**Asia Conference on Kinesiology 2022 (ACK2022)**

The 12th Asia Conference on Kinesiology (ACK2022) and 6th Annual Meeting of the Asian Society of Kinesiology (ASK) was successfully held virtually at Australian Catholic University (ACU), Melbourne, Australia on August 4-5, 2022. The theme of the conference was **Physical Activity and Health Promotion from Mechanisms to Applications.**

ACK2022 was attended by 118 participants from 12 countries. We would like to thank the local organizing committee from Australia and the ASK for their contributions to make ACK2022 a success.

**Summary of the 12th Asia Conference on Kinesiology and 6th Annual Meeting of the ASK are as follows:**

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| --- | --- |
| Total Participants | 118 |
| Participating countries | 12 |
| Abstracts submitted | 88 |
| Keynote Presentations | 3 |
| Highlighted Symposium Presentations | 23 |
| Oral Presentations | 26 |
| Poster Presentations | 12 |
| Native Language Presentations | 2 |

**ACK2022 Young Investigator Awards (YIA)**

* Total number of YIA applicants: 19
* YIA Oral Presentations: 19

The winners of the YIA Oral Presentation Awards:

**First place: Jucheng Danny Yu,** The University of Hong Kong, China

Presented on Effects of exercise intensity and frequency on improving cognitive performance in older adults: A pilot randomized controlled trial.

**Second place: Juliana Johan John,** Tunku Abdul Rahman University College, Malaysia

Presented on Effect of COVID-19 lockdown on sleep quality in competitive endurance athletes.

**Third place: Tsubasa Tashiro,** Hiroshima University, Japan

Presented on Reliability of ultrasonographic assessment of tibiofibular clear space with weight-bearing in healthy adults.

**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 information, please visit the [AJK Manuscript Submission website.](http://ajkinesiol.org/)