

2019 Series 6 (Number 1): Seminar on "Scientific Research in Traditional Chinese Exercises – Tai Chi, Qigong, Martial Arts"

Date: Tuesday 15 January 2019

Time: 13:00-14:00

Venue: E33-G021, Tin Ka Ping Lecture Hall, Faculty of Education, UM

Language: English

Audience: UM Staff / Postgraduate Students

Registration: Online Registration (<https://bit.ly/2H13Wze> or )

Enquiries: Mr. Harvey LO (Email: FED_Event@umac.mo / Tel: 8822-4593)

**A Complementary light lunch will be provided.*

Speakers:

Dr Liye ZOU, Postdoctoral Fellow at the Department of Sports Science and Physical Education of The Chinese University of Hong Kong, is invited to be the speaker of the Seminar. Dr Zou focuses his research on mind-body exercises, early intervention for motor, cognitive & social development and evidence-based research. He has published more than 30 peer-reviewed articles.

Abstract:

Tai Chi and Qigong are traditional Chinese exercises, characterized by mental focus, spiritual training, and breathing techniques integrated with or without slowing bodily movements. As part of healthy lifestyle, these exercise modalities have gained increasing popularity worldwide. Particularly, western researchers have used the scientific methods to investigate how these mind-body exercises work to help health professionals in symptomatic managements of individuals with chronic diseases. The growing body of evidence indicates that Tai Chi and Qigong not only help practitioners gain both physical and mental benefits, but also contribute to enhancing athletic performance. Some of these research findings have been published in prestigious academic journals, including the New England Journal of Medicine, British Medical Journal, Archives of Internal Medicine, and JAMA. In this talk, Dr Liye ZOU will present the history of Tai Chi/Qigong research, and elaborate on who are really interested in exploring the effects of Tai Chi/Qigong on health outcomes.

By the end, Dr ZOU would like to share his personal thought with audiences about what we should do as Chinese citizens and how we do to get involved with this research field.