

ISCA Asia Report 2021-2023

1. Intergenerational Physical Activity Program

An intergenerational physical activity program called “**Now We Move via Zoom!**” was held from October to November 2021. More than 60 university students from Hong Kong Baptist University and 15 elderly people from Hong Kong Baptist Hospital Au Shuen Hung Health Centre took part in the event. Students applied their knowledge of physical activity, motor development and learning to design a lecture on health and physical activity, games, chair exercises, and physical activity for older adults. Due to the coronavirus pandemic, students offered the program to seniors via Zoom. Feedback on the program has been favorable.



2. EU-China Project Partners Reunion

On March 3, 2023, participants of the EU-China Program met again and reconnected through a Zoom meeting. More than 25 project participants signed up to attend the gathering. Attendees shared projects they are currently working on and plans for the future. ISCA colleagues explained ISCA membership programs and information of the MOVE Conference 2023 in Europe in November. It's also a great opportunity to network and explore future collaborations.

3. Gymnastics For All Festival 2023

The Gymnastics Association of Hong Kong, China organized the Gymnastics for All Festival on June 4, 2023. This was the first in live event after the COVID-19 epidemic, with a total of 21 teams and more than 580 participants participating. Participants enjoyed the exercise, and it's a great way to promote an active lifestyle.



Presented by Prof. Siu Yin CHEUNG, Chairperson, ISCA Asia
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