

2022 International Chinese Society for Physical Activities and Health (ICSPAH) Virtual Conference

Friday, May 20, 2022 (Eastern Time-EST)/北京时间周六上午 8 点

Zoom Meeting Link

<https://tamu.zoom.us/j/92948626413?pwd=bWFKK2xhSCsrdjR4S01ldlhTY1NCZz09>

EST 8:00 pm– 8:10 pm (北京时间周六上午 8:00) Opening Ceremony (Greetings from ICSPAH Executive Council)

EST 8:15 pm – 9:00 pm (北京时间周六上午 8:15) Keynote Presentation Session #1

Dr. Zan Gao, The University of Minnesota

Mobile Device Apps in Promoting Physical Activity and Health

Presider: Dr. Jiling Liu, Texas A&M University

EST 9:15 pm- 10:00 pm (北京时间周六上午 9:15) Keynote Presentation Session #2

Dr. Zheng Liu, Shenyang Sport University

The Road of Winter Olympic Champions: Experience of Cultivating High-level Ice and Snow Sports Talents in SSU

Presider: Dr. You Fu, University of Nevada

2022 ICSPAH Academic Symposium (北京时间周六上午 10:00)

EST 10:00pm – 11:30pm: Oral Presentation Session – Group A

EST 10:00pm – 11:30pm: Oral Presentation Session – Group B

EST 10:00pm – 11:30pm: Oral Presentation Session – Group C

EST 10:00pm – 11:30pm: Oral Presentation Session – Group D

EST 10:00pm – 11:30pm: Oral Presentation Session – Group E

EST 10:00pm – 11:30pm: Oral Presentation Session – Group F

Saturday, May 21, 2022 (EST)/北京时间周日上午 8 点

EST 8:00 pm– 8:10 pm (北京时间周日上午 8:00) Presenting Awards to Awardees of ICSPAH

EST 8:15 pm – 9:00 pm: Keynote Presentation Session #3 (北京时间周日上午 8:15)

Dr. Xiaofen Hamilton, The University of Texas at Austin

Technology and fitness testing in schools: future trends

Presider: Dr. Haichun Sun, University of South Florida

EST 9:15 pm- 10:00 pm: Keynote Presentation Session #4 (北京时间周日上午 9:15)

Dr. Xueping Wu, Shanghai University of Sport

The Development of Adapted Physical Education and Its Future

Presider: Dr. Tao Zhang, University of North Texas

EST 10:00 pm- 11:30 pm (北京时间周日上午 10:00) 2022 International Chinese Society for Physical Activities and Health (ICSPAH) General Assembly Meeting

Organizers: ICSPAH Executive Council; Participants: All Members

Keynote Speakers

Dr. Zan Gao



Dr. Zan Gao is a faculty at the School of Kinesiology in University of Minnesota-Twin Cities, specializing in physical activity and health. Dr. Gao's research has primarily focused on promoting health through population-based physical activity interventions with emerging technologies such as active video games, virtual reality and health wearables. In the past decade, Dr. Gao has given 233 presentations at various international and national conferences. He has also published 3 books, 28 book chapters and 150 research articles in peer-reviewed journals such as *British Journal of Sports Medicine* and *Obesity Review*. Dr. Gao has been the recipient of several international and national awards, including the 2008 National Association for Kinesiology and Physical Education in Higher Education Hally Beth Poindexter Young Scholar Award,

2009 American Alliance of Health, Physical Education, Recreation, and Dance (AAHPERD) Mabel Lee Award, 2013 National Association for Sport and Physical Education Curriculum and Instruction Heitmann Young Scholar Award, and 2015 SHAPE America Leroy T. Walker Young Professional Award. Dr. Gao has been the principal investigator of National Institute of Health research grants, Robert Wood Johnson Foundation Grant and AAHPERD Seed Grant. He also serves as a reviewer for numerous journals, and is currently the Editorial Board Member of *Games for Health*, *International Journal of Behavioral Nutrition and Physical Activity*, *BioMed Research International*, *Contemporary Clinical Trials*, and *Journal of Clinical Medicine*, and Associate Editor for *Journal of Health and Sports Science* and *Research Quarterly for Exercise and Sports*. Dr. Gao's google h-index is 43. He is the Fellow of American College of Sports Medicine, and the Fellow of SHAPE America! Research Council.

高赞教授简历

简介：高赞教授现任教于美国明尼苏达大学，担任运动流行病学实验室主任，运动机能学院研究生部主任。目前他的主要研究兴趣是运用新兴科技产品（如可穿戴健康设备、虚拟现实仪器、体感游戏机等）来改变人的生活方式和行为，促进健康并预防慢性疾病。他现为美国足球协会注册教练员，美国运动医学院 Fellow，美国体育健康协会研究所 Fellow。迄今为止， 他已发表 150 多篇 SCI/SSCI 学术论文， 28 篇专著章节， 并出版过三本英文专著和 5 本足球和体育类译著。目前高赞教授担任核心期刊【运动健康科学杂志】（影响因子 7.18）和【运动科学季刊】（影响因子 2.50）的副主编， 以及【国际行为营养和体育活动杂志】（影响因子 7.60）、【临床医学杂志】（影响因子 4.31）、【健康游戏杂志】（影响因子 3.02）、和【生物医学研究国际杂志】（影响因子 3.41）等六个国际期刊的编委会成员。他也担任过很多大型科研课题的首席科学家， 包括美国联邦卫生署研究基金和罗伯特伍德约翰逊基金会研究基金等。高赞教授在近些年获得过多项顶级的国际奖项和荣誉， 包括 2009 年获全美健康体育娱乐舞蹈联合会美宝李青年学者奖， 2013 年美国运动体育教学协会青年学者奖， 和 2015 年美国体育健康协会莱若沃克青年学者奖。他曾担任国际华人体育与健康学会 2017-2018 年度主席。

Dr. Zheng Liu

Zheng Liu, Professor, the president of Shenyang Sport University, the coordinator (chair) of China's Division Northeast, the International Chinese Society for Physical Activities and Health (ICSPAH), the vice-chairman of China Holistic Integrative Medicine and Sports Alliance (CHIMSA), the vice-chairman of Sports Training Science Society of China Sport Science Society(CSSS), the vice-chairman of China Volleyball Association(CVA), and the director of Beach Volleyball Referee Committee of CVA. He has been engaged in the research of higher physical education management and physical education training for a long time.



刘征教授简历

刘征，教授，现任沈阳体育学院院长。兼任国际华人体育与健康学会中国东北分会主席、中国医体整合联盟副理事长、中国体育科学学会运动训练学分会副主任委员、中国排球协会副主席、中国排球协会沙滩排球裁判委员会主任。长期从事高等体育教育管理、体育教育训练学领域的研究工作。

Dr. Xiaofen D. Hamilton



Dr. Xiaofen D. Hamilton received her Ph.D. degree in Kinesiology at University of Illinois at Urbana-Champaign. She was first a faculty at California State University at Los Angeles and is currently a professor in the department of curriculum and instruction at The University of Texas at Austin. Dr. Hamilton teaches research design and methods and physical education teacher education courses. She has published about 90 peer-reviewed articles, 6 book chapters, and two textbooks. She also has had more than 120 presentations at various professional conferences.

邓小芬博士简历

邓小芬博士是美国德克萨斯大学奥斯汀分校课程设置及教学法系体育教师培养方向的学科负责人。美国德克萨斯大学奥斯汀分校的教育学院近 5 年来在全美一直排名前 10 名。她的研究领域包括体育教学测量和评估，体育锻炼达标和高科技在体育教学中的运用，体育量表研发，及体育知识教学和评估四个大方向。邓小芬博士在身体健康教育及教育的期刊中发表了 90 多篇文章，其中在有科学引文索引和社科引文索引的期刊上发表了近 60 篇文章。在国际和美国国内的体育论文报告会上报告了数百次。她和地方教育部合作参与了三个由美国教育部资助的改善中小学体育教学的部级课题。其中的一个课题是在中国建立一个中美体育文化交流中心。她还参与培养了数 10 名博士生，他们大多数都在美国高校任教。

邓小芬博士从教 30 多年，在中国和美国都有学生。她在中国时教的是运动训练学。在美国她教过本科和博士生的体育方面的课。她还教过研究生的体育科研方法学和统计分析的公共课。更重要的是，她还有关于体育专业课程设置方面的经历。关于国际教学方面，她与上海体育学院和浙江师范大学共同合作创建暑期体育文化游学项目有 5 年的时间，促进中美体育文化的交流与发展。在 2018 年，她和 10 名德克萨斯大学师生去年访问了 7 个中国的大学。她还在 2015-2018 被东北师范大学聘请为“东师学者”。现在她是中央民族大学的客座教授。

Dr. Xueping Wu



Dr. Xueping Wu is currently a professor in the School of Physical Education and Sport Training, Shanghai University of Sport. Wu is the executive director of the Academy of Sciences of Shanghai University of Sport, and also serves as the director of the 8th Council of China Sports Science Society, the director of the 7th Council of Shanghai Sports Science Society, the executive director of Asian Society for Adapted Physical Education and Exercise, and the executive director of the China Disability Research Society. As a party representative of Shanghai and a core member of the first batch of National University Huangdianian teacher

team, Wu has been engaged in teaching and studying on sports health promotion for persons with disability and the elderly for a long time. Wu has been supported by National key R & D Program of China, National Social Science Major Bidding Program subproject, National Social Science Foundation of China, Ministry of Education Humanities and Social Sciences Research Youth Fund Project, China Disabled Persons' Federation Project, Shanghai Government Project, Higher Education for Ph.D. Research Funding Project, Shanghai Pujiang Program and Science and Technology Commission of Shanghai Municipality Project. Wu has also won the prize of Shanghai Science and technology progress award, the distinguished professor of Shanghai Oriental Scholars, the national advanced individual in sports for persons with disability and other honorary titles. Wu has compiled more than 30 books and published over 50 research articles and her research is in a leading position in this field in China.

吴雪萍博士简历

吴雪萍博士是上海体育学院，教授，博士生导师。现任上海体育学院科学研究院执行院长，兼任中国体育科学学会第八届理事会理事、上海市体育科学学会第七届理事会理事、亚洲适应体育教育与运动学会常务理事、残疾人事业发展研究会常务理事等职务。作为上海市党代表、首批全国高校黄大年式教师团队核心成员，长期从事残疾人和老年人运动健康促进的教学和研究工作。近年来先后主持国家重点研发计划“科技冬奥”重点专项课题、国家社科基金重点项目、国家社科基金重大项目子课题、教育部人文社科、中国残疾人联合会、国家体育总局决策咨询重点项目、上海市科学技术委员会项目、上海市浦江人才计划等科研项目。曾获 2018 年上海市科技进步三等奖、上海市东方学者特聘教授、全国残疾人体育先进个人等荣誉称号，作为主编/副主编，编撰书籍 30 余部，以第一作者或通讯作者在国内刊物发表高水平论文 50 余篇，在该领域处于国内领先地位。

2022 ICSPAH Academic Symposium
Friday, May 20, 2022 (US Time)/Saturday, May 21, 2022 (China Time)

Oral Presentation Session – Group A

10:00pm-11:30pm (US Eastern Time Friday)/10:00 am-11:30 am (Beijing Time Saturday)

President: Dr. Weidong Li, Ohio State University

A1. Effects of Peer Support on Body Composition and Circumference In Chinese University Students

Chuhao Li, Shenzhen University

Lin Chen, Shenzhen University

Yi Xiang, Shenzhen University

Yongshen Lu, Shenzhen University

Shiwei Mo, Shenzhen University

A2. Experimental research on the teaching mode of cooperation and competition in Physical Education

Xuelin Pang, Harbin Engineering University

Zhengze Zhang, Harbin Engineering University

A3. Characteristics and International Enlightenment of Adolescent Physical Literacy Cultivation in Wales

Han Meng, East China Normal University

Zhihua Yin, East China Normal University

A4. Effects of high intensity interval training on children's health and physical fitness

Xie Jinlong, Wuhan Sports University

Li Yilan, Wuhan Sports University

A5. Relationship between physical activity and mental health in Chinese engineering college students during the COVID-19

Zongyu Liu, Shandong University

Xiuhan Zhao, Shandong University

A6. The restrictive factors and practical path of Sports-Medical Integration under the background of "COVID-19 epidemic"

Yong huan Chen, Zhengzhou University

Ya nan Jiang, Zhengzhou University

Xiang ning, Yan, Xi'an Physical Education University

A7. History, Development and Enlightenment of Adapted Physical Education National Standards

Yuting Song, East China Normal University

Cuixiang Dong, East China Normal University

Liu ji, East China Normal University

A8. Theoretical discussion and promotion path of physical education entering College Entrance Examination

Xiaoqiang Qian, Chengdu Sport University

A9. A Review of Research on the Potential Value and Realistic Dilemma for Homework in Physical Education

Yue Xu, East China Normal University

Chenyu Jia, East China Normal University

Zhijia Yin, East China Normal University

Oral Presentation Session – Group B

10:00pm-11:30pm (US Eastern Time Friday)/10:00 am-11:30 am (Beijing Time Saturday)

Presiders: Dr. Bo Shen, Wayne State University; Dr. Anqi Deng, South Carolina University

B1. Construction of Online Learning Literacy Evaluation Index System for Primary and Secondary School Physical Education Teachers

Hengxing Tian, Beijing Sport University

Mingzhu Sun, Shanghai University of Engineering Science

Zhijia Yin, East China Normal University

B2. Review of Physical Education Teachers' Job Burnout Research in China

Haohui Liu, East China Normal University

Zhijia Yin, East China Normal University

Xue Wan, East China Normal University

Hengxing Tian, Beijing Sport University

B3. “Enhancing Physical Education, Physical Activity and Well-Being” Review of research on health literacy evaluation tools at home and abroad

Shuai Huang, East China Normal University

Zhijia Yin, East China Normal University

B4. Difficulties and Solutions of Intelligent Fitness Assistance Device to Help Students with Weak Physical Fitness

Yucui Liu, Central China Normal University

B5. Research on the satisfaction of physical education of senior high school entrance test in Zhengzhou

Haoliang Sima, Zhenzhou University

Zhendong Zhang, Zhenzhou University

Zeyuan Wang, Zhenzhou University

Heng Wang, Zhenzhou University

B6. Research on the innovation and construction path of physical education teacher education model in China

Zeyuan Wang, Zhenzhou University

Zhendong Zhang, Zhenzhou University
Dong Li, Zhenzhou University

B7. Investigation Research on Chinese College Students' E-sports

Tengfei Wang, East China Normal University
Xiaozan Wang, East China Normal University
Mingming Guo, East China Normal University

B8. Integration of physical education: A study of the impact and pathways of physical function training in school sports

Cheng Peng, Zhengzhou University
Xueling Zhang, Zhengzhou University
Yufan Jiang, Zhengzhou University

Oral Presentation Session – Group C

10:00pm-11:30pm (US Eastern Time Friday)/10:00 am-11:30 am (Beijing Time Saturday)

Presider: Dr. Jiling Liu, Texas A&M University

C1. An analysis of the Construction and Development of ‘Starry Star’ Training Camp in Zhengzhou City

Zhaoxin Ma, Zhengzhou University
Ling Niu, Zhengzhou University
Xinyue Kong, Zhengzhou University
Yongqiang Chang, Zhengzhou University
Zhiying Guo, Zhengzhou University

C2. Research on physical exercise behavior and motivation of Postgraduates

Liting Pang, Yangzhou University; Southwest University of Science and Technology
Qinghua Gou, Southwest University of Science and Technology
Zhanchen Ye, Longquan School Affiliated to Chengdu Research of Educational Sciences
Jilong Yang, Hainan Tropical Ocean University

C3. Study on the influencing factors of college students' physical health

Yuan Shang, Zhenzhou University
Zhendong Zhang, Zhenzhou University
Ying Zhang, Zhenzhou University
Yonghuan Chen, Zhenzhou University
Hangqi Zhang, Zhenzhou University

C4. The Relationship Between Fundamental Motor Skills and Physical Fitness in Children Aged 7-12 Years

Caifang Wu, Southern Connecticut State University
Xiaozan Wang, East China Normal University
Qinping Xu, East China Normal University
Lingsong Kong, University of Massachusetts Amherst

C5. Influence of Intergenerational Parenting on Gross Motor Skills Among Children Aged 3-6 years old

Jiachen Lu, East China Normal University

Xue Zhang, East China Normal University

Yaohui He, East China Normal University

C6. Research on Evaluation Index System of Sports Events over Urban Development Based on Symbiosis Theory

Hanzhi Dai, Changan University

C7. The Development of College Ice Hockey in China: Leveraging the Success for Beijing 2022

Hongxin Li, Zhengzhou University of Light Industry

Yunchao Bai, Beijing Sport University,

C8. Effect of Physical Exercise on Life Satisfaction of Chinese Primary Students: The Chain Mediating Role of Self-confidence and Resilience

Huan-yu Li, Wuhan Sports University

Bo Shen, Wayne State University

Jun Yan, Yangzhou University

Ai-guo Chen , Yangzhou University

Ting Zhang, Central China Normal University

Oral Presentation Session – Group D

10:00pm-11:30pm (US Eastern Time Friday)/10:00 am-11:30 am (Beijing Time Saturday)

Presider: Dr. You Fu, University of Nevada

D1. Experimental Study on the Effect of Exercise Intervention on Social Ability of ADHD Children

Haoye Shen, East China Normal University

Xiaozan Wang, East China Normal University

Meiyuan Chen, East China Normal University

Xizhe Bai, East China Normal University

Xinyue Mao, East China Normal University

Hao Li, East China Normal University

Yiang Yuan, East China Normal University

D2. The Effects of Yoga on College Students' Mental Health: A Systematic Review

Jiang Yumei, Hua, Zhong University of Science and Technology

Pu Yingya, HuaZhong University of Science and Technology

Shen Bo, Wayne State University

DingChen, HuaZhong University of Science and Technology

D3. Analysis and prospect of research progress of health education curriculum in China

Xue Wan, East China Normal University

Haohui Liu, East China Normal University

Zhihua Yin, East China Normal University

D4. Effects of Continuous Exercise on Physiological Indexes of Middle-aged and Elderly Chronic Patients in Northwest China

NIU Jianzhuang, Xidian University

NIU Zhen , Xi 'an University of Finance and Economics

REN Xiangyu, Xian Medical College

YU Xuemei , Xi 'an University of Finance and Economics

GAO Nina, Shaanxi Xueqian Normal University

SHAO Nina, Schools for Children of XiJing Company

ZHANG chengyi, Kashgar University

D5. Theoretical analysis on the optimization and integration of college PE curriculum education and teaching system

Nie Dong Feng; Northwestern Polytechnical University, Xi 'an

Chu Hangyu; Northwestern Polytechnical University, Xi 'an

Ji Chenyu, Northwestern Polytechnical University, Xi 'an

D6. The Mood and Physical Activity(PA) of the Tibetan and Han University Students during the COVID-19

ZHANG Liqiang, Xizang Minzu University

GAO Huina, Shaanxi Institute of International Trade & Commerce

D7. Effects of Personalized Aerobic-Exercise and Resistance-Training Prescriptions for College Students with Anxiety during the COVID-19

Yuanhui ZHAO, Beijing Sport University

Wenxing WANG, Beijing Sport University

Fang GAO, Beijing Sport University

Bowen CUI, Beijing Sport University

Chun HU, Beijing Sport University

Wenlang YU, Beijing Sport University

Mengdie WANG, China Institute of Sport Science

Hong REN, Beijing Sport University

D8. Exercise Prescription in Patient with Different Complications of Leukemia : Recommendations for Clinical Practice

Yanzhong Chen, Beijing Sport University

Hong Ren, Beijing Sport University

D9. The Effect of Exercise Intervention On Uric Acid: A Meta-analysis

Wenlang YU, Beijing Sport University

Wenxing WANG, Beijing Sport University

Yuanhui ZHAO, Beijing Sport University

Shichao ZHANG, Beijing Sport University

Hong REN, Beijing Sport University

Oral Presentation Session – Group E

10:00pm-11:30pm (US Eastern Time Friday)/10:00 am-11:30 am (Beijing Time Saturday)

Presider: Dr. Haichun Sun, University of South Florida

E1. Independent and combined associations between physical activity and sedentary time on sleep quality among Chinese PE and Non-PE college students

Dan Li, Hunan Normal University

Xianxiong Li, Hunan Normal University

E2. Effects of exercise on cardiopulmonary function in patients with obstructive sleep apnea: a systematic review and meta-analysis

Jiale Peng, Beijing Sport University

Hong Ren, Beijing Sport University

E3. Effects of body composition on weight-bearing staging in firefighters——Based on linear, PLS regression model analysis

HongYe Li, South China University of Technology

E4. Effects of dragon boating intervention on physical function and psychological health of breast cancer survivors

Bang Wang, Shanghai University of Sport

Hongying Wang, Shanghai University of Sport

E5. A Comparison of Fundamental Movement Skills in Children with Autism Spectrum Disorder and Typically Developing Children

Liangshan Dong, China University of Geosciences

Bo Shen, Wayne State University

Jin Bo, Eastern Michigan University

Yanli Pang, Central China Normal University

Yu Song, Central China Normal University

E6. Construction of evaluation system of effectiveness of supply based on spatial perspective

Tienan Song, Shenyang sport University

Haikuo Yu, Shenyang sport University

E7. Experimental Study on Effects of Physical Exercise Function Training on Physical Health of Primary School Students

Mingzhuo Yan, East China Normal University

Zhihua Yin, East China Normal University

E8. Quality of community sports service distribution and behavior intention of the elderly

Yani Cui, Shanghai Institute of Physical Education

Hongying Wang, Shanghai Institute of Physical Education

Oral Presentation Session – Group F

10:00pm-11:30pm (US Eastern Time Friday)/10:00 am-11:30 am (Beijing Time Saturday)

President: Dr. Tao Zhang, University of North Texas

F1. Research on subjective evaluation of indoor environment of commercial equipment fitness Gymnasium

Wangyang Yu, Shanghai University of Sport

Hongying Wang, Shanghai University of Sport

F2. Developing Sustainable Snow Sports Education Programs for Adolescent Participation

Zhaofei Chen, Ithaca College; Capital University of Physical Education and Sports

Wei Zuo, Capital University of Physical Education and Sports

Hongwei Guan, Ithaca College

F3. The present situation and Future Prospect of online Fitness in the Post-epidemic era

Tang Xiao, South China Normal University

Lu YongKang, South China University of Technology

F4. Effects of Soft Golf on physical fitness of children aged 4 to 5 years

Qingyue Lin, Shanghai University of Sport

Wangyang Yu, Shanghai University of Sport

Hongying Wang, Shanghai University of Sport

F5. Measuring Invariance of Theory of Planned Behavior Model on Online Fitness Program Participation During the COVID-19 Pandemic

Ran Wei, Guangzhou Sport University

Yuanlong Liu, Western Michigan University

Brooks Applegate, Western Michigan University

Colin Cork, Western Michigan University

F6. Research Progress and Trend of School Sport Psychology

BingBing Zhong, Yangzhou University

HaiChun Sun, University of South Florida

Jun Yan, Yangzhou University

F7. A Comparison of After School Physical Activity Implementation between China and USA

DANJI LU, Western Michigan University

YUANLONG LIU, Western Michigan University

F8. Influence of Physical Activity on Heart Rate Variability in Physically Inactive Adults: A Meta-Analysis

Lingsong Kong, University of Massachusetts

Qin Yang, Southern Connecticut State University