

The 6th Asia-Pacific Conference on Exercise and Sports Science

Caring for the Future Generation:
A Holistic Approach Leading towards
Health and Active Living towards

on | Keynote Speaker | Invited Speaker | Symposiums | Workshops | About CCU | Sponsors & Endorsemen

Programme

The 6th Asia-Pacific Conference on Exercise and Sports Science (APCESS 2013)

Caring for the Future Generation: A Holistic Approach Leading towards

Health and Active Living

Organized by: Chinese Culture University (CCU)

Asian Council of Exercise and Sports Science (ACESS)

Website: <http://apcess2013.pccu.edu.tw/>

Venue: Chinese Culture University, Taipei, Taiwan

4 th November, 2013				
9:00am–9:50am.	KEYNOTE ADDRESS 5: Prof. Dr. Joon-Ho Kang (Seoul National University, Korea) . "Sport Marketing Approach to Active Life in Youth".			
10:00am–10:50am.	INVITED LECTURE 3: Prof. Dr. Elmar Wienecke (SALUTO Competence Centre for Fitness and Health, Germany) . "Active Living with an Optimal Micronutrient Supply for Young Athletes".			
10:50am–11:00am.	Tea Break.			
11:00am–12:00pm.	Oral/Poster Session.		ACESS Annual General Meeting.	
12:00pm–13:30pm.	LUNCH.		Poster Session.	
13:30pm–14:20pm.	INVITED LECTURE 4: Prof. Dr. Peter Schantz, MD, Ph.D. (Mid Sweden University & The Swedish School of Sport and Health Sciences (GIH), Sweden) . "Perspectives on Environment and Active Transport for Children and Youth –Is there a Role for Physical Education and Sport?".			
14:30pm–15:20pm.	INVITED LECTURE 5: Prof. Dr. Chi-Pang Wen, M.D., Dr. P.H. National Health Research Institute & China Medical University Hospital, Taiwan) . "Adequacy of Physical Education during School-age Youths in Taiwan: Examining the Prevalence and Habit of Leisure Time Physical Activity after Schooling".			
15:20pm–16:00pm.	Poster/Oral Session.		3:20pm–3:30pm	Tea Break.
16:00pm–18:00pm.	SYMPOSIUM 11. Sports Pedagogy. Chairperson: Prof. Dr. Branislav Antala (Comenius University, Slovakia).	SYMPOSIUM 12. Sports Psychology. Chairperson: Prof. Dr. Maïke Tietjens & Prof. Dr. Bernd Strauss, (University of Münster, Germany).	SYMPOSIUM 13. Sports Training. Chairperson: Assoc. Prof. Dr. Gurmeet Singh (Panjab University, India).	SYMPOSIUM 14. Tae Won Jun Young Graduate Scholars. Chairperson: Prof. Dr. Serap Inal (Yeditepe University, Turkey).
18:00pm–18:30pm.	Closing Ceremony.			
18:30pm–20:00pm.	Farewell Party.			

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Invited Speaker



Prof. Dr. Peter Schantz

Dr Med Sc

Professor in Human Movement Sciences,
Mid Sweden University & The Swedish School
of Sport and Health Sciences (GIH)
Sweden

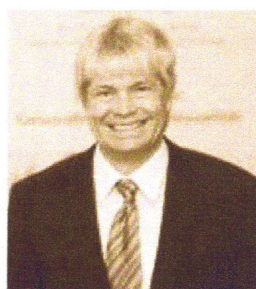
Perspectives on Environment and Active Transport for Children and Youth – There a Role for Physical Education and Sport



Prof. Dr. Kazuhiko Watanabe

Former President, Asian Council of Exercise and Sports Science
President of the Institute of Sport and Health Science
Professor Emeritus of Hiroshima University
Japan

Teaching the Sport Skill in School and the Role of Biomechanics



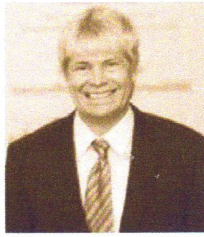
Prof. Dr. Elmar Wienecke

Founder and Owner

SALUTO Competence Centre
for Fitness and Health

Germany

Active Living with an Optimal Micronutrient Supply for Young Athletes



Prof. Dr. Elmar Wienecke

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Germany

Prof. Dr. Elmar Wienecke is founder and owner of SALUTO – one of the greatest competence centre for health and fitness - in Germany. SALUTO was founded in 1994 from the department of sports medicine of the University Bielefeld, Germany. Until today Prof.

Dr. Elmar Wienecke and his team have investigated about 35,000 different persons (11,150 competitive athletes, 7,450 recreational athletes and 16,940 non athletes). He is a certified trainer with a doctorate in sport science at the German Sport University Cologne, in the area of sports medicine/cardiology/fitness training and kinetics. His negative personal experiences in sports, due to numerous torn ligaments in ankle and knee led to premature athletic disablement.

In 1989, before he decided founding SALUTO, he has been licensed as a head coach in the German Football Bundesliga. He coached for several years in Germany regional clubs and briefly in the 2nd Bundesliga. With meticulous work ethic and interest in science, he designed training and nutrition concepts. Today his visionary concepts especially for top athletes achieve results on an international level. As the initiator of clinical studies, research projects in the area of micronutrient therapy and the unique European prevention concept for youth and top athletic talents, he also lectures and conducts seminars all over Europe. Many publications and books have been published in the last years. Actual "Performance Explosion in Sports – An Anti-Doping-Concept". He has received offers of guest professor's degree in foreign countries. In 2008 he got a honorary professor's degree from the department of physical education and health in Pitesti (Romania).

Active Living with an Optimal Micronutrient Supply for Young Athletes

After statements of international scientists there exist only a low knowledge about the positive effect by taking an individual micronutrient supply concerning active persons. An individual micronutrient therapy can support the performance, reduce the risk of injuries by sport activities, support the maintenance of several tissue structures and can lead to more quality of life. This effect will be denied by different scientists, in the knowledge of sport medicine, sport science and nutrition science. Accurate micronutrient diagnostics are essential because micronutrient deficiencies often remain undiagnosed. All possible autologous resources, particularly from the cellular level, are mobilized to retain important micronutrients on the serum level. That is why deficiencies on the serum level are detected late or not all. In the last 14 years our team created) a test series to analyze the individual micronutrient supply for different people. For instance it is possible to find the optimal individual energy and micronutrient supply for each youth athlete with the new parameter. Our previous investigations during the last years - based on a world wide data base – show, that a good nutrition behaviour, an optimal individual customized micronutrient concentration obviously reduce the risk of injuries, improve the physical abilities and lead to an stability in performance. In this case, young athletes (youth and students) can't use their optimal physical and mental abilities without optimal micronutrients supply. We totally investigate over 1,000 young athletes, also the German national youth handball team (N=90 players) who are engaged in our unique Europe prevention concept (World Champion 2009 and 2011) and junior national soccer players (N=445) and find a directly connection between a sufficient micronutrient concentration and an optimal physical improvement and reduction of injuries.