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第 1 回スポーツ科学セミナー

広島大学スポーツ科学センター主催

Fatness–thinness paradox: a scourge of modernity
現代性の災い：肥満と痩せ過ぎのパラドックス

日時：2009 年 7 月 6 日（月曜）16:30～17:30

場所：総合科学部 J306

演者：Dr. Michael Chia

Head Physical Education & Sports Science, National Institute of Education,
Nanyang Technological University, SINGAPORE

使用言語：英語

参加費：無料

概要

The presentation highlights the dilemma faced by Singapore society as she grapples with the inimical effects of juvenile obesity and at the same time combat eating disorders among school-going youth. The associations between adult-type health ailments and physical inactivity are explained and data on Singaporean youth suggest that a large majority of adolescents are physical inactivity on a daily basis for long stretches of time. This represents a potential problem-in-the-making, if the issue is left unchecked over the longer term. Pilot research reveals that many underweight and normal weight adolescents voice continued intentions to lose body weight and this also indicate an unhealthy obsession with body weight. A balanced approach is required in tackling this fatness-thinness paradox among young people. Research truisms on prevalence and associated issues of both fatness and thinness will be presented.

■問合せ先■

広島大学大学院総合科学研究科

関矢寛史 Tel. 082-424-6587

電子メール：hsekiya@hiroshima-u.ac.jp

