

2022 SDGs International Exchange Workshop III

SDGs 3 Good Health and Well-Being

Workshop Plan

Purpose	(1) The purpose of the workshop is to provide UT and sister schools' students an opportunity to learn and work together. We plan to invite scholars from UT's sister schools to give a series of SDGs-related lectures in February 2022. Encouraging young generations to keep participating in the subject of Sustainable Development Goals. (2) The main idea of SDGs 3 is to ensure healthy lives and promote well-being for all at all ages.
Date	8:00-10:00 am (Taiwan time), Feb. 14 – Feb. 18, 2022
	19:00-21:00 (Pennsylvania Time), Feb. 13 – Feb. 17, 2022
Participation Fee	Free
Registration Deadline	Feb.4, 2022
Participants	Maximum 36 ● 12 students from University of Taipei ● 12 students from Indiana University of Pennsylvania ● 12 students from other universities *Participant will be issued a Participation Certificate.
Virtual Meeting	Google Meet
Lecturer	(1) Prof. Richard Hsiao, Department of Kinesiology, Health & Sport Science, Indiana University of Pennsylvania (2) Prof. Robert E. Alman, Department of Kinesiology, Health & Sport Science, Indiana University of Pennsylvania (3) Prof. Yung-Sheng Chen, Department of Exercise and Health Sciences, University of Taipei (4) Szu-Kai Fu, Ph.D., Department of Exercise and Health Sciences, University of Taipei

Schedule

Taiwan Time	Pennsylvania Time	Content
Feb. 14 (Mon.) 8:00-10:00 am	Feb. 13 (Sun.) 19:00-21:00	Orientation
Feb. 15 (Tue.) 8:00-10:00 am	Feb. 14 (Mon.) 19:00-21:00	Lecture I Prof. Richard Hsiao Szu-Kai Fu, Ph.D.
Feb. 16 (Wed.) 8:00-10:00 am	Feb. 15 (Tue.) 19:00-21:00	Lecture II Prof. Robert E. Alman
Feb. 17 (Thurs.) 8:00-10:00 am	Feb. 16 (Wed.) 19:00-21:00	Lecture III Prof. Yung-Sheng Chen
Feb. 18 (Fri.) 8:00-10:00 am	Feb. 17 (Thurs.) 19:00-21:00	1.Student Group Presentation 2.Lecturer's Feedback

<i>Taiwan Time</i>	Feb. 14 (Mon.)	Feb. 15 (Tue.)	Feb. 16 (Wed.)	Feb. 17 (Thurs.)	Feb. 18 (Fri.)
<i>8-8:30am</i>	Introduction	Lecture I: Application of wearable technology and training for older adults Prof. Richard Hsiao Wearable Technology: Improving Exercise Habits and Experiences in older adults Szu-Kai Fu, Ph.D. Exercise for older adults with chronic diseases	Lecture II Prof. Robert E. Alman Health and Wellness in Turbulent Times	Lecture III Prof. Yung-Sheng Chen Exercise and Cardiovascular Health	Group Presentation: ● Group I (10min.) ● Group II (10min.) ● Group III (10min.) ● Group IV (10min.) ● Group V (10min.) ● Group VI (10min.)
<i>8:30-9 am</i>	Orientation	Discussion & Feedback	Discussion & Feedback	Discussion & Feedback	
<i>9-10 am</i>	Student Discussion	Student Discussion for group presentation	Student Discussion for group presentation	Student Discussion for group presentation	Lecturer's Feedback