



國立清華大學  
NATIONAL TSING HUA UNIVERSITY

## Colloquium

Department of Engineering  
and System Science,  
Institute of Nuclear  
Engineering and Science,  
National Tsing Hua University

### Meaning of fitness? (健身之意在肉嗎?)

曹德弘 教授, T.H. Tsao, Professor,  
Center for Physical and Health  
Education, Si Wan College, National  
Sun Yat-sen University

In this talk, the following content will be presented;

Recent developments of the fitness industry  
(健身產業近況)

Fitness types and time allocation  
(健身種類與時間調配)

Self-situation and self-selection need  
(自我現況與擇己所需)

15:30-17:20, Wed., December 30<sup>th</sup>, 2020

NE69 ESS Building, NTHU

101, Sec2, Kuang-Fu Rd., Hsinchu  
30013, Taiwan

### Biography:



Dr. T. H. Tsao (曹德弘) graduated from the Department of Physical Education, National Taiwan Normal University. After he received his Ph.D. degree, he served as an assistant professor at Department of Recreational Sport & Health Promotion, National Pingtung University of Science and Technology. The sports field included exercise physiology, sports nutrition, swimming, tennis, also elementary swimming, physical fitness, muscle fitness, tennis, Tai Chi, human physiology and health promotion.