

**2016 International Chinese Society for Physical Activities and Health (ICSPAH)  
Tentative Program Schedule (Any changes will be notified later)**

**Registration: Tuesday, April 5, 2016, 8:00am – 3:00pm**

**Tuesday, April 5, 2016**

**8:00am – 9:30am On Site Check in: Registration Continues Until 15:00pm:**

**2016 International Chinese Society for Physical Activities and Health (ICSPAH)**

**Academic Symposium:**

Coordinators: Zhan Liu, Springfield College, MA, Yong Gao, Boise State University, Zan Gao, University of Minnesota.

The theme of this symposium focuses on current issues of academic development in higher education related to direction of fostering students, structure reform, academic disciplines, technology utility and experimental study, and grant writing and research publications as well.

**9:30am – 10:30am: Poster Presentation Session – A1/A2:**

Research on Physical Activities, Health, and Human Movement  
Presiders: Senlin Chen, Peng Zhang, and Hongwei Guan

**10:30 am– 10:50am: Opening Ceremony:**

**Greetings:** Representatives from SHAPE America, ICSPAH, Guests, and Sponsors.

**10:50am – 12:10 noon: Keynote Presentation Session - One:**

1. Current Issues and Direction of Chinese Universities of Physical Education and Sports.

**Chi, Jian**, President of Beijing Sport University

Introducer: Li Chen, Delaware State University

2. Management of Sport Adherence Based on Big Data Technology.

**Sun Jinhai**, Dean, School of Physical Education, Shandong University

Introducer: Zhan Liu, Springfield College, MA

**12:10pm-13:00pm: Lunch Break**

### **13:00pm-14:20pm: Keynote Presentation Session-Two:**

1. Writing Research Grant Proposals for Junior Faculty.

**Gao, Zan**, Director of Physical Activities Epidemiology Lab,  
School of Kinesiology, University of Minnesota.

Introducer: Wenhao Liu, Slippery Rock University

2. Development of Physical Education Discipline and Majors in China

**Wang, Jiahong**, Dean, School of Physical Education, Soochow University

Introducer: Ping Xiang, Texas A & M University, College Station.

### **14:20pm-15:20pm: Poster Presentation Session-B1/B2:**

#### **Pedagogical and Culture Aspects of Physical Activities, Recreation and Health**

Presiders: Ping Xiang, Texas A & M University, College Station; Xiaofen Keating, University of Texas, Austin; Tao Zhang, University of North Texas

### **15:20pm-16:30pm: Regular Oral Presentation Session- A:**

Presiders: Yong Gao, Boise State University, and Jiling Liu, Texas A & M University, College Station.

#### **1. An Experimental Study on Composition of Square Dance in China.**

Invited Guest Presenter: Ma, Hongtao, Beijing Sport University.

Introducer: Zhan Liu, Springfield College, MA

#### **2. Evaluation of Physical Fitness of Elementary School Students**

Presenters: Hongwei Guan<sup>1,2</sup>, Chi Zhang<sup>2</sup>, Hongjun Fan<sup>2</sup>, Tao Li<sup>2</sup>, Hai Feng<sup>2</sup>, and Yu Chen<sup>2</sup>

<sup>1</sup>Department of Health Promotion and Physical Education, Ithaca College

<sup>2</sup>College of Physical Education, China West Normal University

#### **3. Benefits of Limb Exercises on Individuals with Dementia: A Meta-Analysis of Randomized Controlled Trials**

Presenters: Shihui Chen, Yongtai Wang, Yanjie Zhang, Chunxiao Li.

The Hong Kong Institute of Education

#### **4. Trend Analysis of Youth Physical Activity, Sedentary Behavior, and Motivation**

Presenters: Senlin Chen<sup>1</sup>, Yang Bai<sup>1</sup>, Yang Liu<sup>1</sup>, Jodee Schaben<sup>2</sup>, Spyridoula Vazou<sup>1</sup>, Gregory Welk<sup>1</sup>, Deockki Hong<sup>3</sup>

<sup>1</sup>Department of Kinesiology, Iowa State University

<sup>2</sup>Department of Health and Human Performance, University of Wisconsin at River Falls

<sup>3</sup>School of Health, Physical Education & Leisure Services, University of Northern Iowa

### **16:40pm – 16:50pm: Water Break**

**16:50pm – 18:00pm: Regular Oral Presentation Session- B:**

**5. Experimental Research on the Effect of "President Challenge Cup" to Adolescent Health Behaviors**

Presenters: Yi Zhang<sup>1</sup> Xiaozan Wang<sup>2</sup> Qiang Guo<sup>2</sup> Jingwen Ye<sup>2</sup>

<sup>1</sup>Experimental School affiliated to Donghua University, China.

<sup>2</sup>College of Physical Education and Health, East China Normal University, China

**6. Examining Self-Efficacy, Expectancy-Value Variables, and Chinese Students' Task Challenge and Concentration in Physical Education**

Presenters: Hongxin Li, Tao Zhang, Min Feng, University of North Texas.

**7. Exploring Research on the Management Situation of College Basketball Coach in the United States**

Presenters: Peng Zhou<sup>1</sup>, Ke Wang<sup>2</sup>

<sup>1</sup>School of Physical Education, East China University of Science and Technology

<sup>2</sup>Department of Physical Education, Northwestern Polytechnic University

**8. Secular Trends in Relationships among Children's Psychosocial Beliefs, Physical Activity Intention and Behavior**

Presenters: Jung Eun Lee<sup>1</sup>, & Zan Gao<sup>1</sup>

<sup>1</sup> School of Kinesiology, University of Minnesota, Minneapolis, MN

**18:00pm-18:15pm Closing Remark**

**Presiders:** Wenhao Liu, Slippery Rock University, and Tao Zhang, University of Northern Texas.

Presenting Certificates/Awards to Participants of ICSPAH Symposium 2016

**18:20pm: Welcome Reception/Dinner**

(Hosted by School of Kinesiology, University of Minnesota)

**Wednesday, April 6, 2016, 10:00am-11:40am**

**Business Meeting of ICSPAH**

**Coordinators:** Senlin Chen (Acting Secretary of ICSPAH); Li Chen (President of ICSPAH).

**Participants:** Members of Executive Council, Chairs of Committees/Task Forces, and Representatives of China Divisions of ICSPAH only.

12:00 noon – 13:00pm: Working Lunch

**Wednesday, April 6, 2016, 13:00pm-15:00pm**

**2016 International Chinese Society for Physical Activities and Health (ICSPAH)  
International Academic Leadership Forum**

The theme of the 2016 International Academic Leadership Forum is to provide a platform for academic administrators, program representatives, and industry leaders to exchange ideas and share information regarding the current trends and development of higher education in physical activities, sports, health, recreation and related disciplines in the world community, and explore possible collaborative opportunities and exchange programs among higher education institutions of USA and China and other regions as well.

**Coordinator:** Hongwei Guan, Ithaca College

**Presider:** Li Chen, Delaware State University

**Participants:** Administrators and program representatives of physical activities, sports, recreation, and health from Colleges and Universities of USA and China or other countries.

**Wednesday, April 6, 2016, 15:15pm-17:45pm**

**2016 International Chinese Society for Physical Activities and Health (ICSPAH)  
General Assembly Meeting**

This is the annual general assembly meeting for membership of International Chinese Society for Physical Activities and Health (ICSPAH). The associational affairs and procedures will be conducted in the meeting. We will discuss and summarize annual associational affairs, present awards, elect new officers of the association and discuss ICSPAH activities in year 2016-2017. ICSPAH membership status is required.

**Organizer:** Executive Council of ICSPAH

**18:15pm-20:00: Banquet of ICSPAH 10th Annueary Celebration**

(Sponsor: Power Trend Science and Technology, Beijing)

## **Thursday 4/7/2016 through Saturday 4/9/2016:**

Regular Scholarly Presentation Sessions of SHAPE America

Association Activities of SHAPE America

Exhibitions and Exploration of SHAPE America

## **Sunday 4/10/2016 to Tuesday 4/12/2016**

Extension Period of ICSPAH (optional)

Scholarly Workshops and Lectures

Hosted at School of Kinesiology, University of Minnesota, MN

### **Sunday, April 10**

#### **Sunday, April 10, 2016, 9:00am-12:00pm**

Campus Tour at East Bank and West Bank at Minneapolis Campus of University of Minnesota

#### **Sunday, April 10, 2016, 12:15pm-1:15pm**

Lunch

#### **Sunday, April 10, 2016, 1:30pm-5:15pm**

##### Physical Activity and Health Workshop

Location: Room 310 Williamson Hall; 231 Pillsbury Drive SE; Minneapolis, MN 55455

1:30-3:30pm

Workshop 1: The Journey to Physical Activity Epidemiology

Speaker: Zan Gao, PhD, FACSM, Director of Physical Activities Epidemiology Lab,  
School of Kinesiology, University of Minnesota.

3:45-5:15pm

Workshop 2: Physical Activity and Energy Expenditure Assessment in Children and Adolescents

Speaker: Zachary Pope, School of Kinesiology, University of Minnesota.

### **Monday, April 11**

#### **Monday, April 11, 2016, 9:00am-12:00pm**

Tour at three key labs at School of Kinesiology, University of Minnesota;

- Laboratory of Physiological Hygiene and Exercise Science
- Human Sensorimotor Control Laboratory
- Physical Activity Epidemiology Laboratory

Tour at University Recreation and Wellness Center

**Monday, April 11, 2016, 12:15pm-1:15pm**

Lunch

**Monday, April 11, 2016, 1:15pm-2:15pm**

Free activities

**Monday, April 11, 2016, 2:30-6:00pm**

Physical Activity and Health Workshop

Location: Room 310 Williamson Hall; 231 Pillsbury Drive SE; Minneapolis, MN 55455

2:30-3:45pm

Workshop 3: Associations among Movement Skills, Physical Activity and Fitness

Location: Jung Eun Lee, PhD; School of Kinesiology, University of Minnesota

4:00-6:00pm

Workshop 4: Environmental and Policy Approaches to Promoting Physical Activity

Speaker: Zan Gao, PhD, FACSM, Director of Physical Activities Epidemiology Lab, School of Kinesiology, University of Minnesota.

**Tuesday, April 12**

**Tuesday, April 12, 2016, 9:00am-12:00pm**

9:00am-9:45am

Campus Tour at St. Paul Campus of University of Minnesota

Physical Activity and Health Workshop

Location: Room 310 Williamson Hall; 231 Pillsbury Drive SE; Minneapolis, MN 55455

10:00-11:30pm

Workshop 5: Working with Community Organizations to Promote Physical Activity

Speaker: Zan Gao, PhD, FACSM, Director of Physical Activities Epidemiology Lab, School of Kinesiology, University of Minnesota.

**Tuesday, April 12, 2016, 12:15pm-1:15pm**

Lunch

**Tuesday, April 12, 2016, 1:15pm-5:00pm**

Tour at the Twin Cities (Minneapolis, and St. Paul)