EXERCISE IS MEDICINE™ HEALTH TALKS

The Institute of Human Performance invites you to a program of free Health Talks under the Exercise is Medicine on Campus (EiM-OC) initiative, focusing on sharing knowledge about areas surrounding Health, Exercise, and Active Lifestyle and raising awareness of the importance of an active and healthy faculty lifestyle.

SPORT AND EXERCISE PSYCHOLOGY: A QUICK INDUCTION

Wednesday March 30, 2016
12:30 - 13:30pm
Knowles Building 1/F, KB 111, Main Campus
The University of Hong Kong

Dr. Derwin Chan
· Assistant Professor
· Chartered Psychologist (UK)

Abstract
Sport and exercise psychology applies the principles of psychology to understand and enhance individuals’ (e.g., sport participants, athletes) behaviours and performance in sport and exercise settings. In this seminar, we will firstly introduce some important theoretical concepts in sport and exercise psychology, such as anxiety, motivation, and achievement goals, and secondly we will further discuss the techniques (e.g., goal settings, relaxation, and imagery) sport and exercise psychologists commonly used for enhancing individuals’ sport and exercise performance and behaviours.

About the speaker
Dr Derwin Chan is a researcher of the health psychology and behavioural medicine. He was an elite triathlete in Hong Kong before having his education and training from the UK. Following the completion of his PhD from the University of Nottingham in 2012, he worked as a post-doctoral research fellow, and then a lecturer at the School of Psychology and Speech Pathology, Curtin University, until mid 2015. He is presently working as an assistant professor in the Institute of Human Performance, the University of Hong Kong.

MORE INFORMATION AND TO SIGN UP

As light refreshments will be provided and places are limited, signing up for the event is essential. Sign up can be done through by scanning the QR-code or at: http://tinyurl.com/EIMHealthTalk1

For more information, please contact us through 39177852 or activihp@hku.hk

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