

Curriculum Vitae

Personal Information



劉永松教授

Prof. Patrick W. C. Lau

Position: Professor
Department of Physical Education
Research focus: Exercise & overweight children's behavioral
modification, Olympic Studies
Address: Department of Physical Education
Hong Kong Baptist University, Kowloon
Tong, Hong Kong
Telephone: (852) 3411 5634
Fax: (852) 3411 5757
Email: wclau@hkbu.edu.hk

Academic Qualifications

PhD, Department of Exercise & Public Health, School of
Postgraduate Medicine and Health Science, University of Exeter,
Exeter, United Kingdom.

Master of Physical Education, Springfield College, Mass., USA.

Bachelor of Arts, The Chinese University of Hong Kong,
Shatin, N. T., Hong Kong.

Publications

1. **Lau, Patrick W.C.**, Liang, Y., Lau, Erica. Y., Choi, C. R., Kim, G. C. & Shin M. S. Evaluating physical and perceptual responses to Exergames in Chinese children. *International Journal of Environmental Research and Public Health*, in press.
2. Gao, Y., Wang, J. J., **Lau, Patrick W. C.** & Ransdell, L. Pedometer-determined physical activity patterns in a segmented school day in Hong Kong primary school children. *Journal of Exercise Science and Fitness*, in press.
3. Pitkethly, A. & **Lau, P.** Reliability and validity of the short Hong Kong Chinese self-regulation of learning self-report scale (SRL-SRS-C). *International Journal of Sport and Exercise Psychology*, in press.
4. **Lau, Patrick W.C.**, Ho, Glos, & Leung, Beeto W. C. Exercise Identity, national Identity, and the perception

- of humanistic Olympics in the Beijing 2008 Olympics. *East Asian Sport Thoughts: The International Journal for the Sociology of Sport*, in press.
5. Zhang, S. X & **Lau Patrick WC**. Investigation of cyclists' demographics, behaviors, motivation and satisfaction on cycling adventure tour in China. *Hong Kong Recreation Review*, in press.
 6. Liang, Y. & **Lau Patrick WC**, Huang, Y. J., Maddison. R. & Baranowski, T. Validity and reliability of questionnaires measuring physical activity, self-efficacy, enjoyment, social support among Hong Kong Chinese children. *Preventive Medicine Reports*, in press.
 7. Lau, Erica Y., **Lau, Patrick W. C.**, Archer, E. & Cai, B. The effects of text message content on the use of an Internet-based physical activity intervention in Hong Kong Chinese adolescents. *Journal of Health Communication*, in press.
 8. **Lau, Patrick W. C.**, Wong, D., Ngo, J. K., Liang, Y., Kim, G. C. & Kim, H. S. Effects of high-intensity intermittent running exercise in overweight children. *European Journal of Sport Science*, DOI:10.1080/17461391.2014.933880.
 9. Liang, Y. & **Lau Patrick WC**. (2014). Effects of Active Video Games on Physical Activity and Related Outcomes among healthy children: A systematic review. *Games for Health Journal*, 3(3), 122-144.
 10. Fu, L. G., Wang, H. J., Li, X. H., Wang, Z. Q., **Lau, P. W. C.**, Yang, Y. D., Meng, X. K. & Ma, J. (2014). An objective measure to evaluate actual body shape among children and adolescents in China. *Biomedical and Environmental Sciences*, 27:1-13.
 11. Gao Y, Chan EYY, Li LP, **Lau PWC**, Wong TW. Chronic effects of ambient air pollution on respiratory morbidities among Chinese children: a cross-sectional study in Hong Kong. *BMC Public Health*, 2014, 14: 105. (doi: 10.1186/1471-2458-14-105; <http://www.biomedcentral.com/1471-2458/14/105>)
 12. Song Y, Wang HJ, Ma J, **Lau PW**, Hu P, Zhang B, et al. BMI-for-age Z-score distribution shifts among Chinese children: Gender disparity. *Obesity*, 2014; 22(4): 1187-1193.
 13. Wong, Angela K. F. & **Lau, Patrick W. C.** (2014). An investigation into the service quality between private and public horse riding schools in Hong Kong. *Hong Kong Recreation Review*, 26, 21-27.
 14. Jiang D. & **Lau, Patrick W. C.** (2014). Residents' Perceptions of the Impacts of the 2013 Chinese Grand Prix. *Hong Kong Recreation Review*, 26, 31-41.
 15. Chung, P. K., **Lau, Patrick W. C.** & Tong, T. K. (Ed.). (2013). *Youth, health and technology*. Hong Kong Baptist University.
 16. **Lau, Patrick W. C.**, Wong, P., & Ransdell, L. (2013). Influence of Perceived to Actual Body Ratings on Peer Relationships and Physical Self-Concept in Chinese Children. *International Journal of Physical Education*, 50(2), 13-25.
 17. Liu, H. M. & **Lau, Patrick W. C.** (2013). Review and preview of local youth sports development: A holistic perspective of Hong Kong's youth sports policy. *Hong Kong Recreation Review*, 25, 39-44.
 18. Xia, Q., **Lau, Patrick W. C.** & Pitkethly, A. (2013). A review of the sports agents system. *Hong Kong Recreation Review*, 25, 15-28.
 19. **Lau, Patrick W.C.** & Chan, Eric C. H. (2012). A Comparison of Australia, Singapore & Hong Kong Sport policy. *Asian Journal of Physical Education & Recreation*, 18 (1), 58-75.
 20. Lau, Erica Y., **Lau, Patrick WC.**, Chung, Pak-kwong, Ransdell, L., & Archer, E. (2012). Evaluation of an Internet-SMS-based intervention for promoting physical activity in Hong Kong Chinese adolescent school

- children: A pilot study. *Cyberpsychology, Behavior, and Social Networking*, 15(8), 425-434.
21. **Lau, Patrick W. C.**, Lau, Erica. Y., Choi, C., Leung, Beeto W. C., & Wong C. W. M. (2012). Correlations between physical activity, body mass index, anxiety, depression, and quality of life in Hong Kong Chinese adolescents. *International Journal of Physical Education*, 49(1), 28-38.
 22. **Lau, Patrick W. C.**, Lam, Michael H.S. & Leung, Beeto W. C., Choi, C. & Ransdell, L. (2012). The longitudinal changes of national identity in Mainland China, Hong Kong and Taiwan before, during and after the 2008 Beijing Olympics. *The International Journal of the History of Sport*, 29 (9), 1281-1294.
 23. Siu PM, Tam SK, **Lau PW**, & Wong SH. (2012). The association of nonsteroidal anti-inflammatory drug use and self-reported running performance in recreational marathon runners. *Gazzetta Medica Italiana - Archivio per le Scienze Mediche*, 171 (2), 173-180.
 24. Wong, P., Chamari, K., Chaouachi, A, Luk, T.C. & **Lau P.W.C.** (2011). Heart rate response and match repeated-sprint performance in Chinese elite youth soccer players. *Asian Journal of Physical Education & Recreation*, 17 (2), 42-49.
 25. Wong, K. & **Lau, Patrick W. C.** (2012). The impact of outdoor adventure programs in life effectiveness on Hong Kong adolescents. *Hong Kong Recreation Review*, 24, 3-16.
 26. Wong, P., Chaouachi, A., Castagna, C., **Lau, P.W.C.**, Chamari, K. & Wisloff, U. (2011). Validity of the Yo-Yo Intermittent Endurance Test in young soccer players. *European Journal of Sport Science*, 11(5), 309-15.
 27. **Lau, Patrick W. C.**, Lau, Erica. Y., Wong, Del P., Ransdell, Lynda. (2011). A systematic review of information and communication technology-based interventions for promoting physical activity behavior change in children and adolescents. *Journal of Medical Internet Research*, 13(3), e48.
 28. Wong, Del P., Chaouachi, A., **Lau, Patrick W.C.**, Behm, David G. (2011). Short durations of static stretching when combined with dynamic stretching do not impair repeated sprints and agility. *Journal of Sports Science & Medicine*, 10, 408-416.
 29. **Lau, Patrick W. C.**, Lam, Michael H.S. & Leung, Beeto W. C. (2011). The Beijing Olympics and Expressions of National Identity in China, Taiwan and Hong Kong. In Kelly, W. W. & Brownell, S. (Eds.), *The Olympics in East Asia: Nationalism, Regionalism, and Globalism on the Center Stage of World Sports* (CEAS Occasional Monograph Series, Volume 3, Chapter 9, pp 147-160). Council on East Asian Studies, Yale University, Connecticut, USA.
 30. Wong E. L. C. & **Lau, P. W. C.** (2011). Marketing factors influence people to participate in “Standard Chartered Hong Kong Marathon 2010”. *Hong Kong Recreation Review*, 23, 4-14.
 31. Liang, Y & **Lau, P. W. C.**, Choi, Choung-rak. (2011). A Review of Post Game Facilities Use in 2008 Beijing Olympics. *Hong Kong Recreation Review*, 23, 44-48.
 32. Lau, Y. Y., **Lau, P. W. C.** & Wong, P. (2011). Can active video games be used as leisure-time physical activity to enhance physical fitness in healthy children? A preliminary analysis (pp. 107-120). In Powell, M. A. (Eds.), *Physical Fitness: Training, Effects, and Maintaining*. NY: Nova Science Publisher, Inc.
 33. Wong, P., **Lau, P. W. C.**, Mao, D. W., Wu, Y. Y., Behm, D. G., & Wisloff, U. (2011). Three days of static stretching within a warm-up does not affect repeated-sprint ability in youth soccer players. *Journal of Strength and Conditioning Research*, 25(3), 838-845.
 34. **Lau, Patrick W. C.** & Lau, Y. Y. (2010). The role of physical activity in the treatment and prevention of

- anxiety and depression in children: An overview. In Chang, C. H. (Eds.), *Sport Psychology: Coping, Performance, and Anxiety* (pp. 403-414). NY: Nova Science Publisher, Inc.
35. **Lau, Patrick W. C.** & Wai, Dora P. Y. (2010) Evaluation and recommendations of Hong Kong health promotion. *Asian Journal of Physical Education & Recreation*, 16(1), 22-34.
 36. **Lau, Patrick W. C.**, Kong, Z., Choi, C., Yu, W. C., Chan, D., Sung, RYT, & Leung, B. W. C. (2010). Effects of short-term resistance training on serum leptin levels in obese adolescents. *Journal of Exercise Science and Fitness*, 8(1), 54-60.
 37. **Lau, Patrick W. C.**, Leung, W. C. Beeto, Ransdell, L. & Wong, P. (2010). The Relationship between Sport Identity and Sport Participation in Overweight and Normal Weight Chinese Children. *International Journal of Physical Education*, 47(1), 35-42.
 38. **Lau, Patrick W. C.**, Wong, P, Chaouachi, A, Coutts, A. Chamari, K, & Luk, TC. (2009). Advanced considerations in strength training: stretching, concurrent training, and monitoring of training load. In Kai, J. T. (Eds.), *Strength training: types and principles, benefits, and concerns* (pp. 149-169). NY: Nova Science Publisher, Inc.
 39. **Lau, Patrick W. C.**, Cheung, Mike W. L., & Ransdell, L. (2009). Intervention study for Chinese overweight children—effects on exercise intention and body satisfaction. *Bio-Education Journal*, 3(1), 23-30.
 40. **Lau, Patrick W. C.**, Lam, Michael H. S. & Leung, Beeto W. C. (2009). National Identity and the Beijing Olympics: School Children's Responses in Mainland China, Taiwan & Hong Kong. *The Harmony of Civilizations and Prosperity for All---The Universal Value and the development Trend of Civilization* (pp. 167-181). Peking University Press.
 41. Yu, P. Y. & **Lau, P. W. C.** (2009). The effects of the 2008 Equestrian Olympic Games on the development of Equestrian in Hong Kong. *Hong Kong Recreation Review*, 21, 22-26.
 42. Wong, P., Mujika, I., Castagna, C., Chamari, K., **Lau, P. W. C.**, & Wisloff, U. (2008). Characteristics of world cup soccer players. *Soccer Journal*, (Jan-Feb), 57-62.
 43. **Lau P. W. C.** & Wong, P. (2008). *Parent-child Sport Series: Soccer*. Sun Ya Publications (HK) Ltd. (In Chinese).
 44. Hui, S., **Lau, P. W. C.**, Wong, G. W., Yuen, P. Y. & Lam, C. W. (2008). Effect of a school-based intervention program on physical fitness of Chinese children with obesity: The Fun-And-Fit Project. *The ICHPER-SD Journal of Research*, 3(1), 6-11.
 45. **Lau, Patrick W. C.**, Cheung, Mike W. L., & Ransdell, L. (2008). A structural equation model of the relationship between body perception and self-esteem: Global physical self-concept as the mediator. *Psychology of Sport and Exercise*, 9, 493-509.
 46. **Lau, Patrick W. C.**, Lee, A. & Ransdell, L. (2007). Parenting style and culture influences on overweight children's attraction to physical activity. *Obesity*, 15(9), 2293-2302.
 47. **Lau, Patrick W. C.**, Cheung, Mike W. L. & Ransdell, L. (2007). Sport identity and sport participation: A cultural comparison between collective and individualistic societies. *International Journal of Sport and Exercise Psychology*, 5, 66-81.
 48. **Lau, P. W. C.** (2006). The association between actual fatness, body ratings and appearance perception in children. In Kindes, M. V. (Eds.), *Body image: New research* (pp. 229-242). NY: Nova Science Publisher, Inc.

49. **Lau, Patrick W. C.**, Fox, K. R. & Cheung, Mike W. L. (2006). An Analysis of Sport Identity as a Predictor of Children's Participation in Sport. *Pediatric Exercise Science*, 18, 415-425.
50. **Lau, P. W. C.** & Yip, T. C. Y. (2006). Childhood obesity in Hong Kong: A developmental perspective and review, 1986-2005. *Journal of Exercise Science and Fitness*, 4(2), 67-84.
51. Hau, K. T., Sung, R. Y. T., Marsh, H. W., Yu, C. W., & Lau, P. W. C. (2005). Factorial structure and comparison between obese and non-obese children's physical self-concept. In H. W. Marsh & R. G. Craven & D. M. McInerney (Eds.), *Advances in self-research (Volume 2)* (pp. 257-278). Greenwich, CT: Information Age Publishing.
52. Ransdell, L.B., Detling, N., Hildebrand, K., **Lau, P.**, Moyer-Mileur, L., & Shultz, B. (2005). Can physical activity interventions change perceived exercise benefits and barriers? *American Journal of Health Studies*, 19(4), 195-204.
53. **Lau, P. W. C.** & Ransdell, L. (2005). Sport identity, physical self-perception, and physical activity and sport participation of girls and women. In Ransdell, L.B., & Petlichkoff, L. (Eds.). *Ensuring the health of active and athletic girls and women* (pp. 295-309). Reston, VA: AAHPERD Publications.
54. **Lau P. W. C.** (2005). Psychological health of obese children. In Chiu, M.Y.L. & Tsun, A.O.K. (Ed.), *Mental health for children and adolescents*. (pp. 79-100). Psychological Publishing Co., Taiwan. (In Chinese)
55. **Lau P. W. C.** (2004). *Weight management for children*. The Commercial Press, Hong Kong Limited. (In Chinese)
56. **Lau, Patrick W. C.**, Cheung, Mike W. L., & Ransdell, L. (2004). Measurement properties of subscales of the Physical Self-Descriptive Questionnaire in Chinese children. In M.K. Chin, L.D. Hensley, P. Cote & S. H. Chen, (Eds.), *Global Perspectives in the Integration of Physical Activity, Sports, Dance and Exercise Science in Physical Education: From Theory to Practice* (pp. 439-446). Hong Kong: The Hong Kong Institute of Education.
57. **Lau, Patrick W. C.**, Yu, C. W., Lee, A., & Sung, R.Y. T. (2004). The Physiological and Psychological Effects of Resistance Training on Chinese Obese Adolescents. *Journal of Exercise Science and Fitness*, 2 (2), 115-120.
58. **Lau, Patrick W. C.**, Fox, K. R. & Cheung, Mike W. L. (2004). Psychosocial and socio-environmental correlates of sport identity and sport participation in secondary school-age children. *European Journal of Sport Science*, 4(3), 1-21.
59. **Lau, Patrick W. C.**, Yu, C. W., Lee, A., So, Raymond C. H., & Sung, R.Y. T. (2004). The relationship among physical fitness, physical education, conduct and academic performance of Chinese primary school children. *International Journal of Physical Education*, 41(1), 17-26.
60. Lu, K., Quach, B., Tong, T. K. & **Lau, Patrick W.C.** (2004). Validation of leg-to-leg bio-impedance analysis for assessing body composition in obese Chinese adolescents. *Journal of Exercise Science and Fitness*, 1 (2), 97-103.
61. **Lau, Patrick W. C.**, Lee, A., Ransdell, L., Yu, C. W. & Sung, R.Y. T. (2004). The association between global self-esteem, physical self-concept and actual versus ideal body size rating in Chinese primary school children. *International Journal of Obesity*, 28 (2), 314-319.
62. Wong, H. & **Lau, P. W. C.** (2004). Examination of participants' perceptions with attributes of public water sports center. *Hong Kong Recreation Review*, 16, 28-38.
63. **Lau, W. C.** & Leung, W. C. (2003). Parental influences towards Chinese children's physical activity

- participation. *Education Research Journal*, Vol.18 (1), pp.17-40.
64. Sung, Rita Y. T., Tong, Peter C. Y., Yu, C. W., **Lau, Patrick W. C.**, Mok Geoffery T. F., Yam M. C., Lam Peggo K. W. Chan Juliana C. N. (2003). High prevalence of insulin resistance and metabolic syndrome in overweight/obese preadolescent Hong Kong Chinese children aged 9-12 years. *Diabetes Care*, Vol. 26 (1), pp. 250-251.
 65. **Lau Patrick W. C.**, Sung, Y. T., Yu, C. W., & Lam, K. W. (2003). The physiological and fitness effects of resistance training in Chinese obese adolescents. In Macao Sport Development Board (Eds.), *International Seminar on Physical Fitness and Health Development of Infant and Young Child* (pp. 110-115). Macao Sport Development Board, Macao SAR.
 66. **Lau P. W. C.** (2003). Influences of exercise to obese children. In Fu, F. & Yeung, S. Y. (Ed.), *scientific principles of exercise and fitness* (pp. 271-290). Commercial Press, Hong Kong Limited. (In Chinese)
 67. **Lau P. W. C.** (2003). Sport and society. In Wong, S. H. S. (Ed.), *Exercise for health* (pp. 195-231). Ming Pao Publisher. (In Chinese)
 68. **Lau, W. C.** (2001). Growth and maturation: The Connection with Physical Activity to Obese Children. *Journal of Physical Education & Recreation (Hong Kong)*, 7 (1): 42-48.
 69. Sung, Y. T., **Lau W. C.**, Yu, C. W., & Lam, K. W. (2001). Measurement of body fat using leg to leg bio-impedance. *Archives of Disease in Childhood*, 85:263-267.
 70. Hui, S.C., Chan, W.S., Wong, H.S.S., Wong, G.W.K., **Lau, W.C.** (2001). Evaluation of skinfolds measurement in estimating body fat of Chinese children. *Medicine and Science in Sports and Exercise*, 33(5) (supplement), S244, #1369.
 71. Hui, S.C., Wong, H.S., Wong, W.K., & **Lau, W.C.** (2001). Evaluation of body composition measurement in Chinese children. *Research Quarterly for Exercise & Sport*, 72 (supplement), A40.
 72. Hui, S.C., Wong, S.H.S., **Lau, W.C.**, & Wong, G.W.K. (2001). Cross-validation of Bioelectrical Impedance Analysis for Estimation of Body Fat in Chinese Children Age 8 to 12. In M.K. Chin, L.D. Hensley, & Y.K. Liu, (Eds.), *Innovation and Application of Physical Education and Sports Science in the New Millennium An Asia-Pacific Perspective* (pp. 487-492). Tai Po, Hong Kong: The Hong Kong Institute of Education.
 73. Hui, S.C., Wong, H.S., Wong, W.K., & **Lau, W.C.** (2000). Validity of 1-mile walk test in predicting aerobic capacity of Chinese children age 8 to 13. *Medicine and Science in Sports and Exercise*, 32(5) (supplement), S318, #1595.
 74. Hui, S.C., **Lau, W. C.**, Yuen, P. Y. (2000). Fat-Fun-Fit Project: Effects of a school-based weight loss intervention program in Hong Kong children. *Research Quarterly for Exercise & Sport*, 71 (supplement), A39-40.
 75. **Lau, W. C.** (2000) Childhood Obesity: A case from the Fun & Fit weight management program. *Care: Frisicare's Journal on Infant Nutrition*, 1: 8-9.
 76. **Lau, W. C.** (1999) Childhood obesity. *Care: Frisicare's Journal on Infant Nutrition*, 1: 8-9.
 77. **Lau, P. W. C.** (1998). *Sport and Society*. The School-based Curriculum Project Scheme, Curriculum Development Institute, Education Department, H. K.
 78. Ha, A., & **Lau P. W. C.** (1995). *Teaching of health and fitness*. Wide Angle Press Limited. (In Chinese)

Peer Reviewed Conference Papers

1. **Lau, PWC.** & Wong Y. C. (9th - 12th July, 2014). Historical Development of Physical Self-concept in Chinese. ISSA World Congress of Sociology of Sport 2014, Peking University, Beijing, China.
2. **Lau, PWC.** & Wang, J. J. (21st-24th May, 2014). School children's perception towards active video games and its potential values to school physical education. International Society of Behavioral Nutrition and Physical Activity 2014 Annual Meeting, San Diego, California, USA.
3. Liang, Y., & **Lau, P.W.C.** (27-31 May, 2014). Validity and Reliability of a Translated Physical Activity Self-Efficacy Scale among Hong Kong Children. American College of Sports Medicine's 61st Annual Meeting, Orlando, USA.
4. Liang, Y., & **Lau, P. W. C.** (21-24 May, 2014). Validity and Reliability of Translated Questionnaires Measuring Physical Activity Enjoyment and Social Support among Hong Kong Chinese Children. The 2014 Annual Conference of the International Society for Behavioral Nutrition and Physical Activity, San Diego, USA.
5. Pitkethly, A. & **Lau, P.** (21-24 May, 2014). Self-regulated learning and its association with self-report leisure-time physical activity among Hong Kong Chinese Adolescents. Paper presented at the ISBNPA conference, San Diego, California.
6. Wang, J. J., **Lau, PWC**, Zhang, Z. (17th-20th March, 2014). The effects of video games-based intervention on children's obesity-related behaviors: A review. 12th International Congress on Obesity, Kuala Lumpur, Malaysia
7. Liang, Y., **Lau, P.W.C.**, Maddison, R. (26-28 May, 2013). Study Protocol: An Investigation into the Effectiveness of an Active Video Game Intervention to Promote Physical Activity in Hong Kong Chinese School Children: A Randomized Controlled Trial. ISBNPA Post-Conference Satellite 2013: Integration of individual and environmental approaches to changing population-level physical activity behaviour, Cambridge UK.
8. **Lau, Patrick W. C.** (21-25 May, 2013). A pilot study of attractive features in Children's active video games. The 2013 Annual Conference of the International Society for Behavioral Nutrition and Physical Activity, Ghent, Belgium.
9. Liang, Y., **Lau, Patrick W. C.** & Lau, Y. Y. (2-4 Nov 2012). Evaluation of the Energy Expenditure and Cardiovascular Response of Exergames Playing in Hong Kong Children. The 11th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Shanghai University of Sport, Shanghai, China.
10. Pitkethly, A. J. & **Lau, P. W C.** (2 - 4 November, 2012). A review of the literature: Self-regulation and physical activity interventions with children. 11th Annual Conference of the Society of Chinese Scholars on Exercise Physiology and Fitness. Shanghai, China.
11. **Lau, Patrick W. C.**, Liang, Y. & Lau, Y. Y. (20th-21st Oct 2012). A pilot study on choosing active video games (AVGs) for physical activity (PA) intervention based on flow experiences of AVGs playing in Hong Kong children. 2012 International Conference on Youth, Technology & Health, Hong Kong Baptist University, Hong Kong, China.
12. **Lau, Patrick W. C.**, Wong, P. & Liang, Y. (19th-24th July 2012). Effects of high intensity intermittent running exercise on obese individual. International Convention on Science, Education and Medicine in Sport, Glasgow, Scotland, UK.
13. Liang Y. & **Lau P.W.C.** (23rd-26th May, 2012). Active Video Game (AVG): A Potential Physical Activity (PA) Intervention Tool for School Children in Exercise Motivation and Fitness. The 2012 Annual Conference of the International Society for Behavioral Nutrition and Physical Activity, Austin, USA.
14. **Lau, Patrick W. C.** & Leung, Beeto W. C. (18th May 2012). The associations between exercise identity, national identity and the perception of human Olympics in the 2008 Beijing Olympic Games. The 2012 International Olympic Seminar: "The Cultural Convergence and Positioning of East Asia in the Global Development of Olympism" Hong Kong Baptist University, Hong Kong, China.
15. Leung, Beeto W. C. & **Lau, Patrick W. C.** (18th May 2012). The sustainable effect of Olympism in Hong

- Kong after 2008 Beijing Olympics. The 2012 International Olympic Seminar: “The Cultural Convergence and Positioning of East Asia in the Global Development of Olympism” Hong Kong Baptist University, Hong Kong, China.
16. **Lau, Patrick W. C.**, Chan, E., & Leung, Beeto W. C. (4th -7th Nov. 2011). Investigation on the service quality of camp site in Hong Kong water sport center. International Camping Congress Hong Kong 2011, Hong Kong, China.
 17. **Lau, P.W.C. & Lau, E.Y.** (21st -23rd June, 2011). Evaluating the exercise intensity of a China invented active video game in Chinese children: The I-Dong. The 2011 satellite Meeting of the International Society for Behavioral Nutrition and Physical Activity: New paradigms to improve physical activity and nutrition, Queenstown, New Zealand.
 18. **Lau, P. W. C.**, Lau, E. Y., & Chung, P. K. (11th -15th July 2010). A pilot study of a web site plus SMS motivator system to physical activity behaviour change in Hong Kong Chinese adolescents. The 11th International Congress of Obesity, Stockholm, Sweden, p. 306.
 19. Lau, E. Y., **Lau, P. W. C.** & Chung, P. K. (11th -15th July 2010). The impact of using a website, email and SMS intervention to promote physical activity in Hong Kong Chinese adolescents. The 11th International Congress of Obesity, Stockholm, Sweden, p. 470.
 20. Lau, Y., **Lau, P.W.C.** (16th -19th July 2010). Can active video games improve physical fitness in children? The 9th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Beijing Sport University, Beijing, China. P.126-127.
 21. Pei XM, Tam SK, **Lau PW**, Wong SH, and Siu PM. (19th June 2010). The use of NSAID is associated with self-reported running performance in recreational Marathon runners. *Proceeding of the 3rd Hong Kong Association of Sports Medicine and Sports Science (HKASMSS) Student Conference on Sports Medicine, Rehabilitation and Exercise Science, Hong Kong, China*, p.8-9.
 22. Lau, Y., **Lau, P.W.C.** (25th – 28th May. 2010). Association among perceived benefits and perceived barriers and physical activity level in Hong Kong Chinese adolescents. The 3rd International Conference of Physical Education and Sports Science, Singapore, p.192.
 23. Leung, B. W. C., Ho, S. M. Y. & Lau, P. W. C. (5th Sept. 2009). Hope, Bullying Experiences and Psychological Well-being in adolescents—the Potential Moderation Role of Hope. World Mental Health Congress of the World Federation for Mental Health 2009, The Society of Preventive Psychiatry, the Hellenic Psychiatric Association, and the World Federation for Mental Health, Athen, Greece.
 24. **Lau, Patrick W. C.** & Leung, Beeto W. C. (12th -14th Aug. 2009). Investigation of physical education teachers’ attitude towards overweight students when contrasting with general population in Chinese community. The 8th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Hong Kong, China.
 25. Lau, Y. Y., **Lau, P. W. C.** & Chung, P. K. (12th -14th Aug. 2009). Evaluation of web-based vs. web-based plus email reminder physical activity intervention in Hong Kong Chinese adolescents. The 8th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Hong Kong, China.
 26. Lau, Y. Y., **Lau, P. W. C.** & Chung, P. K. (17th – 20th Jun. 2009). Development and feasibility of using SMS to promote physical activity in Chinese adolescents. International Society of Behavioral, Nutrition and Physical Activity 2009 Conference, Lisbon, Portugal.

27. Lau, Y. Y., **Lau, P. W. C.** & Leung, Beeto W. C. (13th – 16th Nov. 2008). The association between body mass index, physical activity, and mental health in Hong Kong children and adolescents. International Conference of Childhood Obesity 2008, The Chinese University of Hong Kong, Hong Kong, China.
28. **Lau, P. W. C.**, Wong, P., Luk, T. C. & Lau, Y. Y. (17th – 19th Oct. 2008). The impact of physical environment on Chinese students' physical activity participation and attitude in Hong Kong. The 7th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Chengdu, China.
29. Lau, Y. Y. & **Lau, P. W. C.** (17th – 19th Oct. 2008). Evaluation of a stage-based physical activity promotion website: preference of Chinese adolescents. The 7th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Chengdu, China.
30. **Lau, Patrick W. C.**, Lam, Michael H. S. & Leung, Beeto W. C. (3rd – 5th Oct. 2008). National Identity and the Beijing Olympics: School Children's Responses in Hong Kong (Phase II). An International Symposium: The Olympics in East Asia---Nationalism, Regionalism and Globalism on the Center Stage of World Sports, Council on East Asian Studies, Yale University, USA.
31. Leung, Beeto W. C., Ho, Samuel M. Y. & **Lau, Patrick W. C.** (11th – 14th June 2008). The role of teasing on adolescents' body esteem: A preliminary report. The 6th Chinese Psychologist Conference. The Chinese University of Hong Kong, Hong Kong, China.
32. **Lau, Patrick W. C.**, Lam, Michael H. S. & Leung, Beeto W. C. (14th – 16th March 2008). National Identity and the Beijing Olympics: School Children's Responses in Mainland China, Taiwan & Hong Kong. International conference: The Olympics in East Asia---Nationalism, Regionalism and Globalism on the Center Stage of World Sports, Hong Kong Institute for the Humanities and Social Sciences, The University of Hong Kong, Hong Kong, China.
33. **Lau, P. W. C.** & Lau, Y. Y. (8th -11th Jan 2008). A review of using internet website, email and short message services (SMS) to promote health behaviour change in children and adolescents. 17th International Play Association World Conference, Hong Kong Polytechnic University, Hong Kong, China.
34. **Lau, P. W. C.**, Yip, T. C. Y., Wong, P. & Luk, T. C. (14th – 16th Dec. 2007). Childhood obesity development in modern China: A Western influence? The 6th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Guangzhou, China.
35. Wong, P., **Lau, P. W. C.**, Luk, T. C., Chamari, K., & Wisloff, U. (14th – 16th Dec. 2007). Fitness profile of Chinese elite youth soccer players. The 6th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Guangzhou, China.
36. Luk, T. C., Wong, P. & **Lau, P. W. C.** (14th – 16th Dec. 2007). Relationship between heart rate and oxygen consumption among Chinese elite youth soccer players. The 6th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Guangzhou, China.
37. Lau, Y. Y., Wong, H. S., Huang, Y. J. & **Lau, P. W. C.** (14th – 16th Dec. 2007). The reliability and validity of a self-reported instrument: Children's Physical Activity Questionnaire. The 6th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Guangzhou, China.
38. Lam, M. H. S. & **Lau, P. W. C.** (14th – 16th Dec. 2007). An exploration on the perceived learning environment of mini rugby football players in Hong Kong. The 6th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Guangzhou, China.
39. **Lau, P. W. C.** (16th – 17th Nov. 2007). Psychosocial impacts of childhood obesity & the role of physical

- activities. New Horizons in Nutrition & Public Health, 10 Anniversary Symposium of Centre for Nutritional Studies, School of Public Health, The Chinese University of Hong Kong, Hong Kong, China.
40. **Lau, P. W. C.**, Cheung M.W.L., Ransdell, L., Wong, P. & Luk, T. C. (16th – 17th Nov. 2007). Chinese children's pedometer-determined physical activity patterns during the segmented school day. New Horizons in Nutrition & Public Health, 10 Anniversary Symposium of Centre for Nutritional Studies, School of Public Health, The Chinese University of Hong Kong, Hong Kong, China.
 41. **Lau, Patrick W. C.** & Chen, L. (15th – 17th Oct. 2007). The perceptions to the 2008 Beijing Olympic Games among college students in China. In X. Y. Li, (Eds.), *The Olympic Games and the Development of Sport* (pp. 164-171). Instituto Politecnico de Macau, Macau, China
 42. **Lau, Patrick W. C.** & Lam, Michael H. S. (15th – 17th Oct. 2007). Beijing Olympic 2008: A quest of the national identity for Hong Kong children. In X. Y. Li, (Eds.), *The Olympic Games and the Development of Sport* (pp. 172-183). Instituto Politecnico de Macau, Macau, China.
 43. **Lau, P. W. C.** (18th –21st Aug. 2007). The potential impact of Chinese traditional concepts of sport, physical self and health on the Olympism. From Greece to China: West meets East through Sport Multiculturalism in the Olympic Movement, Beijing, China.
 44. Wong, P., **Lau, P. W. C.** & Luk, T. C. (3rd – 7th July 2007). Relative maximal oxygen consumption correlates with Hoff test and YoYo test among Chinese elite youth soccer players. The 2007 Conference of National Physical Fitness, Macao, China.
 45. **Lau, P. W. C.** & Cheung, M.W.L. (9th –11th Feb. 2007). Intervention study for Chinese overweight children—effects on exercise behavior and physical self satisfaction. The 4th Asia-Oceania Conference on Obesity, Seoul, Korea.
 46. **Lau, P. W. C.** & Cheung, M.W.L. (25th –27th Oct. 2006). The influence of body ratings to peer relationships and physical self-concept in Chinese primary children. The 5th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Tianjin, China.
 47. **Lau, P. W. C.**, Fox, K. R. & Cheung, M.W.L. (5th – 8th July 2006). A Longitudinal Study of Sport Identity as a Mediator of Children's Participation in Sport. The 11th Annual Congress of European College of Sport Science, Lausanne, Switzerland.
 48. **Lau, P. W. C.**, Cheung M.W.L. & Ransdell, L. (16 – 19 Dec. 2005). Sport Identity and Sport Participation: A Cultural Comparison between Collective and Individualistic Societies. The 4th SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Taiwan.
 49. **Lau, P. W. C.** & Cheung M.W.L. (29 Oct. – 1 Nov. 2004). The effects of resistance training on obese adolescents' physical activity level and physical self-perception. The 3rd SCSEPF Annual Conference. The Society of Chinese Scholars on Exercise Physiology and Fitness, Sozhow, China.
 50. **Lau P. W. C.**, Sung, Y. T., Yu, C. W., Lee, A. (8/2004). The physiological and psychological effects of resistance training on Chinese obese adolescents. International Conference on Exercise Science: Negative events in the life cycle: Recreation & leisure as a counteraction, Hong Kong Baptist University, Hong Kong.
 51. **Lau, P. W. C.**, Cheung M.W.L. & Ransdell, L. (7-2004). Measurement properties of subscales of the Physical Self-Descriptive Questionnaire in Chinese children. The II International Conference for Physical Educators (ICPE 2004), The Hong Kong Institute of Education, Hong Kong.

52. **Lau, P. W. C.**, Leung B.W.C. & Ransdell, L. (4-2004). Sport Identity and Sport Participation: A Comparison between Obese and Non-obese Children. The Australian Association of Exercise and Sports Science Inaugural Conference 2004, Brisbane, Australia.
53. **Lau, P. W. C.**, Quach, B., Lu, K. & Tong, K. K. (10-2003). Body composition measurement in Chinese obese adolescents: BIA vs. DEXA. The 2nd SCSEPF Annual Conference, The Society of Chinese Scholars on Exercise Physiology and Fitness. Macao.
54. **Lau, P. W. C.** & Kong, Z. W. (10-2003). Leptin concentrations after 6-week resistance training in obese adolescents. The 2nd SCSEPF Annual Conference, The Society of Chinese Scholars on Exercise Physiology and Fitness. Macao.
55. **Lau P. W. C.**, Sung, Y. T., Yu, C. W., Lam, K. W. (9/2003). The physiological and fitness effects of resistance training in Chinese obese adolescents. International Seminar on Physical Fitness and Health Development of Infant and Young Child. Macao Sport Development Board, Macao SAR.
56. **Lau, W. C.** & Lee, A. (6/2003). The associations between global esteem, physical self-concept and body rating in Chinese primary school children. The 4th Congress of Sport Psychology of ASPASP, Seoul, Korea.
57. **Lau, W. C.** & Lee, A. (10/2002). Parental influences on Chinese obese children's attraction to physical activity. International Sports Science Conference: Health Promotion, Wellness and Leisure: Major Components of Quality of Life. 5th – 6th, Oct. 2002. Hong Kong Baptist University. Hong Kong, China.
58. Hau, K. T., Sung, R. Y. T., Yu, C. W. & **Lau, W. C.** (8/2002). Factorial structure and comparison between obese and non-obese Chinese children's physical concept. Paper presented in Self-concept Enhancement & Learning Facilitation (SELF) Biennial International Conference, Sydney, Australia.
59. **Lau, P. W. C.** & Leung, B. W. C. (7/2002). Parental influences towards Chinese children's physical activity participation. The 7th Annual Congress of the European College of Sport Science, Greece.
60. Guldán GS, Au Yeung KM, Wan CW, Choi KY, Chui KH, Chiu HY, Chee YO, Chow CB, **Lau WC**, Ma K, Yiu N, Ho WSK. (4/2002). Combating obesity among Hong Kong Primary and Secondary Students: The FUN-IN-SEVEN Program. Presented at the symposium and workshop "Forging Effective Strategies for Prevention and Management of Overweight and Obesity in Asia: Research Education Partnerships", Organized by ILSI, Singapore.
61. Guldán GS, Au Yeung KM, Wan CW, Choi KY, Chui KH, Chiu HY, Chee YO, Chow CB, **Lau WC**, Ma K, Yiu N, Ho WSK. (2/2002). Fighting childhood obesity in Hong Kong. Presented at the 2002 National Leadership Conference to Strengthen HIV/AIDS Education and Coordinated School Health Programs, Washington DC.
62. **Lau, W. C.** (6/2001). Health Tutoring Intervention on Overweight School Children: A Family Monitoring Approach. Asian Pacific Conference on Health Promotion, 2001, The Chinese University of Hong Kong, Hong Kong.
63. Au Yeung KM, Guldán GS, Choi KY, Chee YO, Yiu SP, Ho SK, **Lau WC**, Ma K, Chiu HY, Chui KH, Chow CB. (11/2001). School-based healthy lifestyle promotion for primary school students improves student knowledge, attitudes, and practices: the "FUN-IN-SEVEN" Programme. Presented at the 5th Annual Nutrition Symposium, Center for Nutritional Studies, CUHK, Hong Kong.
64. Wan CW, Guldán GS, Choi KY, Chee YO, Yiu SP, Ho SK, **Lau WC**, Ma K, Chiu HY, Chui KH, Chow CB. (11/2001). Did the "Fun-In-Seven" healthy lifestyle and physical activity promotion have a positive impact

- on our Hong Kong adolescents' knowledge, attitudes, and behavior? Presented at the 5th Annual Nutrition Symposium, Center for Nutritional Studies, CUHK, Hong Kong.
65. Sung, R. Y. T. & **Lau, W. C.** (10/2000). Measurement of Body Fat Using Bio-impedance Method in Children. First Asian Congress of Paediatric Nutrition, Thailand.
 66. **Lau, W. C.**, Hui, S.C., Wong, W.K., Yuen, P. Y. (7/2000). Behavior Modification for Obese Children in Hong Kong: A Fun & Fit Approach. International Conference for Physical Educators: Innovation and Application of Physical Education and Sports Science in the Next Millennium --- An Asia-Pacific Perspective, Hong Kong Institute of Education, Hong Kong.
 67. Hui, S.C., Wong, H.S., Wong, W.K., **Lau, W. C.** (4/2000). Validity of 1-mile Walk Test in Predicting Aerobic Capacity of Chinese Children Age 8 to 13. The American College of Sports Medicine 47th meeting, USA.
 68. **Lau, W. C.** & Fox, K. (11/1999). Sport Identity and Sport Participation in Hong Kong children. The 3rd International Congress Asian-South Pacific Association of Sport Psychology (ASPASP) Sport Psychology: East Meets West, China.
 69. **Lau, W. C.** (6/1999). Fun & Fit: Weight Control Program for Obese Children in Hong Kong. Hong Kong Childhood Obesity Seminar 1999, Department of Sports Science & Physical Education, The Chinese University of Hong Kong, Hong Kong.
 70. Wong, H. S. & **Lau, W. C.** (4/1999). Physiological characteristics of universiade female swimmers. The XIIIth FINA World Sports Medicine Congress: Aquatic Sports Medicine for New Century, Hong Kong.
 71. **Lau, W. C.** & Fox, K. (11/1998). Sport Identity And Participation In School Children. The 13th Asian Games Scientific Congress, Thailand.
 72. **Lau, W. C.** & Chan, C. M. (4/1998). The Influence of Parental Attitude to Physical Activity during Childhood on their Children's Attitude towards Physical Activity. The Research Symposium 98, Teaching and Coaching in Sports and Physical Education, Department of Sports and Physical Education, CUHK, Hong Kong.
 73. **Lau, W. C.** (11/1997). An Investigation of Social Factors for Sport Participation of School Children. The 14th Annual Conference of The Hong Kong Educational Research Association, Hong Kong.
 74. **Lau, W. C.** (11/1996) Social-psychological Determinants of School Children's Sport Participation. The 13th Annual Conference of The Hong Kong Educational Research Association, Hong Kong.
 75. Chan, C. M., **Lau, W. C.** & Louie, L. H. L. (11/1991). The Effect of Imagery as a Goal-Setting Devise in Weight Training. The 1st Asian South Pacific Association of Sport Psychology International Congress, Australia.

Invited Lectures/Keynotes

1. Lau, Patrick W. C. (9th Dec. 2014). The Role of Physical Activity in the Promotion of Mental Health. The 60th Anniversary Symposium on Mental Health: Is depression preventable? Mental Health Association of Hong Kong, Hong Kong.
2. Lau, Patrick W. C. (12th Nov 2014). Research Method: How to identify research topic and maximize the benefits of literature review. Institute of Child and Adolescent Health, Peking University, Beijing, China.
3. Lau, Patrick W. C. (9th Nov 2014). Sport & Technology: Effects of Active Video Games on Promoting

- Physical Activity among Local Children. Hong Kong Science Museum, Hong Kong.
4. Lau, Patrick W. C. & Liang Y. (25th Oct 2014). Evaluating Physical and Perceptual Responses to Exergames in Normal-Weight and Overweight Children. The 20th Anniversary of KSSPE International Conference, Korean Society for the Study of Physical Education, Seoul, South Korea.
 5. Lau, Patrick W. C. & Liang Y. (21st Aug 2014). Effects of Active Video Game Intervention on Promoting Physical Activity among Hong Kong Chinese Children. The 2014 Incheon Asian Games International Sport Science Congress, Seoul, South Korea.
 6. Lau, Patrick W. C. (14th Feb 2014). The role of physical education for healthy life. The 5th KSSPE International Conference, Korean Society for the Study of Physical Education, Seoul, South Korea.
 7. Lau, Patrick W. C. (23rd Nov 2013). Intervention study of Active Video Games on sedentary children's aerobic fitness, physical activity level and exercise-related self-efficacy. Seminar of Graduate Institute of Physical Education, National Taiwan Sport University, Taiwan.
 8. Lau, Patrick W. C. (18th Jan 2013). Promoting physical activity by behavior modification in Hong Kong school children. The 4th International Forum of Children & Adolescent's Health (2013), School of Public Health, Peking University, China.
 9. Lau, Patrick W. C. (17th Nov. 2012). Golf tourism and Olympic. The 1st International Symposium on 2016 Olympics and World Golf Industry, Konkuk University, South Korea.
 10. Lau, Patrick W. C. (23rd – 25th May 2012). Sport tourism: the 21st century development & its impact to society. The 12th World University Taekwondo Championship 2012, Korean University Sports Board, Pocheon, South Korea.
 11. Lau, Patrick W. C. (16^h –18th Feb. 2012). Children's pedometer-determined commuting behaviors and physical activity patterns during the segmented school day in Hong Kong. The International KSSPE Conference on PA after school, Korean Society for the Study of Physical Education, Namseoul University, Seoul, South Korea.
 12. Lau, Patrick W. C. (18th -23rd Dec. 2011). The impact and potential value of Active Video Games on the School PE. Hokkaido University of Education, Japan.
 13. Lau, Patrick W. C. (9th Dec. 2011). Information and Communication Technology & Children's Physical Activity Behavioral Modification. Beijing Sports University, Beijing, China.
 14. Lau, Patrick W. C. (8th Dec. 2011). A pilot study of a web site plus SMS motivator system to physical activity behaviour change in Hong Kong Chinese adolescents. Tsinghua University, Beijing, China.
 15. Lau, Patrick W. C. (6th Dec. 2011). Information and Communication Technology & Children's Physical Activity Behavioral Modification. Fu Dan University, Shanghai, China.
 16. Lau, Patrick W. C. (9th Nov. 2011). The government delivery system of children sport in Hong Kong community. National Taiwan Sport University, Taiwan.
 17. Lau, Patrick W. C. & Lau Erica. Y. (22-23 May 2011). A systematic review of ICT-based interventions for promoting physical activity behavior change in children and adolescents. The 3rd Peking University International Forum of Sport, Society and Culture----Sport and People's Well Being. Peking University, Beijing, China.
 18. Lau, Patrick W. C. & Leung, Beeto W. C. (11th Dec. 2010). The impact and potential value of Active Video Games on school Physical Education. Symposium on Physical Activity: the Challenges for Schools and Communities. The Chinese University of Hong Kong, Hong Kong.
 19. Lau, Patrick W. C. & Qi, Christine X. Q. (30th April--- 1 May 2010). Development of Sport Tourism in Hong Kong. The 2010 Daejeon Tourism Promotion Forum & Workshop, Daejeon, Korea.
 20. Lau, Patrick W. C. (25th -27th Sept. 2009). National Identity and the Beijing Olympics: The longitudinal changes of school children's responses in Mainland China, Taiwan & Hong Kong. The 1st International Conference for the Sociology of Sport, Taiwan.
 21. Lau, Patrick W. C. (27th -29th Aug. 2009). Review of recreation and sport development in Hong Kong. The 5th

Chun Cheon International Leisure Symposium: Leisure industry and local development. Hallym College, Chun Cheon, Korea.

22. Lau, Patrick W. C. (8th -9th Nov 2008). Olympic Spirit & World Harmony: National Identity and the Beijing Olympics: School Children's Responses in Hong Kong. Beijing Forum 2008, Peking University, China.
23. Lau, Patrick W. C. & Leung, Beeto W. C. (18th Oct. 2008). Active parent for active kids. 6th Health Professional Conference of World Cancer Research Foundation, Hong Kong.
24. Lau, Patrick W. C., Lam, Michael H. S. & Leung, Beeto W. C. (3rd – 5th Oct. 2008). National Identity and the Beijing Olympics: School Children's Responses in Hong Kong (Phase II). An International Symposium: The Olympics in East Asia---Nationalism, Regionalism and Globalism on the Center Stage of World Sports, Council on East Asian Studies, Yale University, USA.
25. Lau, Patrick W. C. (24th - 28th March 2008). National identity and 2008 Beijing Olympic Games. Da-Yeh University, Taiwan.
26. Lau, Patrick W. C. (20th-27th July, 2006). The 7th International Session for Educators and Officials of higher Institutes of Physical Education, International Olympic Academy, Ancient Olympia, Greece.
27. Lau, Patrick W. C. (20th - 24th Feb. 2006). Childhood obesity and parental influence. Hokkaido University of Education, Hokkaido, Japan.

Research Grants Obtained

1. Lau, W. C. (2013-14). Intervention study of Active Video Games on sedentary children's aerobic fitness, physical activity level and exercise-related self-efficacy.
Funding Body: General Research Fund
Funding Amount: HK\$303,520
2. Lau, W. C. (2013-14). An extended baseline survey of a 6-year cohort to study development of childhood obesity and its correlates among primary school students aged 6-11 years in Hong Kong
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$50,000
3. Lau, W. C. (2013-14). Investigation of Active Video Games on Sedentary Children's Physical Activity Level and Exercise Related Self-efficacy
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$50,000
4. Lau, W. C. (2013). An intervention study of self-regulation training and mobile-phone on the physical fitness & physical activity behavioral changes in Chinese overweight school children.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$100,000
5. Lau, Patrick, W. C. (2011). Behavioral changes of children physical activity through the usage of Information Communication Technologies (ICTs) in Hong Kong and New Zealand.
Funding Body: SOSC Faculty GRF Incentive Award Scheme, HKBU
Funding Amount: HK\$20,000
6. Lau, W. C. (2011). Integrating SMS into PA intervention for Hong Kong Chinese adolescents: The effects of SMS delivery frequency and timing.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$98,800
7. Lau, W. C. (2010). Using active video games to promote physical activity: the preferences and energy expenditure of Hong Kong Chinese children.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$118,200
8. Lau W. C. & Wong P. (2009). Effects of high-intensity intermittent running exercise on obese individual: a multi-disciplinary approach.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$119,320
9. Lau, W. C. (2009). An investigation of the effectiveness of using internet website, email, and Short Message

- Service in promoting physical activity in Hong Kong Chinese children.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$99,980
10. Lau, W. C. & Lam H. S. (2008). National Identity and the Beijing Olympics: School Children's Responses in Mainland China, Taiwan & Hong Kong.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$50,000
 11. Lau, W. C. (2008). The associations between exercise and depression
Funding Body: The Mental Health Association, Hong Kong.
Funding Amount: HK\$30,000 (External Grant)
 12. Lau, W. C. (2007). An investigation of the physical environment effects on physical activity level, attitudes, and weight status in Hong Kong Chinese children.
Funding Body: Hong Kong College of Cardiology
Funding Amount: HK\$148,120 (External Grant)
 13. Lau, W. C. (2005). The effects of weight training on Chinese obese secondary school students.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$150,000
 14. Lau, W. C. & Cheung, P. T. (2005). A study of the genetic factors and environmental factors contributing to hypercholesterolaemia in Chinese children.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$149,850
 15. Lau, W. C. (2004). Investigation of physical education teachers' attitude towards overweight students when contrasting with general population in Chinese community.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$48,820
 16. Lau, W. C. (2003). Feasibility of Establishing Fencing as a Focus Sport in Hong Kong Schools
Funding Body: Hong Kong Sport Development Board Research Grant
Funding Amount: HK\$ 26,450
 17. Sung, Y. T., Lau W. C., Wu, K. S. (2003). A randomised trial on the effects of rope skipping in normal weight and overweight children.
Funding Body: HK College of Cardiology Research Grant
Funding Amount: HK\$ 230,000
 18. Lau, W. C., Sung, Y. T. & Lee A. (2002). The physiological and psychological effects of resistance training on Chinese obese adolescents.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$ 49,700
 19. Lau, W. C. (2002). Intervention study for Chinese obese children—effects on fitness, exercise behaviors and psychological health.
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$ 110,800
 20. Lau, W. C. (2001). Parental Influences on Chinese Obese Children's Attractions to Physical Activity
Funding Body: Faculty Research Grant, HKBU
Funding Amount: HK\$ 50,000
 21. Hong Kong Council of Early Childhood Education and Services & Lau, W. C. (2001). Wellness For Sure—Sparkling Kids Movement
Funding Body: Quality Education Fund.
Funding Amount: HK\$ 1,025,000
 22. Lau, W. C. (2001). Impact of Parents' Lifestyle on the Health Education of Obese Children in Hong Kong
Funding Body: Direct Grant, CUHK
Funding Amount: HK\$ 58,000

23. Lau, W. C. (2001). Intervention and Comparisons of Family-School-PTA (FSP) Health Education Program between low and Medium Obese Children.
Funding Body: Direct Grant, CUHK
Funding Amount: HK\$ 62,000
24. Wong, H. S. & Lau, W. C. (2000). Regular Exercise for Health – Morning Exercise, Eye Exercise and Light Stretching Exercises during the Changes of Class Period.
Funding Body: Curriculum Development Institute, Education Department, H. K. Funding Amount: HK\$488,000 (External Grant)
25. Guldan, G. & Lau, W. C. (2000). School-based Life-long Healthy Eating and Physical Activity Promotion for Hong Kong Primary and Secondary Students.
Funding Body: Quality Education Fund.
Funding Amount: HK\$594,330 (External Grant)
26. Lau, W. C. (2000). Health Tutoring Intervention on Overweight School Children: A Family Monitoring Approach.
Funding Body: Direct Grant, CUHK
Funding Amount: HK\$ 57,000
27. Lau, W. C. & Chan, S. H. (1999). Games to Control Body Weight.
Funding Body: Quality Education Fund.
Funding Amount: HK\$165,000 (External Grant)
28. Lau, W. C. (1999). Psychological and Socio-environmental Correlates of Sport Participation in Secondary School –age Children.
Funding Body: Direct Grant, CUHK
Funding Amount: HK\$ 23,800
29. Hui, S. C., Wong, H. S., Wong, W. K. & Lau, W. C. (1999). Validation of Fitness Prediction Models in Hong Kong Children: The 1-Mile Walk Test and Body Fat Assessment.
Funding Body: Sport Development Board, Hong Kong.
Funding Amount: \$ 86,092 (External Grant)
30. Lau, W. C., Wong, W. K., Hui, S. C., Yuen, P. Y. & Liu, K. W. (1998). Fun to Fit: Weight Loss Program for Obese Children in Hong Kong.
Funding Body: Health Care & Promotion Fund, Hong Kong.
Funding Amount: HK\$369,000 (External Grant)
31. Lau, W. C. & Johns, D. (1998). Testing the Validity of Sport Identity as a Predictor for Youth Sport Participation.
Funding Body: Direct Grant, CUHK
Funding Amount: 24,000
32. Lau, W.C. (1997) Sport and Society
Funding Body: Curriculum Development Institute, Education Department, Hong Kong
Funding Amount:\$18,000 (External Grant)

Honorary Appointment

Dec 2012 to present Honorary Professor, School of Public Health, Peking University, China

Awards and Accreditation

March 2015 Faculty Award for Outstanding Performance in Scholarly Work,

	HKBU
Feb 2014	Faculty Award for Outstanding Performance in Teaching, HKBU
April 2013	Faculty Award for Outstanding Academic Contribution to Service, HKBU
Oct 2012	Incentive award for RGC's HK PhD Fellowship Scheme 2012, HKBU
Feb 2012	Faculty Award of Excellent Performance in Scholarly Work, HKBU
Oct 2011	Incentive award for RGC's HK PhD Fellowship Scheme 2011, HKBU
Oct. 2008	The 1st Class Honor Award, The 7 th SCSEPF Annual Conference (2008). The Society of Chinese Scholars on Exercise Physiology and Fitness
July 2008	ISCPES Research Award, 16 th Biennial Conference of the International Society for Comparative Physical education and Sport (ISCPES) 2008
Aug. 2007	Faculty Award for Outstanding Performance in Scholarly Work, HKBU
Jan. 2007	Jump Rope for Heart Project Award, Hong Kong College of Cardiology
Oct. 2005-Jan. 2011	Accredited Sport Psychologist (Research), British Association of Sport and Exercise Sciences, United Kingdom
Oct. 2004	SCSEPF Research Award, The Society of Chinese Scholars on Exercise Physiology & Fitness
2000, 2001	Outstanding teacher, Faculty of Education, CUHK
1999, 2000	Exemplary Teacher's Award, Faculty of Education, CUHK
1998, 1999	Outstanding teacher, Faculty of Education, CUHK
1997-1998	Certificate of Appreciation School-based Curriculum Project Scheme. Education Department, Hong Kong

Thesis supervision

PhD Thesis supervision

HK PhD Fellowship Scheme:

Ms. Liang Yan (2011)	Intervention study of Active Video Games on sedentary children's physical fitness & exercise motivation (in progress)
Ms. Wang Jing Jing (2012)	Integrating informational communication technology into Chinese children's physical activity behavior modification (in progress)

HKBU Internal Quota:

Ms. Pinky Tso	The association between life quality of elderly people and exercise intervention. (Completed in 2008)
Ms. Guo Linxuan	The study of the supportiveness of Shanghai government to recreational activities after

	2008 Olympic Games. (Completed in 2011)
Ms. Peggy Choi	Effects of a structural physical activity program on motor performance and psychosocial behaviors of primary school students with intellectual disability
Ms. Amanda Pitkethly	(Completed in 2013) A primary school- based intervention pilot study to determine the benefit of physically active video games combined with self-regulation training, on the physical fitness & exercise related behaviours of sedentary, obese and overweight children (in progress)
<i>MPhil supervision</i>	
Ms. Lau Yuen Yan	An investigation of using internet website, email, and Short Message Services (SMS) on promoting physical activity in Chinese adolescents. (Completed in 2009)

University, Faculty & Department Administration (HKBU)

2014-2015	Research Team Coordinator, Advanced Institute of Contemporary China Studies
2014-2015	Department representative, Master of Global Environmental Health Program
2013-2015	Research development sub-committee coordinator, Department of PE
2013-2015	Faculty representative, Research Postgraduate Studies Committee
2013-2015	Deputy Chairman, Faculty Research Postgraduate Regulations Committee
2013-2015	Member, Faculty Research Policy Advisory Committee
2013-2015	Ex-officio members, Research Staff and Research Postgraduate e-Forum
2012-2014	Cost Center coordinator of RAE 2014, Department of PE
2012-2015	Convener in promotion, Task Force on Sustainable Campus
2011-2014	Research Postgraduate Tutor, Faculty of Social Science
2012	Faculty Management Team, Faculty of Social Science
2011-2013	Director, Center for Olympic Studies
2011-2012	Court member
2011-2015	Adviser, Tsing Hua Education & Poverty Program, Student Affair Office
2010-2014	Hall Fellow, S. R. Zhou Hall, Office of Student Affair
2010-2012	Panel member, Arts & Social Sciences Specialist Research Panel
2010-2016	Elected Fund Member Trustee, HKBU 1998 Superannuation Fund
2008-2010	Member, Committee of Graduate Studies, University Council Committees
2008-2010	Personnel Committee member, University Council Committees
2007-2009	Finance Committee member, University Council Committees
2007-2009	Senate Representative of Social Science Faculty
2008-2012	PERM International Exchange Program
2005-Present	Department representative, Master of Public Administration
2005-2012	Department representative, Faculty Internship program
2002-2012	PERM internship & Placement Program coordinator
2002-2014	USA Walt Disney World ICP & CRP program coordinator
2001- 2014	PERM Executive Committee member

2001- Present	PERM Course Team member
2004-2005	SCE Professional Certificate in Fitness Instruction
2002-2004	Sports Facilities Management Committee
2002-2004	Management agent, Joint Sports Center

Consultancy/Adviser

1. Lau, Patrick W. C. (2012-15). Member of the Festival of Sport Organizing Committee, Sports Federation & Olympic Committee of Hong Kong, China.
2. Lau, Patrick W. C. (2011-13). Co-host of the radio broadcasting program 『體運全世界』, RTHK.
3. Lau, Patrick W. C. (2010-14). Adviser, Employees Retraining Board, Hong Kong.
4. Lau, Patrick W. C. (2007-2010). Committee member, Academic and Scientific Sub-committee, 22nd International Federation of Parks and Recreation Administration World Congress 2010, Hong Kong.
5. Lau, Patrick W. C. (2007-2014). Academic Committee Chairman, Hong Kong Recreation Management Association, Hong Kong.
6. Lau, W. C. (2006-2007). Adviser, Hong Kong Playground Association, Hong Kong.
7. Lau, Patrick W. C. (2006-2008). Adviser, Sport for All Assessment Task Force, Community Sports Commission, Hong Kong
8. Lau, Patrick W. C. (2006-2011). Adviser, Skills Upgrading Scheme, Hong Kong Vocational Training Council
9. Lau, Patrick W. C. (2005-2006). Adviser, physical activity training program for obese children, Student Health Service, Department of Health, Hong Kong.
10. Lau, Patrick W. C. (2005-2007). Course coordinator, promotion of 2009 East Asian Games, sport education program, Sports Federation & Olympic Committee of Hong Kong.
11. Lau, Patrick W. C. (2005-2007). Speaker, promotion of 2009 East Asian Games, sport education program, Sports Federation & Olympic Committee of Hong Kong.
12. Lau, Patrick W. C. (2005-2006). Adviser, physical activity training program for obese children, Caritas Integrated Family Service Centre, Tsuen Wan (East).
13. Lau, Patrick W. C. (2005-2006). Consultancy, exercise training program for obese children, Kellogg's Asia Marketing Inc.
14. Lau, Patrick W. C. (2004-2005). Program consultant, Professional Certificate in Fitness Instruction, School of Continuing Education, Hong Kong Baptist University.
15. Lau, Patrick W. C. (2001-2004). Advisor, Wellness Program, Hong Kong Council of Early Childhood Education & Services (HKCECES).
16. Lau, Patrick W. C. (2002). Advisor of the TV broadcasting program, “非常健談”, East Asia Satellite Television Limited, Hong Kong.
17. Lau, Patrick W. C. (2002-2006). Professional advisor, Baby Magazine, Hong Kong.
18. Lau, Patrick W. C. (2001). Consultant and Co-host of the broadcasting program, Sport for Health, Children Sunday, RTHK.
19. Lau, Patrick W. C. (2000). Advisor (sport, physical education & recreation section), Southern China culture encyclopedia, The Chinese University of Hong Kong.

Professional Affiliations

Member of:

1. The European College of Sport Science
2. The British Association of Sport and Exercise Sciences
3. Hong Kong Recreation Management Association

4. International Society of Behavioral, Nutrition, and Physical Activity

Academic Service

1. Journal editor, Games for Health Journal, USA
2. Journal Review editor, Frontiers in Child Health and Human Development, Switzerland
3. Journal editor, The Korean Society for the Study of Physical Education, Korea
4. Advisor, The Taiwan Society of Sport Sociology, Taiwan
5. External examiner (2008-2009, PhD thesis), Department of Community Medicine, University of Hong Kong, Hong Kong
6. External examiner (2005-present), Department of Hotel, Service and Tourism Studies, Hong Kong Institute of Vocational Education-Chai Wan, Hong Kong
7. External examiner (2012-14), Faculty of Management and Hospitality, Technological and Higher Education Institute of Hong Kong (THE-I), Hong Kong
8. Academic committee chairman (2006-present), Hong Kong Recreation Management Association, Hong Kong
9. Journal reviewer, International Journal of Behavioral Nutrition and Physical Activity, USA
10. Journal reviewer, Cyberpsychology, Behavior, and Social Networking, USA
11. Journal reviewer, Journal of Medical Internet Research
12. Journal reviewer, The Journal of Pediatrics, USA
13. Journal reviewer, Journal of Adolescent Health, USA
14. Journal reviewer, Pediatric Obesity, Australia
15. Journal reviewer, Journal of Sport and Health Science
16. Journal reviewer, Public Health Nursing, USA
17. Journal reviewer, The International Journal of the History of Sport, UK
18. Journal reviewer, The Journal of Exercise Science and Fitness (JESF)
19. Journal reviewer, Sport in Society, UK
20. Journal reviewer, Journal of Happiness Studies, Australia
21. Journal reviewer, Asian Journal of Physical Education & Recreation (Hong Kong)
22. Journal reviewer, Education Research Journal, Hong Kong Educational Research Association