



Scientific Symposium:
Physical Activity Continuum Throughout the Lifespan
"Is exercise a medicine or what?"

November 10-11, 2015
Shanghai Jiao Tong University

We are pleased to invite you to attend the scientific symposium

Physical Activity Continuum Throughout the Lifespan:

Is exercise a medicine or what?

The symposium will take place on November 10-11 2015 at the Exercise Health and Technology Center on the beautiful Minhang Campus.

The symposium aims to create critical debates and emphasizes interdisciplinary exchange of knowledge through invited keynote presentations, round table discussions, and oral and poster presentations.

Organising Committee

Shanghai Jiao Tong University and China National Sport Science Association

We look forward to seeing you in Shanghai!



Symposium Chairman Professor Sulin Cheng

Speakers



Prof. Sulin Cheng

Chair Professor, Shanghai Jiao Tong University, China
Professor of Health Science and Technology
University of Jyvaskyla, Finland



Prof. Andy Smith

Professor of Exercise and Sport Sciences
York St. John University, UK



Prof. Taru Lintunen

Professor of Sport and Exercise Psychology
University of Jyvaskyla, Finland



Dr. Mark Nesti

Reader (Associate Professor), Psychology in Sport
Liverpool John Moores University, UK



Professor Yun Chang

Professor of Sport Medicine
China National Sport Science Research Institute, China



Professor Zhengzhen Wang

Professor of Exercise and Metabolic Disorders
Beijing Sport University, China



Professor Li Li Ji

Director of the School of Kinesiology
University of Minnesota, US



Professor J. Larry Durstine

Distinguished Professor, Department of Exercise Science
University of South Carolina, US



Professor Scott Powers

Distinguished Professor, Department of Applied Physiology & Kinesiology;
Director of the Center for Exercise Science
University of Florida, US



Dr. Zsolt Radak

Associate Professor and Head of the Faculty of Human Kinesiology
Semmelweis University, Hungary



Professor Albert Gollhofer

Director of the Institute of Sport and Sport Science
Freiburg University, Germany



Dr. Juha Hulmi

Docent in Exercise Physiology, Finnish Academy Researcher
University of Jyväskylä and University of Helsinki, Finland



Dr. Petri Wiklund

Researcher
University of Jyväskylä, Finland



Dr. Jørgen Povlsen

Head of Department of Sports Science and Clinical Biomechanics
University of Southern Denmark



Professor Gisela Sjogaard.

Department of Sports Science and Clinical Biomechanics
University of Southern Denmark



Dr. Jens Troelsen

Head of Research Unit for Active living
Department of Sports Science and Clinical Biomechanics
University of Southern Denmark

	9 th Nov (Monday)	10 th Nov (Tuesday)	11 th Nov (Wednesday)	12 th Nov (Thursday)
TIME	Arrivals	Conference Day 1	Conference Day 2	
8:00-9:00	Arriving to Shanghai	Registration Welcome! Prof. Sulin Cheng & Prof. Li Zhu	Short presentations Juha Hulmi Jens Troelsen Jian Lu	8.30 Pick-up from the hotel Day trip to Zhouzhuang
9:00-9:45		Prof. Andy Smith: <i>Recreation not medication: Exercise for community and individual wellbeing</i>	Prof. Gisela Sjøgaard: <i>Exercise is more than medicine: the working age population's wellbeing and productivity</i>	
9:45-10:15		<i>Tai Chi, Coffee and Tea</i>	<i>Traditional Chinese Exercises, Coffee and Tea</i>	
10:15-11:00		Dr. Mark Nesti: <i>Lifelong exercise: Synthesising sacrifice and play</i>	Prof. Scott Powers: <i>Exercise-induced cardioprotection: Cause and effect</i>	
11:00-11:45		Prof. Zhengzhen Wang: <i>Physical activity and energy balance</i>	Prof. Yun Chang: <i>Excessive exercise: benefit or detrimental for health?</i>	
11:45-13.00		Lunch	Lunch and poster session	
13:00-14:00		Short Presentations Petri Wiklund Tao Huang NN	13. 15. Prof. Li Li Ji: <i>Free radicals, redox signaling and exercise: impact on skeletal muscle health</i>	
14:00-14:45		Prof. J. Larry Durstine: <i>Exercise and cardiovascular disease</i>	Prof. Albert Gollhofer: <i>Central and peripheral adaptive processes in the CNS following balance training</i>	
14:45-15:15		<i>Tai Chi, Coffee and Tea</i>	<i>Traditional Chinese Exercises, Coffee and Tea</i>	
15:15-16:00		Prof. Zsolt Radak: <i>Exercise and brain function: is it redox regulated?</i>	15:15-17:00 Round Table Debate 2: What kind of exercise is most vital for good health? Albert Gollhofer, Juha Hulmi, Scott Powers, Li Li Ji, Gisela Sjøgaard, Jens Troelsen, Shuzhe Ding	
16:00-17:30		Round Table Debate 1: Is exercise a medicine or what? Andy Smith, Mark Nesti, Zsolt Radak, J. Larry Durstine, Taru Lintunen, Petri Wiklund, Jørgen Povlsen	Conference Closing 17.30-18.30 Calligraphy (or sport activities)	
18:30		17:00 Trip to Shanghai City Centre: visiting the Bund & dinner	Bicycle trip and a dinner	
19:30		Conference Dinner At Huhua hotel		

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Abstract Submission

The abstract submission for oral and poster presentations is now open. By submitting your abstract, you can become part of this interdisciplinary symposium of exercise and health science, gaining international visibility for your work and find important collaborations for your future research.

We look forward receiving abstracts of **300 words** within the following topics:

- Physical Activity and Omics
- Exercise and Metabolic Disorder
- Exercise and Well-being
- Sport and Exercise Across the Lifespan
- Excessive Exercise

Please Use the Abstract Template provided. The deadline of abstract submission is **30th September, 2015**.

Please send your abstract with the heading Abstract_YourSurname (for example, Abstract_Cheng) to ehsymposium@sjtu.edu.cn. The notification of acceptance will be on 15th October, 2015.

Venue

The symposium is held at Minhang Campus of Shanghai Jiao Tong University, at the Guangming Stadium.

For further information, see:

<http://en.sjtu.edu.cn/about-sjtu/life-sjtu/campus-maps>



Accommodation

We recommend booking your accommodation from the campus hotel.

For further information, see:

<http://en.sjtu.edu.cn/about-sjtu/life-sjtu/accommodation/hotels-on-campus>



Contact

For additional information, please contact our conference secretary Dr. Noora Ronkainen at ehtsymposium@sjtu.edu.cn



Abstract Form

Name of Presenter	Institution	Email
Title of the presentation:		
Name:		
Institutes:		
Abstract:		
Please submit an abstract of no more than 300 words. Use Times New Roman, size 12 font. Use the following sub-headings: <i>Objectives, Methods, Results, and Conclusions.</i>		

Registration Form

The attendance is *free of charge*, but you must register in advance by sending us the form below. The space is limited to 100 people.

‘Physical Activity Continuum Throughout the Lifespan’
Shanghai, China • November 10-11, 2015

Name	Organization/affiliation	Email address
City	Country	Phone number
Role at the symposium	<input type="checkbox"/> Participant <input type="checkbox"/> Presenter <input type="checkbox"/> Exhibitor <input type="checkbox"/> Sponsor <input type="checkbox"/> Volunteer	

Please return this registration form to
ehsymposium@sjtu.edu.cn

no later than 15 October, 2015.