

# 2017 Series 4 (Number 21)

## Hypoxia and Exercise on Health

Date & Time: Thursday 12 October 2017, 13:00 – 14:00 (Light lunch begins at 12:30pm)

Venue: E33 - G021, Tin Ka Ping Lecture Hall, Faculty of Education

Language: English

Audience: UM Staff / Postgraduate Students

Registration: <https://goo.gl/qjT54a>

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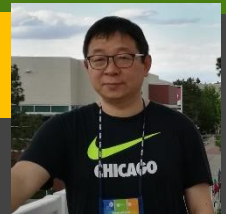


### Abstract

Hypoxic training, an effective ergogenic aid to enhance the functional capacity of the cardiorespiratory system and associated endurance performance, seems to be an efficient strategy to handle the health crisis of obesity and associated comorbidities. “Lack of time” is often cited as a key barrier to regular exercise participation. This talk is highlighting the work we have been doing - whether there is the additive effect of exercise in hypoxia to enhance cardiometabolic function as well as body composition.



### Speaker



Prof. Zhaowei KONG, Associate Professor, joined UM in 2006. His research interests are to investigate the physiological response and adaptation to exercise in different populations. Prof. Kong has published more than 40 referred journal articles including 14 articles indexed by SCI or SSCI journals. With the help of the Kinesiology Laboratory established in 2011, Prof. and his students concentrate their efforts on the improvement of health through exercise.