

PR Section Annual Seminar 2018 – “Application and Training in Physical Fitness”

Seminar on “Application and Training in Physical Fitness” organized by the Physical Recreation Section has been successfully held on 10th October 2018, Wednesday at Pui Ching Middle School. It was our pleasure to have Dr. Lobo Louie, Associate Professor from the Department of Sport and Physical Education, Hong Kong Baptist University to be our guest speaker. The seminar attracted more the 60 Instructors and Assessors from different Operating Authorities.



- More than 60 Instructors and Assessors participated in the seminar.



Dr. Lobo Louie described the changes in the Youth Fitness Test over the years and compared the test items as well as the aims of the test among different countries. He left room for discussion on adjusting the standard of Physical Fitness Test for youth in Hong Kong. Dr. Lobo also corrected some wrong concepts about sport and fitness that many people believe in and shared effective and safe ways to promote good health. Participants showed high interest in Q&A session and enjoyed a fruitful evening.



- Dr. Lobo Louie described points of attention when doing sit-ups in different postures.



- PR Panel Convener presented the souvenir to the guest speaker.