

**THE 22ND PAN- ASIAN CONGRESS OF  
SPORTS & PHYSICAL EDUCATION**

**BEIJING, CHINA**

**22-24 JULAI 2011**

**DR. OOI FOONG KIEW  
UNIT SAINS SUKAN  
PUSAT PENGAJIAN SAINS PERUBATAN**



Pan-Asian Society of  
Sports & Physical Education



清华大学  
Tsinghua University



# 清华大学国际体育科学论文报告会 暨第22届泛亚体育科学大会

International Sports Science Academic Report of Tsinghua University  
—The 22nd Pan-Asian Congress of Sports & Physical Education  
Submission of Papers

Beijing China, 22-24 July, 2011

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*Doi Foong Kiew*

*Made an Oral Presentation*

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*Bingzhang*

President of  
Pan-Asian Society of Sports  
& Physical Education  
Lee Jong Young

*Lee Jong Young*



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体育  
Sports

健康  
Health

文化  
Culture

清华大学国际体育科学论文报告会  
暨第22届泛亚体育科学大会

Sports Science Academic Report of Tsinghua University  
—The 22th Pan-Asian Congress of Sports & Physical Education

会议

2011.07

Programme

園 華 清

**主办** ○ 清华大学体育部  
Host Division of Sports Science and Physical Education of Tsinghua University  
泛亚体育科学学会  
Pan-Asian Sports Science Association

**承办** ○ 清华大学体育与健康科学研究中心  
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National General Administration of Sports Tsinghua Sports Social Science key research base

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**地址** ○ 中国·北京·清华大学  
Address Tsinghua University, Beijing, China

**时间** ○ 2011年7月22日~24日  
Time July 22nd ~ 24th, 2011



## 运动与健康分会场 Sports and Health

Date日期: 23<sup>rd</sup> July, Saturday 7月23日 星期六

Venue会场: Central Building 3<sup>rd</sup> South Meeting Hall 主楼三楼南会议室

### Session 1 第一场: 8:30 ~ 10:00

Moderator 主持人: 张冰 Bing Zhang Wee Eng Hoe

Keynote Presenter 主题报告嘉宾: Wee Eng Hoe (Tunku Abdul Rahman College, Malaysia)

Time 时间: 8:30 ~ 8:50

Topic 报告题目: College Volleyball Players' Awareness of Injury Prevention Strategies

报告时间Time	报告题目Topics	报告人Presenter	所在单位Affiliation
8:50 ~ 9:00	Validity of the Emotional Intelligence Scale for Use in Physical Activity	Seang-Leol Yoo	Gyeongin National University of Education, South Korea
9:00 ~ 9:10	Communication Skills Difference Among Men and Women in Sport	Rasool Nazari	Islamic Azad University, Naein Branch, Iran
9:10 ~ 9:20	Relationship of Physical Activity Participation and Bone Mass Density of Chinese Children	Bik C. Chow	Hong Kong Baptist University, Hong Kong
9:20 ~ 9:30	Effects of Combined Aerobic Dance Exercise and Honey Supplementation on Bone Metabolism and Muscular Strength in Women	Ooi Foong Kiew	University Sains Malaysia
9:30 ~ 9:40	Health-related Fitness in Secondary Schools: A Descriptive Study	Pintu Modak	Birla Institute of Technology & Science, Pilani (Raj), India
9:40 ~ 9:50	Effect of 12 weeks of aerobic exercise on mental health non-athlete women Susangerd City	Ameneh Balavi	Islamic Azad University, Iran
9:50 ~ 10:00	自控锻炼对癌症生存者血清抗氧化酶活性及丙二醛含量的影响 Effects of Self-control Exercise on serum Antioxidant Enzyme and Malondialdehyde in long-term cancer survival	汪继兵 Jibing Wang	同济大学 Tongji University



Pan-Asian Society of Sports & Physical Education

Sports  
体育

Health  
健康

Culture  
文化

Sports Science Academic Report of Tsinghua University—The 22th Pan-Asian Congress of Sports & Physical Education

清华大学国际体育科学论文报告会  
暨第22届泛亚体育科学大会

# Abstract

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園

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# **Effects of Combined Aerobic Dance Exercise and Honey Supplementation on Bone Metabolism and Muscular Strength in Women**

**Marhasiyah Rahim<sup>1</sup>, Foong-Kiew Ooi<sup>1</sup>, Wan Zuraida Wan Abdul Hamid<sup>2</sup>**

**1 Sports Science Unit, School of Medical Sciences, University Sains Malaysia**

**2 Immunology Department, School of Medical Sciences, University Sains Malaysia,  
Kelantan, Malaysia**

**Abstract.** Although combination of physical activity with supplementation has been investigated on its effects in maintaining and enhancing bone health, however little is known about the effectiveness of combination of aerobic dance exercise and honey supplementation on bone metabolism markers and muscular strength in women. The aim of this study was to investigate the effects of combined aerobic dance exercise and honey supplementation on bone metabolism and muscular strength in women. Forty four subjects, healthy sedentary women (25-40 year-old) were age and weight matched, and subsequently being assigned into four groups with n=11 per group: Control group (C), honey supplementation group (H), aerobic dance exercise group (Ex) and combined aerobic dance exercise with honey supplementation group (HEX). Aerobic dance exercise was carried out for one hour per session, three times per week for eight weeks. Honey drink was consumed by H and HEX groups, in a dosage of 20g of honey diluted in 300ml of plain water, for 7 days per week for a total of 8 weeks duration. In HEX group, the subjects were required to consume honey drink 30 minutes before performing exercise on the exercise days. Before and after 8 weeks of experimental period, subjects' right lower limb muscular strength were measured with knee extension and flexion isokinetic peak torque at 180 and 300 degree per second. Meanwhile, blood samples were taken in order to determine the concentrations of serum total calcium, osteocalcin (bone formation marker), serum C-terminal telopeptide of type 1 collagen (ICTP) (bone resorption marker), and parathyroid hormone (PTH). At the end of 8 weeks of experimental period, combination of aerobic dance exercise with honey supplementation (HEX) exhibited more discernable beneficial effects on lower limb peak torque compared to the other three Ex, H and C groups. Regarding bone metabolism, the percentage of increment in ICTP, a bone resorption marker, and PTH concentrations in HEX group were the lowest compared to the other experimental groups. The results of present study suggest that combination of aerobic dance exercise and honey supplementation may elicit effects on reducing the increment in bone resorption, and more beneficial effects on lower limb muscular strength compared to aerobic dance exercise or honey supplementation alone in sedentary women.