



U-TEAM SPORTS PERFORMANCE SEMINAR SERIES

Enhancing your knowledge on sports performance is one of key vehicles to maximize your sports potential and help you execute your best performances in the competition. This seminar series aims to introduce effective and scientifically-based strategies for enhancing sports performance and minimizing injuries for U-team members.

Recovery Exercise and Treatment after Sports Injuries

16 January 2019

Topic:

- Common sports injury and physiotherapy treatment.
- Kinesio Taping (KT tape) and its treatment.
- Sports massage and stretching exercises.

Speaker:

Mr. Joe Wong,
Registered
Physiotherapist

Sports Nutrition for Athletes to Enhance Performance

24 January 2019

Topic:

- Strategies for preparation for, fuelling during and recovery from training and competition.
- Proper amounts of macronutrients, micronutrients and fluids optimize performance.

Speaker:

Ms. Mandy Wong,
Registered Nutritionist

Sport Movement Proficiency

28 January 2019

Topic:

- Overview of movement pattern training.
- Basic principle of optimizing performance and minimizing injury.
- Way to optimizing functional fitness and learning progression.

Speaker:

Mr. Kenneth Liang,
Health and Fitness
Officer, CSE, HKU

Limited seating, first come first served.

Enrollment: please send your full name, team name and student ID to matfung@hku.hk

Inquiries: Mr. Matthew Fung, Sport and Recreation Officer (matfung@hku.hk or 2819-8117)

U-team Sports Performance Seminar Series

Recovery Exercise and Treatment after Sports Injuries

Speaker: Mr. Joe Wong

Background: Registered Physiotherapist/ HKU graduates/ MSc in Sports Science, HKU

Date and Time: 16 January (Wednesday) 1900-2030

Venue: Multi-purpose Room 1-2, Flora Ho Sports Centre

Medium of Language: Cantonese

Injuries and fatigue are a leading factor affecting training and competition of athletes. This seminar aims at introducing common sport injuries and the best practice treatment pathway for optimum recovery and return to sport.

Topic:

- *Common sports injury and physiotherapy treatment.*
- *Kinesio taping (KT tape) and its usage/treatment.*
- *Sport massage and stretching exercise.*

Sports Nutrition for Athletes to Enhance Performance

Speaker: Ms. Mandy Wong, Registered Nutritionist

Background: Registered Nutritionist/ Author of two books on Nutrition/ Former Member of HKU Sport Climbing Team

Date and Time: 24 January (Thursday) 1900-2030

Venue: Multi-purpose Room 1-2, Flora Ho Sports Centre

Medium of Language: Cantonese

Nutrition is about fueling our bodies. With optimal nutrition, it enhances training and sports performance. This seminar is aimed at U-team athletes who wish to get more understanding about food and nutrition to support their on- and off-field performances.

Topic:

- *Apply hands-on diet strategies before, during and after exercise.*
- *Maximize gains from nutrition through food to optimize sports performance.*

Sport Movement Proficiency

Speaker: Mr. Kenneth Liang,

Background: Health and Fitness Officer, CSE, HKU/ Certified ACSM Clinical Exercise Specialist/ ACSM/ACS Certified Cancer Exercise Trainer/ NSCA Strength and Conditioning Specialist.

Date and Time: 28 January (Monday) 1900-2030

Venue: Multi-purpose Room 1-2, Flora Ho Sports Centre

Medium of Language: Cantonese

Having proper movement proficiency can help athletes improve their movement efficiency, thus making them more economical in their movement with less energy wastage for the same skill execution. This seminar will help you understand how to minimize imbalances due to overuse, which is one of the prime reasons for sports related injuries.

Topic:

- *Overview of movement pattern training (different from the traditional isolated muscle group training).*
- *Basic principle of optimizing performance and minimizing injury – find your weak link and balancing the agonist and antagonist groups.*
- *How to optimize functional fitness and learning progression.*