



Nanyang Technological University
National Institute of Education



SCHOOL OF PHYSICAL EDUCATION 1993 – 1994

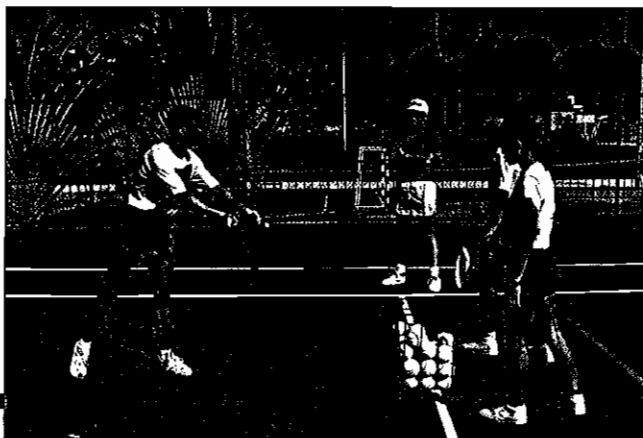


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SCHOOL OF PHYSICAL EDUCATION

"Physical Education for Life"

The School of Physical Education (SPE) has one of the premier physical education teacher education programmes in South East Asia. The mission of the SPE is to empower students with the knowledge and skills necessary to be effective teachers of physical education. This is achieved through an emphasis on excellence in teaching, research, and community service.

The School of Physical Education offers a variety of Diploma, Undergraduate and Post graduate programmes and courses of study in Physical Education. These include the Diploma in Physical Education which is offered at the Pre-service, In-service and Post graduate levels and the Bachelor of Arts (B.A.) with Diploma of Education (Physical Education) and the Bachelor of Science (B.Sc.) with Diploma of Education (Physical Education). The School of Physical Education also offers the M.A., M.Sc. and Ph.D. degrees by research in specialised aspects of sport pedagogy, sport studies and sport science. A cluster of courses in Physical Education are available in the M.Ed degree programme catering to physical education teachers wanting to continue post graduate study in Education and Physical Education.

Students of physical education are expected to maintain high levels of academic work and to establish equally high standards of physical excellence. An enduring, life-long commitment to a healthy lifestyle on the part of all physical education teachers is essential for effective teaching in Singapore.

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NANYANG TECHNOLOGICAL UNIVERSITY

NATIONAL INSTITUTE OF EDUCATION

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Chairman, NIE Council : Dr Cham Tao Soon
PhD Camb., BSc Lond.,
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PEng, MIVA, PPA

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Malaya, DipED Sing.

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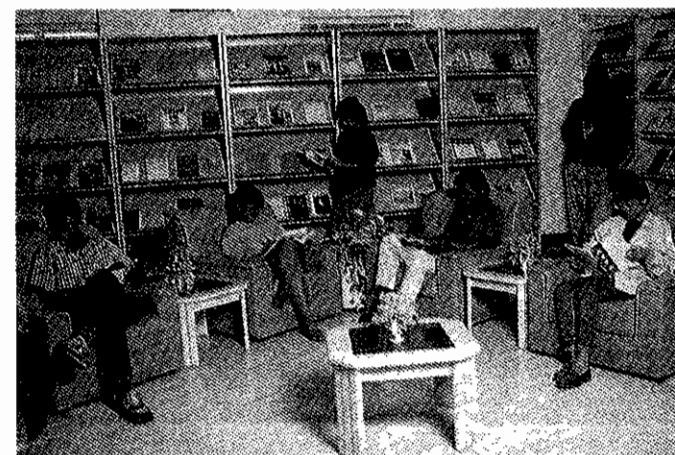
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THE NATIONAL INSTITUTE OF EDUCATION

The National Institute of Education (NIE) was established on 1 July 1991 with the merging of the former Institute of Education and the College of Physical Education. It was constitute as part of the Nanyang Technological University. NIE functions as an autonomous body within the University and is committed to the tasks of

- preparing skilful, caring and reflective teachers for the school system,
- promoting and conducting research relevant to Singapore's needs, and
- upgrading the training and education of qualified practising teachers.



THE SCHOOL OF PHYSICAL EDUCATION

The School of Physical Education is one of the premier centres for physical education teacher education in South East Asia with outstanding research potential and wonderful facilities. The mission of the School of Physical Education involves teaching, research and community service.

The teaching programme involves DIPLOMA programmes as well as UNDERGRADUATE and GRADUATE programmes of study.

Research interests of the faculty range from an enduring commitment to SPORT SCIENCE and SPORT PEDAGOGY research to research in the areas of SPORT SCIENCE and SPORT STUDIES.

Community links have been forged with related agencies interested in the full range of sport and wellness services in Singapore such as the Singapore Sports Council, Ministry of Education, the Ministry of Health, and Ministry of Defence.

The aims of the School of Physical Education, therefore, are.....

1. To provide a physical education teacher education programme at the Diploma and Undergraduate level based on contemporary international trends and a rigorous research endeavour.

2. To engage in research questions that further our understanding of physical activity in the broader community in Singapore.
3. To empower pre-service teachers and in-service teachers with the knowledge and skills to make a positive impact on the activity patterns of Singaporean.
4. To maintain high standards of teaching across the faculty and in all programmes conducted under the auspices of the School of Physical Education.

The School has an Advisory Committee comprising of prominent members from various sectors to advice and provide feedback on our programmes so that they are relevant and up to date. The members of the Advisory Committee are as follows:

Chairman

Dr Quek Jin Jong
Dean

Members

Mr John Koh
Deputy Executive Director
Singapore Sports Council
National Stadium, Kallang
Singapore 1439

Mr Nicholas Tang
Principal
Westlake Secondary
325 Braddell Road
Singapore 2059

Col (Dr) Lionel K H Lee
Senior Medical Officer (Army)
Ministry of Defence
Loewen Road
Tanglin
Singapore 1024

Mr Goh Ek Piang
Specialist Inspector (PE)
Science Branch,
Curriculum Planning Division
Ministry of Education
Kay Siang Road
Singapore 1024

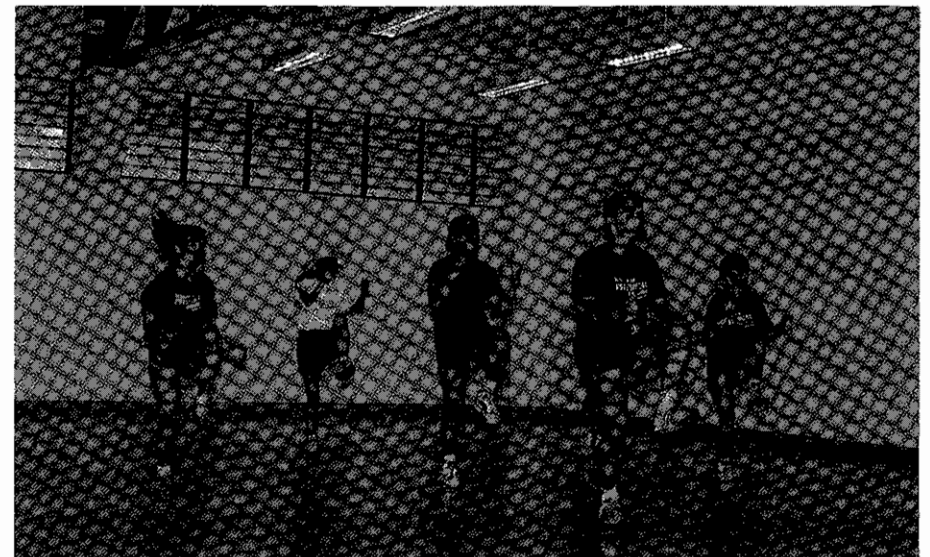
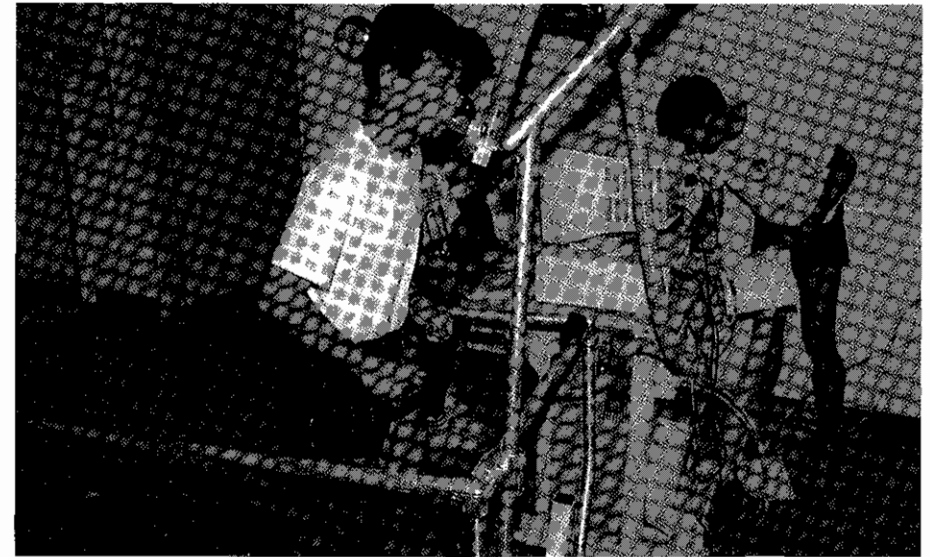
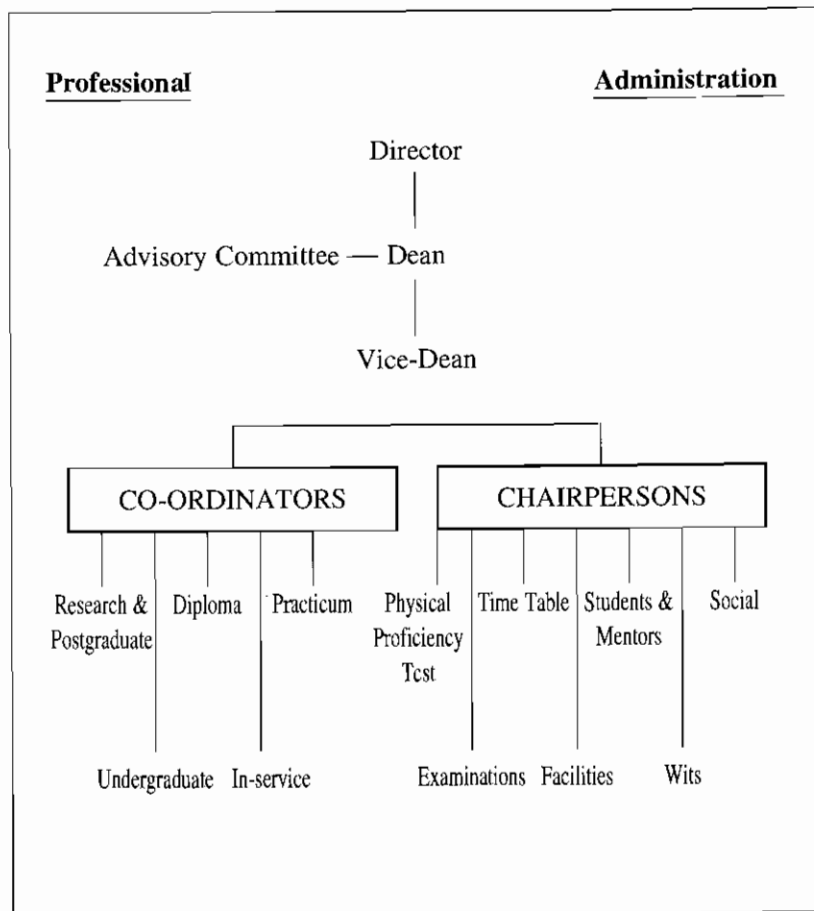
Dr John Saunders
School of Physical Education

Dr Lewis McGill
School of Physical Education

By Invitation:

Assoc Prof Ian Haslam
Vice-Dean
School of Physical Education

SCHOOL OF PHYSICAL EDUCATION ORGANIZATION CHART



FACILITIES

LECTURE ROOMS

The School premises have six lecture rooms.

Other Teaching Facilities

The School is also equipped with an Audio-visual-Aid Centre, four laboratories and a Conditioning/Weight Training Room for use by students and staff.

Outdoor Facilities

This includes a six lane athletic track with a centre pitch suitable for both Soccer and Rugby. Adjacent to it is an all weather sand-filled artificial grass hockey pitch - the first of its kind in Singapore. The School is proud of its new Swimming Complex with an Olympic size Swimming pool complete with diving facilities plus a learner's swimming pool.

For Tennis, there are five tennis courts with a practice wall available. There are five Outdoor Courts which can be used for Basketball, Netball and Volleyball. Also two separate courts are available for Sepak Takraw.

Indoor Sports Facilities

For indoor sports there is a large Sports Hall which is capable

of accommodating several activities at once. There is also a Gymnasium specially catered for gymnastic only; supplemented by a modern Dance Studio.

Students and staff may also make use of the seven Squash Courts in the School premises.

PROGRAMMES AND COURSES OFFERED BY THE SCHOOL OF PHYSICAL EDUCATION

1. The Diploma in Physical Education (Primary & Secondary) Programmes are two year full-time course of study leading of Diploma in Physical Education of the National Institute of Education.
 2. The Post Graduate Diploma in Education (Physical Education) is offered at Primary and Secondary levels and following a two year course of study leads to the award of the Post Graduate Diploma in Education (Physical Education) of the National Institute of Education.
 3. The In-Service Diploma in Education (Physical Education) is offered at the Primary and Secondary levels and is a one year, full time course specialising in teaching physical education in schools. This course is only open to practising teachers.
 4. The Bachelor of Arts/Science with Diploma in Education (Physical Education) Course is a four year, full time programme of study designed to prepare specialist teachers of physical education for the primary, secondary or junior college schools.
- Nb Each of these programmes of study is structured to include:
- Academic Studies
 - Education Studies
 - Curriculum Studies
 - Practicum
5. There are a selection of courses offered through the School of Physical Education in the M.Ed. programme for physical education teachers wishing to continue their studies in Education and Physical Education.
 6. There is provision for highly qualified students to pursue courses of study leading to the degrees of MSc/MA and Ph.D. by research in any of the areas of sport science, sport studies or sport pedagogy.

RESEARCH AND SCHOLARLY ACTIVITIES

Associate Professor	Iau R. Haslam Ed.D. (SUNY@Buffalo), MA(Alberta) B.Ed. Hons.(Keele), Cert.Ed.Dist.(Madeley)
Research Area	Sport Pedagogy

Research Programme

1. Psychological skills training for developing and high performance athletes.

The purpose of this project is to determine the imagery use characteristics of developing and elite athletes. Then to determine the effect of systematic psychological skills training programmes on athletes and coaches in relation to their physical performance and their day to day living patterns.

2. The visualisation characteristics of teachers of physical education.

The purpose of this project is to determine the use of visualisation in the planning, implementation and evaluation of physical education lessons by teachers.

3. Computer based curriculum support services in physical education.

The purpose of this project is to design and study the impact of computer based curriculum materials on the professional development of teachers and the perceived quality of physical education programmes in school.

Senior Lecturer	Quek Jin Jong Ph.D.(Queensland), MSc., BSc.(Oregon), Adv Cert Ed (IE), Cert Ed (TTC).
Research Area	Motor Learning & Growth and Development

Research Programme

1. Motor short-term memory development of children.

The purpose of this project was to understand the nature of short-term memory development of school-aged children in relation to movement. The types of mnemonic coding and strategies employed by children were also examined.

The issue of ecological validity of mnemonic laboratory tasks was also addressed.

2. Review of the National Physical Fitness Award (NAPFA) norms.

The purpose of the project was to review the present NAPFA norms of the Singapore Sports Council which was established in 1982. From this study new norms will be established and recommended for adoption. This research is done in

collaboration with the Singapore Physical Education Association.

3. Physical Activity and Fitness of Children and Youth: A South-East Asian Perspective.

This project includes the study on the trends in habitual activity, comparisons of physical fitness over the last decade. Problems and issues which need specific consideration will be identified for future research unique to the geographic area.

Senior Lecturer	Gordon J. Schmidt Ph.D., M.Sc. (Indiana), B.Ed.(McGill)
Research Area	Exercise Physiology

Research Programme

1. Obesity and body composition of children in Singapore.

This long-term research project involves collection and analysis of data involving coronary risk assessment. Specifically, the purpose of this project is to determine the health profiles of children in the three ethnic groups (Chinese, Malay, Indian) of Singapore. Coronary risk assessment encompasses obesity, body composition, cholesterol concentration, blood pressure, and life-style health behaviours.

2. Physical fitness protocols and programming

The National Physical Fitness Award (NAPFA) Scheme was implemented in 1982 for adults in Singapore. This research project involves the comparison of other protocols and procedures that measure the same fitness components. Result from this study will be used to modify the physical fitness test battery and recommend specific programming for all ages of participants.

3. Habitual physical activity levels of Singapore primary school children aged 10 years.

This study assess the daily activity levels of Singapore primary school children through heart rate monitoring. The project determines whether children experience the quality and quantity of physical activity appropriate for health, which, if sustained into adulthood will have an effect on reducing coronary heart disease.

Senior Lecturer	John E. Saunders Ph.D., (Queensland), MA(Leeds), MA(Oxon), B.A. Hons.(Oxon), D.L.C. (PE) Hons, Cert. Ed(Nottingham), FACHPER, MACE.
Research Area	Sport Studies/Physical Education

Research Programme

1. The analysis of teaching physical activity.

There have been two major thrusts in this programme. The first has been to examine the concept of task accountability and in particular of task accountability and in particular the accountability strategies implemented by teachers and coaches and their effectiveness in terms of task relevant learner involvement. The second thrust has been to examine teacher skill and strategy in terms of the establishment and maintenance of appropriate/effective activity settings within the lesson or other unit of instruction.

2. The development of physical education in post-war in Singapore.

This programme has started with an oral history project designed to document and record the contribution of significant individuals to the development of physical education in Singapore over the last forty years. It is planned to incorporate the data so far obtained into a more comprehensive analysis of the development of physical education and sport within this society with particular reference to the educational context.

3. The marketing of physical activity.

This project is aimed at analyzing the effectiveness of physical activity programmes in Singapore from a marketing framework and perspective. Physical activity is viewed as a key component within a healthy lifestyle/wellness package in both commercial and public sector programmes.

Senior Lecturer	Lewis J.O. McGill Ph.D., (New Mexico), M.S.(New Mexico), DipPhEd (Otago), Dip Tchng (New Zealand)
Research Area	Sport Pedagogy and Sport Psychology

Research Programme

1. Weight Transfer Patters in Hitting Skills - how can we enhance instruction?

The purpose of this project is to compare the weight transfer patterns between golf and softball for a range of ability of subjects; to identify important cues for learners to concentrate on when learning a striking skill; and to provide information which would encourage teachers to use this information during the teaching/learning process.

Collaborator: Mr John Sproule.

2. The relationship between time and quality of performance in a variety of sports skills.
3. The use of selected psychological strategies by elite athletes during training and competition.

Senior Lecturer	Lawrence Hoh Yau Kong MSc (Purdue), Cert.PE(New Zealand), Normal Cert.(TTC)
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Research Area	Sport Pedagogy
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Research Programme

1. Principles and method of coaching rugby football.

The purpose of this line of enquiry is to determine effective coaching learning strategies for developing elite rugby players and coaches.

2. Race management expertise in yacht-racing.

This field of enquiry specifically on efficient race management strategies for race officials from club to world class events.

Lecturer	Steven C. Wright Ed.D (Boston University), MA (Boston University), B.Sc. (St. Lawrence University)
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Research Area	Physical Education Teacher Education
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Research Programme

1. A qualitative analysis of a pre-practicum teaching method/ laboratory teaching experience.

The purpose of this was to ascertain the effective components of this programme and to discover the various socialisation factors that influenced the students on their journey from status student to status teacher.

2. Factors that influence the professional and occupational socialisation of physical educators in Singapore.

The purpose of this study is to understand the strengths and weaknesses of the pre-service program. As our students become socialized professionally, what factors contribute positively to their development, and what frustrations do they encounter? Furthermore, when they graduate and enter the teaching world, what are the positive and negative factors that influence their occupational socialisation?

Lecturer	Nicholas G. Aplin M.Sc. (Loughborough), B.Ed. Hons. (Loughborough) Cert.Ed. (Loughborough)
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Research Area	Sport Psychology
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Research Programme

1. Relationship of values to the achievement of success in sport.

The purpose of this project is to evaluate the role of general and work-related values to the achievement of national success in sport. To determine whether work-related strategies can be applied to sport.

2. The relative success of Singapore in international competitions.

The purpose of this project is to identify appropriate methods of qualifying the success of Singaporean sportsmen and women in the Olympic Games, the Asian Games, the Commonwealth Games and the Sea Games.

Lecturer	John S. Sproule M.Sc. (Loughborough), B.Ed. (Honours - Jordanhill)
Research Areas	Sport Science

Research Programme

1. Coincidence timing in squash.

The aim of this study was to develop a test of coincidence timing specific to squash that would differentiate between different graded players.

2. Aerobic fitness testing.

This investigation compared the results of direct and indirect measurements of maximum oxygen uptake of an Asian population.

3. Weight transfer in striking sports.

The purpose of this project is to study the biomechanical and physiological variables pertaining to the running economy of distance runners.

Lecturer	C. Kunalan M.Sc. (Loughborough Univ Tech.), Cert.Ed (TTC Singapore) Advanced Cert.Ed (IE Singapore) Cert. PEHR (West Australia) Dip. Coaching T. & F (West Germany) Dip.PE (Loughborough Univ Tech)
Research Area	Exercise Physiology Track and Field

Research Programme

1. Appropriate frequency and intensity for optimal development of anaerobic power in high level performance.

The type of exercise to use for anaerobic power development is well-known. The frequency and intensity at which this exercise needs to be done has to be determined more accurately. The detraining effects over time need to be

established so that coaches will know how much maintenance work needs to be done.

2. Teaching of Track & Field

The project involves writing a handbook for local primary and secondary PE teachers to ensure a coordinated teaching sequence for the various events over the primary and secondary school years.

Lecturer	Michael Charles McNeill M.Sc. (Loughborough), Adv. Dip. in Art & Science of Movement (Nonington)
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Research Area	Physical Education Pedagogy
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Research Programme

1. The teaching of Gymnastics in schools.

This project involves a survey of secondary schools in relation to the teaching of gymnastics. The purpose of the study is to find out how much is being taught and how effective the teacher training programme was in preparing them to teach this aspect of the curriculum.

2. The impact of class size on teacher effectiveness in physical education.

This study aims to show that small classes do produce better learning environs for children in relation to physical education.

3. The physiological differences between activities. Gymnastics v Games.

This study aims at comparing heart rate levels in different curriculum areas and intends to assess the importance of teaching methodologies/strategies in effecting this outcome.

Senior Lecturer	John Tan BSc.(Oregon), Cert. Ed. (S'pore)
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Research Area	Biomechanics
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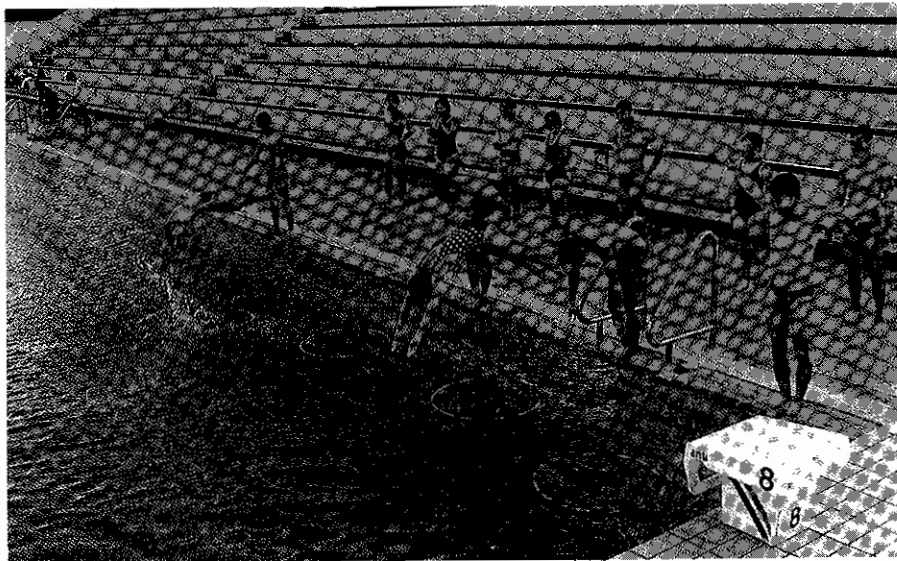
Research Programme

1. Movement Gait (eg. Walking, Running, Hopping etc.)

The purpose of this project is to compare a learned movement or skill to a unlearned movement or skill. So that a systematic teaching programme can evolve.

2. The process of learning of racket game in beginners.

The purpose of this project is to determine a more comprehensive way of teaching racket game to students in P.E class in school.



PROFESSIONAL ACTIVITIES

DR. QUEK J.J. (Dean, School of Physical Education)

1. International Sports Science Conference 1993, Executive Committee
2. SEA Games 1993 Organising Committee, Member & Chairman of Victory Sub-Committee
3. Singapore Dance Theatre, Education Committee (Since 1991)
4. MoE, PE & ECA Review Committee (1990 - 1991)
5. Singapore Physical Education Association (SPEA):
Vice-President (1989 to date)
Chairman of Research and Publications (1989 to date)
6. Singapore National Olympic Committee:
Selection Committee (1991 to date)
7. MoE Healthy Lifestyle Committee (1991)
8. Singapore Sports Council Coaching Committee (1991 - 1994)

ASSOCIATE PROFESSOR IAN R. HASLAM Ed.D.
(Vice Dean, School of Physical Education)

1. South East Asian Games International Conference: Optimizing Performance Organizing Committee
2. Canadian Association for Health Physical Education and Recreation (CAHPER) representative to the Canadian Active Living Alliance for Children and Youth
3. Re-elected Vice President, CAHPER Executive Committee: Communications Portfolio,
4. Editor in Chief, CAHPER Journal
5. Chair, Editorial Review Board, CAHPER Journal
6. CAHPER representative to the province of Ontario
7. Teacher Education in Physical Education National Executive: Chairperson
8. OPHEA Journal Editorial Review Board
9. Visiting Research Fellow, Osaka College of Physical Education, Osaka, Japan. To participate in an international comparative coach education research project between Japan, Australia, England and Canada.
10. Sport psychologist to the Canadian Soccer Association's Sport Science/Medical Committee.
11. Nominated to a Canadian International Development

Association (CIDA) delegation of Physical Education experts as a physical education curriculum expert to work with the Ministry of Education in Malaysia and the Physical Education Association of Malaysia.

DR. GORDON SCHMIDT (Senior Lecturer)

1. Advising SSC on Fitness Instructor Course ACSM Health/Fitness Instructor Course' to Singapore 2nd Term 1993.
2. Member of Sports Science Conference 17th SEA Games 93 Organising Committee.

DR. L.J.O. McGill (Senior Lecturer)

1. Assisting Singapore Sports Council Sport Psychologist, Mr Peter Usher, with selected athletes and teams.
2. Presented Seminar 'Principles of Sport Psychology' to Union Team Managers; organised by Singapore Institute of Labour Studies.
3. Conducted Movitation Activities for Huntington Communications, Singapore.
4. Presented two papers on Sport Psychology at the SNOC Snickers Olympic Seminar, Singapore.
5. Presented Seminar to staff of Ngee Ann Polytechnic on 'Running for Health', in conjunction with Mr C Kunalan.
6. Presented Seminar to staff of Woodbridge Hospital on 'Healthy Life style'.

7. Presented talks on Arousal and Performance to Rotary Clubs in Singapore.

MR. LAWRENCE HOH (Senior Lecturer)

1. Vice Chairman, Race Management Sub-Committee, S'pore Yatching Assn. (SYA)
2. Race Officer, 17th SEA Games 93
3. Member, SYA Technical Sub-Committee
4. Coach and Adviser, RJC Rugby
5. Chairman, Race Management, Asian-Pacific Laser Championships 1993
6. Advisor to the Singapore Rugby Union.

DR. STEVEN WRIGHT (Lecturer)

1. School of Physical Education Basketball Coach.

C. KUNALAN (Lecturer)

1. National Coach, SAAA

ACADEMIC STAFF

DEAN

Quek Jin Jong
PhD (Queensland), M Sc (Oregon), B Sc (Oregon), Adv. Cert Ed (IE), Cert Ed (TTC)

VICE DEAN

Ian R. Haslam
Ed.D. (SUNY@Buffalo), MA(Alberta) B.Ed. Hons.(Keele), Cert.Ed.Dist.(Madeley)

SENIOR LECTURER

Gordon J. Schmidt
Ph.D., M.Sc. (Indiana), B.Ed.(McGill)

John E. Saunders
Ph.D., (Queensland), MA(Leeds), MA(Oxon), B.A. Hons.(Oxon), D.L.C. (PE) Hons, Cert. Ed(Nottingham), FACHPER, MACE.

Lewis J.O. McGill
Ph.D., (New Mexico), M.S.(New Mexico), DipPhEd (Otago), Dip Tchng (New Zealand)

LECTURER

Lawrence Hoh Yau Kong
MSc (Purdue), Cert.PE(New Zealand), Normal Cert.(TTC)

Steven C. Wright
Ed.D (Boston University), MA (Boston University), B.Sc. (St. Lawrence University)

Nicholas G. Aplin
M.Sc. (Loughborough), B.Ed. Hons. (Loughborough) Cert.Ed. (Loughborough)

John S. Sproule
M.Sc. (Loughborough), B.Ed. (Honours - Jordanhill)

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M Sc (Loughborough), B Ed Hons (London), Cert Ed Dist (London)

C. Kunalan
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Advanced Cert.Ed (IE Singapore) Cert. PEHR (West Australia)
Dip. Coaching T & F (West Germany) Dip.PE (Loughborough Univ Tech)

Michael Charles McNeill
M.Sc. (Loughborough), Adv. Dip. in Art & Science of Movement (Nonington)

Mrs Teo-Koh Sock Miang
M Sc (Alberta, Canada), B PE(Loughborough), Cert ED (IE)

SENIOR TUTOR

John Tan
BSc.(Oregon), CERT. ED. (S'pore)

Alan Chn'g
B.Sc (S'pore), Dip Ed (NUS), Dip Pe (CPE)

Mrs Goh-Leong Lai Kuen
BSc (Oregon), Cert Ed (IE)