**Asia Conference on Kinesiology 2019**

ACK2019, the 4th annual meeting of the ASK and the 10th Asia Conference on Kinesiology has been was successfully held with 156 participants from 10 countries. we would like to thank the organizing committee from University of Electronic Science and Technology of China (UESTC) and Asian Society on Kinesiology (ASK) for organizing the conference.

**The summary of the 4th annual meeting of the ASK and the 10th Asia Conference on Kinesiology are as follows:**

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| --- | --- |
| Participants | 156 |
| Exhibitors | 2 |
| Volunteers | 20 |
| Participating countries | 10 |
| Abstracts presented | 120 |
| Keynote Speech | 2 |
| Invited speech on Highlighted Symposium | 13 |
| Oral sessions | 40 |
| Conventional print poster sessions  | 65 |

**ACK Young Investigators Award 2019**

* Total number of YIA applicants: 13

The winner of YIA:

1.     Ler Hui Yin, Tunku Abdul Rahman University College, Malaysia. Presented on Acute Effect of Active Isolated Stretching (AIS) on the Range of Motion (ROM) of the Ankle and 25m Flutter Kicking Time in Young Swimmers

2.     Keitaro Anami, Hiroshima University, Japan. Presented on the effects of different stretching intervention on muscle contraction characteristics and muscle torque after exercise task

3.     Dong Gaofang, Hebei Normal University, China. Presented on Affective Response and Exercise Enjoyment to High Intensity Interval Training and Moderate Intensity Continuous Training: Systematic Review and Meta-Analysis\*

4.     Yuta Tokunaga, Niigata University of Health and Welfare, Institute for Human Movement and Medical Sciences, Japan. Presented on the hamstrings can produce three different functional roles on hip and knee joints\*

\*Number 3 and 4 is the 3rd winner

**ACK Undergraduate Presentation Award 2019**

* Total number of UPA applicants: 2

The winner of UPA:

1.     Tse Ho Sun, Technology and Higher Education Institute of Hong Kong, China. Presented on Acute Effects of Myofascial Release with a Novelty Myofascial Release Protocol Compared to Static Stretching for Upper Trapezius Muscle Flexibility Improvement and Contractile Properties in Non-Specific Neck Pain

2.     Tze Ho Yong, Technological and Higher Education Institute of Hong Kong, China. Presented on Acute Effect of Novelty Myofascial Release Method (Fascia Bell) Compare to Static Stretching on Relieving Pain on Patients with Non-Specific Neck Pain

**Follow up**

We would like to encourage all conference speakers and presenters to submit their findings to the Asian Journal of Kinesiology (AJK). For manuscript formats and other inquiry, please visit [AJK Manuscript Submission website.](http://ajkinesiol.org/)