
Title	Research in physical education: Challenges and opportunities
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The adage "a healthy mind in a healthy body" has never been more scrutinised in Singapore than in the present research context at the School of Physical Education. Often, the public and even colleagues in educational circles comment that physical education has become more science than running, jumping and getting stronger (the Olympic motto: *citius, altius, fortius*). How has the perspective of the PE teacher switched from a facilitator of fitness to one of classic coach, knowledgeable nutritionist and research sport scientist?

Research at SPE has been divided into subdisciplines incorporating sport pedagogy, sport studies and sport science. Because teaching is the main emphasis of SPE's Mission Statement,

the use of an x-ray absorptiometer, as well as coronary risks and osteoporosis of the older generation.

In the domain of sports pedagogy, one research area has been the assessment of first year teachers, the adaptations necessary to accommodate heavy work schedules in schools and the call for more accountability for children's fitness and fatness. Along this same line, a few research topics have observed the transition of the veteran officer on a second career path adapting to the traumas of discipline in the military to a less rigid structure in the schools. One particularly interesting study at SPE investigates a single school's initiative to provide a specialized sports program to elite school athletes.

Research in sport studies brings the social scientist into a realm where theory meets reality. With senior SPE faculty in each of the domains, studies involving management of sport and fitness have taken serious consideration of the interplay of sport administration with coaches' and athlete's perspectives of mental preparation for performance. Another interesting undertaking of SPE staff members examines the internet as a fitness delivery system. Another outstanding achievement of SPE is the honour of hosting the Singapore Olympic Academy, the educational arm of the Olympics which endeavors to instill the values of Olympism, fair play, competitiveness and esprit-de-corps in young people. Annually, world-renowned researchers come to Singapore to speak about the values espoused through the Olympic movement.

Research in Physical Education: Challenges and Opportunities

(Mens sana in corpore sano)

Dr Gordon Schmidt
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sport pedagogy investigates the role of the pre-service teacher in adapting to the rigors of the training program at SPE and how this novice adapts to the strains and stresses of the first years in the teaching profession. One particular research project tracks the second career Singapore Armed Forces officers through their training to become PE specialists. Sports studies investigations have research collaborations combining sociology, psychology, history and management. Imagine the opportunities for studying the National Rugby Union from the perspective of Psychological Skills Training, corporate sponsorship, and the development of the game from colonial to modern days. The sports science team has whistles and bells to monitor games and gait through high speed video photography or measure fat and bone density of young children, elite sportspersons through

and control Rave been conducted through field assessments of children's performance, health and fitness. Contributing to the fields of exercise physiology and sport biomechanics are research studies that investigate issues of muscle mechanics, immune function and human performance in relationship to sport. A major undertaking at SPE involves a national epidemiological exploration of Asian body composition, family heritage and activity patterns in children and their parents.

The recognition of SPE, NIE and NTU as world class institutes can also be exhibited by the affiliation obtained with two outstanding organizations in the United States. SPE has established its first Memorandum of Understanding with Indiana University, a Big Ten School highly regarded as the oldest School of Physical Education in America. Another relationship cultivated over the last four years is with the American College of Sports Medicine through the dissemination of their certification courses as an outreach program by SPE to the fitness community in Singapore and abroad. As the only Asian institute offering these workshops, SPE has placed itself amongst the leaders in the field of service and research.

