



November 27, 2007

To: Dr. Yang, Feng.-Chou
National Taiwan College of Physical Education

Dear Dr. Yang, Feng.-Chou,

It is our honor to invite you to the Asia-Pacific Conference on Exercise and Sports Science (APCESS) 2007, jointly organized by the Asian Council of Exercise and Sports Science (ACCESS) and Hiroshima University on December 6-8, 2007 at Hiroshima University, Japan.

The theme of APCESS 2007 is "Asian Harmony of Exercise and Sports Sciences". A panel of distinguished international scholars has been invited to speak on various inter-disciplinary areas in exercise and sports science and your participation is no doubt an invaluable asset for the success of the conference.

Best regards,

Organizing Committee of APCESS 2007

A handwritten signature in black ink, reading "K. Watanabe", written in a cursive style.

Kazuhiko Watanabe, Ph.D.
Conference President of APCESS 2007
Professor, Graduate School of Education, Hiroshima University, Japan

Conference enquiries:

Hiroshi Sekiya, Ph.D.
Secretary General of APCESS 2007
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To: Mr. Huang, Tu-Shan
National Taiwan College of Physical Education

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Aged engaging in recreational golfing : The Relationships among heart rates variation, step frequency, and score.

Yang, F. C.¹, **Chiang, J. P.**², **Huang, T. S.**³, and **BAIN, R. F.**⁴

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The physical fitness of middle-aged and aged influence the basic capability for daily life. With health and sound body and mind, middle-aged and aged can live with dignity and happiness. The samples of this study focus on middle-aged and aged who play gulf sport and examine the shifting results of body conditions before- and after-playing gulf sport to prove gulf sport is not only for leisure time but also for improvement of middle-aged and aged body functions effectiveness. Questionnaires and practical examination are taken as research method in this study and the samples are from the members of Navy gulf club, ZuoYing, Kaohsiung. The final samples comprised 151 members, and among them, 94 are measured with heartbeat and blood pressure. Descriptive statistics, one-way ANOVA, T-test are used to investigate the results and testify the hypothesis in this study. The blood pressure of middle-aged and aged have significant differences; however, it has insignificant with the results of hitting ball. From the aspect of heartbeat rate variation, the rate is significantly lower after hitting ball comparing to the before- and during-process; however, the variation has no significant difference with the results of hitting ball. In addition, steps of walking have insignificant differences with the results of hitting ball. From the research, the variation of blood pressure and heartbeat of playing gulf sport is not proper for middle-aged and aged who have high blood pressure. The rate of heartbeat and steps of play gulf attain the effectiveness of exercise and body-building. The results of hitting ball, people who aged above 65 are as good as younger persons. From this point, the middle-aged and aged can obtain satisfaction and a sense of achievement. According to this study, gulf

sport is not only one good sport for leisure time but also improve the effectiveness of body functions of middle-aged and aged.

Key words : Middle-aged, aged, blood pressure, heartbeat, steps, gulf