

**3rd BRICSCESS 2024-New Delhi
Invited Speaker**



Prof. Dr. Chae-Hee PARK
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Prof. Dr. Chae-Hee Park is a Professor of the Department of Sport and Healthy Aging and Director of Academic Information Center at the Korea National Sport University in Korea. She earned a PhD from the University of Illinois at Urbana-Champaign in Kinesiology. Her primary research interests are in the area of exercise/physical activity, sports, health and well-being, and quality of life in the older adult population. Park's doctoral work specifically focused on evaluating the National Blueprint: Increasing Physical Activity among Adults Age 50 and Older providing as a guide for various organizations, associations, and agencies, to inform and support their planning effort related to increasing physical activity in the USA. She played a major role in a pilot project to assess the feasibility of Healthy Aging for low-income and frail seniors in the State of Illinois. Dr. Park also conducted studies on older adults and physical activity collaborating with researchers at the University of Tsukuba in Japan. Currently, she serves on the older adult committee member of the ACSM, affiliates with Education, Recreation, And Dance, Korea Association of Physical Education and Sport for Girls and Women, and Korean Society of Exercise Rehabilitation.

Intergenerational a Sport Program between Youth and Elderly: A Case of Pickball clubs

Nowadays with the rapid aging society, little interaction among generations has developed gaps between the two or more, creating misconceptions about older adults. Most children and youth who do not have the opportunities to interact with their grandparents are likely to have negative feelings about seniors and to form several misconceptions about aging. Regular physical activity especially sport participation is one of the main ways to prevent and manage various chronic diseases for older adults who is defined as people aged 65 and over and can have positive effects on variety of aspects of holistic health for youth as those persons between the ages of 15 and 24 years. Pickleball, inventing in 1965 as a children's backyard game on Bainbridge Island, Washington in the US, is an indoor or outdoor racket/paddle sport where two players or four players, hit a perforated hollow plastic ball over a 36-inch-high net using solid-faced paddles. During COVID-19 pandemic situation, Gangdong-gu has been looking for ways to increasing physical activity levels for people in the community, they've developed pickleball clubs. Through collaboration and cooperation between a university and communities, by giving seniors the opportunity of participating in pickleball with the younger generation of college students, they improved their negative perceptions of the elderly and created a place for generational integration. In a symposium, a talk will be made in two main areas that are an importance of Intergenerational sport programs in the aging societies and an example of development and application of pickleball suitable for an intergenerational sport activity.