

The 4th Annual Global Youth Fitness Forum

September 3rd, 2026

WELCOME



7:00–7:05am

Shawnda Morrison (Slovenia)

Welcome message

Shawnda Morrison is an Assistant Professor at the Faculty of Sport, University of Ljubljana. As a clinical exercise physiologist specializing in excessive heat strain, Dr. Morrison continues to pursue her passion advocating for the importance of maintaining one's fitness as a climate change countermeasure. She is delighted to act as Moderator for the 4th Annual Global Child Fitness Forum.

THEME 1: FITNESS, EDUCATION & POLICY OUTCOMES



7:05–7:15am

Monika Kaj (Hungary)

When Fitness Becomes an Educational Advantage: Evidence from Hungary's National School Fitness System

Mónika Kaj, PhD, is a health scientist at the Hungarian School Sport Federation and Professional Lead of NETFIT® and Hungary's Active School Program, contributing to their development from inception. Her work focuses on youth fitness surveillance and bridges scientific research, data-driven innovation, and practical school-based health promotion.



7:15–7:25am

Juan Ricardo López y Taylor (Mexico)

Physical Literacy and Physical Fitness in Mexican Children

Juan Ricardo López-Taylor is a Research Professor at the University of Guadalajara, Mexico. His research focuses on physical activity and health, as well as exercise physiology and performance. His work includes research on physical activity promotion, health, and the physiological responses to exercise.



7:25–7:35am

Li-Lin Liang (Taiwan)

Linking Youth Fitness Surveillance to Health, Equity, and Educational Opportunity: Evidence from Longitudinal Data in Taiwan

Li-Lin Liang is an Associate Professor at the Institute of Public Health, National Yang Ming Chiao Tung University, Taiwan. Her research uses nationwide longitudinal data to examine how physical fitness is associated with disease incidence, mortality, health-care use, and socioeconomic inequalities across the life course.

THEME 2: SURVEILLANCE SYSTEMS & MONITORING PLATFORMS



7:35–7:45am

Emily D'Agostino (USA)

The NYC Fitnessgram: A Physical Fitness Surveillance System to Inform Population-Level Longitudinal Health Patterns Among Youth

Emily M. D'Agostino is Associate Professor and Director of Community-Engaged Research Practice in the Occupational Therapy Doctoral Division, Duke University School of Medicine in Durham, North Carolina, US. Dr. D'Agostino holds research expertise in promoting youth physical activity and fitness, preventing obesity, fostering mental health and resilience, and building capacity for community-academic partnerships.

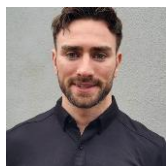


7:45–7:55am

María Rúa-Alonso (Spain)

DAFIS Project: A Regional Platform Supporting Health Surveillance Through School-Based Health-Related Fitness Monitoring in Galicia (Spain)

María Rúa Alonso is an Assistant Professor and researcher at the University of A Coruña (Spain) where her research focuses on youth physical fitness, health-related fitness surveillance, and exercise for health across the lifespan. As a member of the Performance and Health Group (PHG), she contributes to the DAFIS project, a regional school-based health-related fitness monitoring platform in Galicia and collaborates with international research groups in Brazil and Portugal.



7:55–8:05am

Brendan O'Keeffe (Ireland)

A Global Review of Platforms for Monitoring Adolescents' Physical Fitness in Secondary Schools

Brendan O'Keeffe is an Associate Professor of Physical Education at University of Limerick, Ireland, where his research focuses on the pedagogy of health-related fitness. Brendan is Principal Investigator working with PhD candidate Eoin Joy on an international scoping review of platforms for monitoring fitness in secondary schools that forms part of the 'FitnessMark' project.

8:05–8:20am — *BREAK*

THEME 3: FITNESS MEASUREMENT



8:20–8:30am

John Reilly (Scotland)

Beyond BMI for Fitness Assessment in Children and Adolescents

Prof John J Reilly, BSc, PhD is Professor of Physical Activity and Public Health Science at the University of Strathclyde, Glasgow, Scotland. His research focuses on physical activity/sedentary behaviour/sleep and childhood obesity globally, and public health surveillance in children and adolescents.

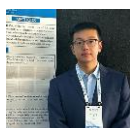


8:30–8:40am

Malte Nejst Larsen & Jesper Sandfeld Melcher (Denmark)

Validity and Reliability of Field Testing in Danish Schools

Malte Nejst Larsen (Head of study), from University of Southern Denmark, and Jesper Sandfeld Melcher (Presenter), from University College Copenhagen, present test-retest data from student-administered physical fitness tests in Danish school children, including reliability across sex, performance level, and spare-time fitness training status.



8:40–8:50am

Guoyang Qin & Yang Liu (China)

Twice or Three Times and How Long of Interval Time? Study on Assessments of Hand Grip Strength and Standing Long Jump Among Children and Adolescents

Guoyang Qin is a doctoral researcher in Physical Education and Training at School of Physical Education, Shanghai University of Sport under the supervision of Professor Yang Liu. His research focuses on physical fitness, physical activity, and health promotion among children and adolescents. Dr. Yang Liu is a Professor in Physical and Health Education at the same institution, with research focused on physical fitness, physical activity, physical literacy and health promotion.



8:50–9:00am

Kelly Arbour-Nicitopoulos (Canada)

A Scoping Review of Health-Related Fitness Tests in Pediatric Chronic Medical Conditions and Disability

Kelly Arbour-Nicitopoulos is a Professor in the Faculty of Kinesiology and Physical Education at the University of Toronto, where their research focuses on enhancing physical participation in children and youth with disabilities. The scoping review Kelly's team is currently conducting aims to inform future research by identifying reliable, valid and feasible fitness tests that can be used with children and youth with disabilities.



9:00–9:10am

Justin Lang (Canada)

Feasibility and Barriers to Implementing a Global Youth Fitness Survey: Insights from a Global Delphi Study with 130 Experts across 51 Countries and Territories

Justin Lang is a Research Scientist at the Public Health Agency of Canada and an adjunct professor at the University of Adelaide. His research focuses on public health surveillance, with an emphasis on physical fitness as a key indicator for population health monitoring.

9:10–9:30am — *Group discussion / Open discussion / next steps*