Departmental Seminar

From sensori-motor to cognitive control of balance - A Tai Chi solution for balance disorders in older subjects

Dr. William Tsang

Assistant Professor
The Hong Kong Polytechnic University

Date: 10th November 2010 (Wed)
Time: 12:30 - 2:00 pm
Venue: ST522, 5/F,
The Hong Kong Polytechnic University

Dr. William Tsang holds a professional diploma in physiotherapy from the Hong Kong Polytechnic, a PgD in biomechanics from the University of Strathclyde, a PgD in epidemiology and applied statistics and an MPhil from the Chinese University of Hong Kong, and a PhD from the Hong Kong Polytechnic University.

In this seminar, Dr. Tsang will share his research on falls prevention for older adults which has focused on tackling their balance problems using Tai Chi, a Chinese therapeutic exercise. He uses a sensori-motor model to investigate Tai Chi’s underlying mechanism in improving balance control. Tai Chi’s mind component and the cognitive control of balance will be introduced in the second part of the seminar. The latest experimental findings on the mind-and-body elements of Tai Chi and their relevance to the clinical context will be discussed.

Dr. Tsang’s current research interest is eye-hand coordination with a concurrent postural control task, which he studies in elite basketball players, stroke survivors and frail older adults.

Parking is available – please contact Miss Rosita Tam (E-mail: rsrosita@inet.polyu.edu.hk) for a parking voucher
Enquiries: Mr. Yanwen Xu (Tel: 2766 6743; email: 08902917R@polyu.edu.hk)
Sandwiches, coffee and tea will be provided.