

PESS+ ISSUES!

July 2023
Volume 9, Issue 2

PESS+ ISSUES! is a newsletter on research, teaching, and services in Physical Education and Sports Science (PESS)

Recent Happenings!

PESS & SSM student-athletes and alumni at the 32nd SEA Games

- Congratulations to our exceptional student-athletes and alumni who participated and medalled at the 32nd SEA Games! Your hard work, dedication, and extraordinary performances have brought immense pride to PESS, NIE, and NTU.

SSM Student Athletes				
S/N	Sport	Given Name	Event	Achievement
1	Athletics	Ian Koe	Men's 4X100M Relay	
2	Basketball	Tan Kang Yi	Women's 3x3 Team	
3	Floorball	Foo Jun Wei	Men's Team	Bronze
4	Tri, Aqua & Duathlon	Cedric Chua Jian Hong	Men's Individual Triathlon (Mixed Relay)	
5	Wushu	Ong Zi Meng	Men's Daoshu + Gunshu (Men's Duilian)	

SSM Alumni				
S/N	Sport	Given Name	Event	Achievement
1	Aquatics - Swimming	Lim Xiang Qi Amanda	Women's 50M Freestyle Women's 4X100M Freestyle Relay	Silver Gold
2	Athletics	Quek Jun Jie Calvin	Men's 400M Hurdles	Bronze
3	Basketball	Lim Jia Min	Women's 5x5 Team	
4	Basketball	Lim Zhi Yan Amanda	Women's 5x5 Team	
5	Floorball	Lim Jian Hong	Men's Team	Bronze
6	Floorball	Yee Yun Shawn	Women's Team	Gold
7	Football	Beatrice Tan	Women's Team	
8	Football	Fatin Aqillah Binte Mohamed Ridzwan	Women's Team	
9	Field Hockey	Laura Tan Si Ru	Women's Team	Bronze
10	Indoor Hockey	Goh Kai Yang Timothy	Men's Team	Bronze
11	Taekwondo	Nur Fadzlyn Binte Mohd Zahrudin	Women's under 49kg	Bronze

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Recent Happenings!

SSM Alumni [Cont.]				
S/N	Sport	Given Name	Event	Achievement
12	Volleyball	Lau Ee Shan	Women's Team	
13	Volleyball	Lau Yue Ting Rachel	Women's Team	

PESS Student-Athletes				
S/N	Sport	Given Name	Event	Achievement
1	Floorball	Yeo Xuan	Women's Team	Gold
2	Indoor Hockey	CT Karruppiah Arasu	Men's Team	Bronze

PESS Alumni				
S/N	Sport	Given Name	Event	Achievement
1	Basketball	Chan Chu Yin	Women's 5x5 Team	
2	Field Hockey	Enrico Elifh Abdul Lathif Marican	Men's Team	Silver
3	Field Hockey	Nur Ashriq Ferdaus Bin Zul'kepli	Men's Team	Silver
4	Indoor Hockey	Mohammed Jumaen Bin Amat Kamsin	Men's Team	Bronze
5	Tri, Aqua & Duathlon	Ahmad Arif Bin Ibrahim	Men's Team	

People

Assoc Prof Koh Koon Teck

- Appointment
 - Programme Advisor, Council for Sports Management Program at Jio Institute
 - Member, MOE Special Education Branch Curriculum Advisory Group for Physical Education
 - Secretary General, Southeast Asia Basketball Association (2023 to 2027)
- Conference
 - Keynote speaker (2023, April 13) on the topic of "The history and development of physical education in Singapore" at the World Physical Education Alliance Conference (online), organized by East China Normal University, China

- Keynote speaker (2023, June 21) on the topic of "Sports preneurship as a business opportunity to support the sports industry" organized by Universitas Negeri Semarang, Indonesia
- Keynote speaker (2023, June 24) on the topic of "Research scenario in sports education" at the International Conference of Sports and Exercise Science Students (ICSESS) organized by the Faculty Sport and Exercise Sciences, Universiti Malaya

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Assoc Prof Koh Koon Teck [Cont.]

❑ Workshops & Seminars

- Invited speaker (2023, March 14) on the topic of "Peak performance for pistol shooters – Mental skills and reflective practice"
- Invited speaker (2023, March 3), ITL Seminar 2023 as the "Human library presenter" for NIE coaching observation tool
- Invited speaker (2023, May 20) on the topic of "Theory of ICT usage in PE classes" organized by National Institute of Physical Education and Sports (NIPES), Cambodia
- Invited speaker (2023, June 27) on the topic of "Teaching values through physical education and sports" to a group of Zhejiang principals in Singapore

❑ Media

- Featured (2023, February 26) on Straits Times for Hangzhou Asian Games 2023 Fun Run
- Featured (2023, 5 May) on Hello Singapore interview on SEA Games.

- Featured (2023, May 5) on Channel 8 Program-Good Health Good Life.



狮城有约 | 十分访谈：东南亚运动会



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❑ Resource Book

- Koh, K.T. (2023). A Handbook for Teaching Values and Life Skills in Physical Education and Sports. Singapore: NIE.

Chair, PESS Newsletter

Dr Chung Ho Jin hojin.chung@nie.edu.sg

Editorial Team

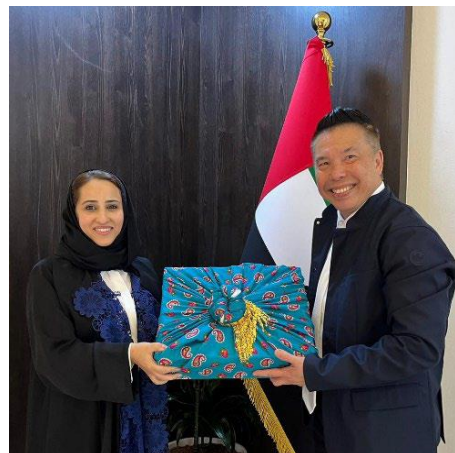
Erny Yunelis Noorman, Julisa Binti Sulaiman

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Prof Michael Chia

□ Appointment

- External Examiner, Bachelor of Health Science (Hons)(Exercise and Sports Science) at the School of Health Sciences in Universiti Sains Malaysia for the 2022/2023 academic session from 16 to 18 May 2023.



- External examiner, PhD thesis on the topic "Understanding physical activity and sedentary behaviour of adolescents in Indonesia" at University of Southern Queensland, Australia on 15 March 2023.

□ Workshop & Seminars

- Facilitator (2023, February 23 - March 1), CAE-NIEI strategic partnership project workshop for faculty capacity building at Emirates College of Advanced Education, Abu Dhabi
- Invited Speaker (2023, February 23 - March 1), on the topic "Early Childhood Education" in Emirates College of Advanced Education, Abu Dhabi



□ Conference

- Presenter (2023, June 14 -17) on the topic "Feasibility and acceptability of an interactive health education curriculum to improve diet and movement behaviours among primary school children in Singapore" at the 22nd Annual Meeting of the International Society of Behavioral Nutrition and Physical Activity in Uppsala, Sweden
- Presenter (2023, June 21 - 22) on the topic "Voices unheard: Exploring adolescent female athletes' perspectives on menstrual cycle-related communication in sport" at Women in Sport and Exercise Academic Network (WiSEAN) Conference at the Liverpool John Moores University



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Prof Michael Chia [Cont.]

- ❑ International Research Collaboration Seed Fund
 - Recipient of the NIE inaugural fund to the University of Jyväskylä from 22 to 26 May 2023



❑ Delegation Host

- 11 Postgraduate students and two staff from the University of Jyväskylä from 20 to 24 February 2023



Assoc Prof Kong Pui Wah (Veni)

❑ Appointment

- Board of Directors, International Society of Biomechanics in Sports (ISBS) (2023 – 2025)
- Editorial Board Member, Sports Engineering - An official journal of the International Sports Engineering Association (ISEA)

❑ Guest Lecture

- Invited Talk (2023, May 11) on the topic "Sensors for Measuring Foot Biomechanics" at Loughborough University, United Kingdom.



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Assoc Prof Kong Pui Wah (Veni) [Cont.]

□ Conference

- Invited Speaker (2023, April 14 - 17) on the topic "Biomechanics in sport rehabilitation - the role of exercise in low back pain" at the 2023 Sports Biomechanics Research Symposium.

Dr Chung Ho Jin

□ Guest Lecture

- Invited talk (2023, February 19) on the topic "Initial teacher education and teachers' professional learning system: A lifelong approach to successful teacher development" at the Master Teachers' Network Forum, Daejeon, Korea.



□ Conference

- Keynote Speaker (2023, January 12) on the topic "Initial teacher education, induction and continuing professional learning: Innovative ideas for sustainable teacher development" at the International Conference on School and Teaching, Cheongju, Korea.



- Cho, H.T., Koh, K.T., & Chian, L.K. (2023). Subjective knowledge in open water activities: Scale development and validation. International Journal of Sport Science & Coaching. <https://doi.org/10.1177/17479541231168513>
- Chia, M., Luo, V., Tan, D., & Chua, T. (Accepted for publication). Pilot results on the lifestyle behaviours of children with developmental disorders in Singapore. East China Normal University Education Review.
- Bojic, I., Liu, J., Ong, Q. C., Lawate, A., Palaiyan, M., Lwin, M., Abisheganaden, J., Theng, Y. L., Ho, M. R., Chia, M., & Car, J. (Accepted for publication). Identifying at-risk university students: A system for longitudinal monitoring of sleep health. Proceedings of the IEEE International Conference on Digital Health.
- Balasekaran, G., Loh, M. K., Boey, P., & Ng, Y. C. (2023). Running Energy Reserve Index (RERI) as a new model for assessment and prediction of world, elite, sub-elite, and collegiate running performances. Scientific Reports, 13(1), 7416. <https://doi.org/10.1038/s41598-023-29626-5>
- Balasekaran, G., Loh, M. K., Boey, P., & Ng, Y. C. (2023). Determination, measurement, and validation of maximal aerobic speed. Scientific Reports, 13(1), 8006. <https://doi.org/10.1038/s41598-023-31904-1>

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Awards

- ❑ Excellence in Teaching Award
 - A/P Swarup Mukherjee
- ❑ Excellence in Research Award
 - A/P Kong Pui Wah
- ❑ Excellence in Service Award (Individual)
 - Mr Muhammad Farihin Fawwaz Bin Abu Talib
- ❑ Excellence in Service Award (Team)
 - ✓ EW Barker Commemorative Book Launch & Scholarship Awards Presentation
 - Assoc Prof Koh Koon Teck
 - Mdm Seah Mui Choo (She Meizhu)
 - Mdm Tang Tsou-Tinn, Samantha
 - Ms Erny Yunelis Binte Noorman
 - Ms Julisa Binti Sulaiman
 - Ms Yow Chea Nuan
- ❑ Excellence in Service Commendation (Team)
 - ✓ Fast and Easy Testing – Covid19
 - Mdm Tang Tsou-Tinn, Samantha
 - Mr Muhammad Farihin Fawwaz Bin Abu Talib
 - Ms Erny Yunelis Binte Noorman
 - Ms Julisa Binti Sulaiman
 - Ms Lee Jingpei, Melissa
- ❑ Long Service Award
 - ✓ 10 Years in Service
 - Mdm Seah Mui Choo (She Meizhu)
 - ✓ 15 Years in Service
 - Assoc Prof Swarup Mukherjee
 - Mdm Rehana D/O Mohamed Zeckiriah
 - Mdm Tang Tsou-Tinn, Samantha
 - Ms Erny Yunelis Binte Noorman
- ❑ Long Service Award (MOE Seconded Staff)
 - ✓ 25 Years in Service
 - Mrs Karen Ng

Selected Publications

- Lum, D., Barbosa, T. M., Aziz, A. R., & **Balasekaran, G.** (2023). Effects of isometric strength and plyometric training on running performance: a randomized controlled study. Research Quarterly for Exercise and Sport, 94(1), 263-271. <https://doi.org/10.1080/02701367.2021.1969330>
- Ang, C.L., & **Kong, P.W.** (2023). Field-based biomechanical assessment of the snatch in Olympic Weightlifting using wearable in-shoe sensors and videos – A preliminary report. Sensors, 23: 1171. DOI: <https://doi.org/10.3390/s23031171>

Past & Current Students' Achievements

- Ms Shannon Chia was interviewed by the Strait Times on the topic "Seniors who strength train: From struggling with a bag of groceries to deadlifting 50kg" <https://www.straittimes.com/life/senior-s-who-strength-train-from-struggling-with-a-bag-of-groceries-to-deadlifting-50kg>



- Our PESS biomechanics team (Dr Pan Jingwen and Mr Ignas Palamarcukas under the supervision of Assoc Prof Veni Kong) was invited by the Chinese University of Hong Kong to present at the 2023 Sports Biomechanics Research Symposium - Dr Pan Jingwen: "Performance and Biomechanics Investigation of Cue Sports", Mr Ignas Palamarcukas: "Does isolated knee or hip extension strength training affect motor coordination in the rear foot elevated split squat?"