We are pleased to invite you to attend the scientific symposium

**Physical Activity Continuum Throughout the Lifespan:**

**Is exercise a medicine or what?**

The symposium will take place on November 10-11 2015 at the Exercise Health and Technology Center on the beautiful Minhang Campus.

The symposium aims to create critical debates and emphasizes interdisciplinary exchange of knowledge through invited keynote presentations, round table discussions, and oral and poster presentations.

**Organising Committee**

Shanghai Jiao Tong University and China National Sport Science Association

We look forward to seeing you in Shanghai!

**Symposium Chairman Professor Sulin Cheng**
Speakers

Prof. Sulin Cheng  
Chair Professor, Shanghai Jiao Tong University, China  
Professor of Health Science and Technology  
University of Jyvaskyla, Finland

Prof. Andy Smith  
Professor of Exercise and Sport Sciences  
York St. John University, UK

Prof. Taru Lintunen  
Professor of Sport and Exercise Psychology  
University of Jyvaskyla, Finland

Dr. Mark Nesti  
Reader (Associate Professor), Psychology in Sport  
Liverpool John Moores University, UK

Professor Yun Chang  
Professor of Sport Medicine  
China National Sport Science Research Institute, China

Professor Zhengzhen Wang  
Professor of Exercise and Metabolic Disorders  
Beijing Sport University, China

Professor Li Li Ji  
Director of the School of Kinesiology  
University of Minnesota, US

Professor J. Larry Durstine  
Distinguished Professor, Department of Exercise Science  
University of South Carolina, US
**Professor Scott Powers**  
Distinguished Professor, Department of Applied Physiology & Kinesiology;  
Director of the Center for Exercise Science  
University of Florida, US

**Dr. Zsolt Radak**  
Associate Professor and Head of the Faculty of Human Kinesiology  
Semmelweis University, Hungary

**Professor Albert Gollhofer**  
Director of the Institute of Sport and Sport Science  
Freiburg University, Germany

**Dr. Juha Hulmi**  
Docent in Exercise Physiology, Finnish Academy Researcher  
University of Jyväskylä and University of Helsinki, Finland

**Dr. Petri Wiklund**  
Researcher  
University of Jyväskylä, Finland

**Dr. Jørgen Povlsen**  
Head of Department of Sports Science and Clinical Biomechanics  
University of Southern Denmark

**Professor Gisela Sjøgaard.**  
Department of Sports Science and Clinical Biomechanics  
University of Southern Denmark

**Dr. Jens Troelsen**  
Head of Research Unit for Active living  
Department of Sports Science and Clinical Biomechanics  
University of Southern Denmark
# Physical Activity Continuum Throughout the Lifespan: "Is exercise a medicine or what?"

<table>
<thead>
<tr>
<th>TIME</th>
<th>9th Nov (Monday)</th>
<th>10th Nov (Tuesday)</th>
<th>11th Nov (Wednesday)</th>
<th>12th Nov (Thursday)</th>
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<tbody>
<tr>
<td>8:15-9:00</td>
<td>Arrivals</td>
<td>Conference Day 1</td>
<td>Conference Day 2</td>
<td>Check-out from the hotel</td>
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<tr>
<td>9:00-9:45</td>
<td>Prof. Andy Smith: Recreation not medication: Exercise for community and individual wellbeing</td>
<td>Prof. Gonzalo Zepeda: Exercise is more than medicine: the working age population's wellbeing and productivity</td>
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<td>9:45-10:15</td>
<td>Coffee and Tea, poster session (1-20)</td>
<td>Coffee and Tea, poster session (21-40)</td>
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<tr>
<td>10:15-11:00</td>
<td>Registration</td>
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<td>Conference Closing</td>
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<tr>
<td>11:00-11:45</td>
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<td>11:45-13:15</td>
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<td>13:15-14:00</td>
<td>Lunch</td>
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<td>14:00-14:45</td>
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<td>14:45-15:15</td>
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<td>15:15-16:00</td>
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<td>15:15-17:00</td>
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<td>16:00-17:30</td>
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<td>17:30</td>
<td>Free discussions</td>
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<td>Conference Closing</td>
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Abstract Submission

The abstract submission for oral and poster presentations is now open. By submitting your abstract, you can become part of this interdisciplinary symposium of exercise and health science, gaining international visibility for your work and find important collaborations for your future research.

We look forward receiving abstracts of **300 words** within the following topics:

- Physical Activity and Omics
- Exercise and Metabolic Disorder
- Exercise and Well-being
- Sport and Exercise Across the Lifespan
- Excessive Exercise

Please Use the Abstract Template provided. The deadline of abstract submission is **30th September, 2015**.

Please send your abstract with the heading Abstract_YourSurname (for example, Abstract_Cheng) to ehtsymposium@sjtu.edu.cn. The notification of acceptance will be on **15th October, 2015**.
Venue

The symposium is held at Minhang Campus of Shanghai Jiao Tong University, at the Guangming Stadium.

For further information, see: http://en.sjtu.edu.cn/about-sjtu/life-sjtu/campus-maps

Accommodation

We recommend booking your accommodation from the campus hotel.

For further information, see: http://en.sjtu.edu.cn/about-sjtu/life-sjtu/accommodation/hotels-on-campus

Contact

For additional information, please contact our conference secretary Dr. Noora Ronkainen at ehtsymposium@sjtu.edu.cn
**Abstract Form**

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<tr>
<th>Name of Presenter</th>
<th>Institution</th>
<th>Email</th>
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**Title of the presentation:**

Name:

Institutes:

**Abstract:**

Please submit an abstract of no more than 300 words. Use Times New Roman, size 12 font. Use the following sub-headings: *Objectives, Methods, Results, and Conclusions.*
Registration Form

The attendance is *free of charge*, but you must register in advance by sending us the form below. The space is limited to 100 people.

‘Physical Activity Continuum Throughout the Lifespan’
Shanghai, China • November 10-11, 2015

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<tr>
<th>Name</th>
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<th>Role at the symposium</th>
<th>□ Participant □ Presenter □ Exhibitor □ Sponsor □ Volunteer</th>
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Please return this registration form to
[ehtsymposium@sjtu.edu.cn](mailto:ehtsymposium@sjtu.edu.cn)

*no later than 15 October, 2015.*