



# HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED

## 香港物理治療學會有限公司

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### 2022 Sports and Exercise Specialty Group

## SESG BGM cum Webinar on Blending brain fitness into physical fitness for rehabilitation and injury prevention

Most people focus on using traditional strength or stability training to enhance physical qualities in rehabilitation, injury prevention and performance enhancement. However, to deal with our real world and conditions which are always messy, unpredictable and chaotic, we need both competent physical and neurocognitive qualities. We also need to consolidate and enrich our motor engrams to enhance our movement repertoires and multi-tasking capabilities.

Our speaker will integrate both literature review, demonstrations and practical training parts to explore various interesting and interactive brain fitness exercises with us. You will be inspired and get insights on how to further upscale your current rehabilitation, injury prevention and wellness program using these novel ideas.

#### Target Audience

Any physiotherapists wishing to enhance their skills on rehabilitation and injury prevention.

#### Webinar details:

Topic:	Blending brain fitness into physical fitness for rehabilitation and injury prevention
Date:	28 October 2022 (Friday)
Time:	18:30 - 20:00
Presenter:	Mr. Indy Ho
Mode:	Webinar via Zoom Apps
Teaching medium:	In Cantonese/English
CPD:	1.5 points (pending official endorsement)
Course fee:	HKPA SESG members: Free of charge HKPA/MPTA members: HKD 50 Non-HKPA members: HKD 550
Deadline:	28 September 2022 (Wednesday)

**Apply here !**



## Remarks:

- To enroll in the course, please scan the QR code for online registration.
  - The cheque is payable to “Hong Kong Physiotherapy Association Limited” with your name and contact number at the back. Please do not staple the cheque.
  - Enrollment priority will be given to **SESG members**.
  - Successful applicants will be notified by email with ZOOM meeting ID on **26 October 2022**.
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- For queries regarding the application, please contact us at [hkpassg@gmail.com](mailto:hkpassg@gmail.com)

## Speaker biography:



Indy is the Associate Program Director of the Asian Academy for Sports and Fitness Professionals. After obtained the bachelor’s degree of Physiotherapy, he has spent years in fitness industry as an educator and participated in many local and overseas sports tournaments or events as a team or on-field physiotherapist. He has been teaching as a senior lecturer in THEi for the Bachelor of Social Sciences in Sports and Recreation Management for 10 years. Furthermore, he was the strength and conditioning coach for the Hong Kong orienteering elite squad.

Currently he is studying in the PhD program in kinesiology area at the University of Zagreb. Before this, he has obtained his first master’s degree in Exercise Science (Strength and Conditioning) in Australia and the level 2 Strength and Conditioning Coach (ASCA) in the Australian Institute of Sport (AIS). Recently he has obtained his second master’s

degree in data science and the professional certificate in Neuroscience and Training from the Barca Innovation Hub – Universitas, FC Barcelona.

Using the inter- or trans-disciplinary approach, Indy has made several special achievements with his diversified knowledge and skills. He has published several peer-reviewed papers in SCI journals as the first or corresponding authors for different areas (kinesiology, machine learning, education, health, and fitness). He was also the guest reviewer for several impactful journals in sports science, wearable sensors, and football medicine areas. Besides, he is also the inventor of a novel fitness training model called “All-round Fitness Training Enhancement System – AFTes<sup>®</sup>”. He has introduced the brain fitness concept into the AFTes<sup>®</sup> model and promoted the importance of brain fitness to the community via various channels. Besides, he has also invented another novel method called, “Plyometric Stress Index” to quantify the intensity and stress level of plyometric exercises while this concept was recently accepted for publication in a French SCI journal, Science and Sports (In press).