be applied to sport. I will provide examples from contemporary research and practice, organized around a new model of PYD through sport (Holt et al., 2016)

**Speaker: Prof. Lobo Louie**

**Title: The Importance of Physical Fitness on Development, Growth and Health**

#### **Abstract:**

Physical activity, exercise, and physical fitness are common terms in promoting children's health. Physical activity is defined as any bodily movement produced by skeletal muscles that result in energy expenditure. Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or an intermediate objective the improvement or maintenance of physical fitness. Physical fitness is a set of attributes that are either health- or skill-related (Caspersen, 1985). Of these three terms, physical fitness in childhood and adolescence has several health outcomes including: (a) cardiorespiratory fitness levels are associated with total and abdominal adiposity; (b) both cardiorespiratory and muscular fitness are associated with established and emerging cardiovascular disease risk factors; (c) improvements in muscular fitness and speed/agility, rather than cardiorespiratory fitness, appear to have a positive effect on skeletal health; (d) both cardiorespiratory and muscular fitness enhancements are recommended in pediatric cancer patients/survivors in order to attenuate fatigue and improve their quality of life; and (e)

improvements in cardiorespiratory fitness have positive effects on depression, anxiety, mood status and self-esteem, and seem also to be associated with a higher academic performance (Ortega et al. ,2008). A systematic review evaluated the range of potential benefits of muscular fitness among children and adolescents conducted by Smith et al (2014) and concluded that: (a) there is strong evidence for a positive association between muscular fitness and bone health and self-esteem; (b) there is strong evidence of an inverse association between muscular fitness and total and central adiposity, and cardiovascular heart disease and metabolic risk factors. Moreover, recent study confirms the associations between physical fitness, executive functioning, and academic achievement in primary school children (e.g. Anneke G. van der Niet et al, 2014; Lot Verburgh, 2013). The present presentation attempts to provide a comprehensive review on the importance of physical fitness, growth and health among school children.