

# PESS+ ISSUES!

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**January 2022**

Volume 8, Issue 1



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

## Recent Happenings!

### E.W. Barker Commemorative Book Launch

- Physical Education and Sports Science (PESS) launched the Edmund William (E.W.) Barker Commemorative Book on 12 October 2021. This book, "Legacy of E.W. Barker" portrays the legacy handed down by E.W. Barker as a statesman, scholar and sportsman and captures how the Professorship and Scholarship Fund in his name has emerged, evolved and transformed to the present form since 2002. His dedicated life inspires all of us how much one person can contribute to the development and advancement of PE and sports in Singapore.



Source: E.W. Barker Commemorative Book Launch. <https://youtu.be/5QTjH8b0UoE>

## People & Notable Services

### Assoc Prof Koh Koon Teck

#### □ Appointment

- Adjunct professor of the Joint Doctoral Program of China Scholarship Committee for the East China Normal University for 1 year from 1 September 2021 to 31 August 2022.
- NIE committee member of the Child and Human Development Strategic Growth Area Task Force for a two-year term with effect from 1 September 2021.
- Committee member of the NIE Strategic Growth Area Values & Ethics (SGA V&E) Special Interest Group from 1 October 2021.
- Elected as a council member of Singapore National Olympic Council with effect from 1 October 2021 for a two-year term.
- Visiting scholar for Chung-Ang University, Seoul, Korea from 29 October to 17 December 2021.

#### □ Conference

- Invited speaker (2021, August 14) on the topic "Teaching physical education during the Covid-19 (Singapore)" at the International Webinar on Teaching Physical Education during the COVID 19 Pandemic, Malaysia.

- Keynote speaker (2021, September 22) on the topic "Health-promotion programmes & initiatives in Singapore" at the Global Initiatives and Strategies for Sustainable Extension Program, Iligan City, Philippines.
- Keynote speaker (2021, October 9) on the topic "Teaching and coaching strategies during pandemic recovery phase" at the 3rd International Conference on Research and Academic Community Services (ICRACOS), Surabaya, Indonesia.
- Keynote speaker (2021, October 30) on the topic "Pandemic to endemic: Teaching and coaching strategies for physical education and sports" at the International Webinar on From Pandemic to Endemic: Good Practices in Physical Education and Sports, Surabaya, Indonesia.
- Invited speaker (2021, October 27) on the topic "Basketball in Singapore: 2021 and beyond" at the CoachSG Conference 2021, Singapore.
- Keynote speaker (2021, November 24) on the topic "Strategies and practices for physical educators and sport coaches in the new normal" at the International Webinar on New Perspective in Sports, Physical Education and Recreation Amidst Covid-19 Pandemic, Iligan City, Philippines.

## Assoc Prof Koh Koon Teck [Cont.]

### Media

- Media interview (2021, November 17) on the topic "BAS' new chief Koh aims to get S'pore to 2032 Olympics in 3x3 discipline" by The Straits Times.

<https://www.straitstimes.com/sport/basketball/basketball-bas-new-chief-koh-aims-to-get-spore-to-2032-olympics-in-3x3-discipline>

## THE STRAITS TIMES SPORT

Basketball: BAS' new chief Koh aims to get S'pore to 2032 Olympics in 3x3 discipline



Dr Koh Koon Teck believes that the inclusion of 3x3 basketball at the Tokyo Olympics could be a game changer. ST PHOTO: SAMUEL ANG

## Prof Michael Chia

### Appointment

- Member of the Singapore Sports Institute Institutional Review Board with effect from 1 October 2021 for a 2-year term.
- Co-editor of the special issue of determinants of physical activity participation across the lifespan of the open access journal *Frontiers in Sport and Active Living* with effect from 1 December 2021.
- International reviewer for two full professor promotions for Exeter University in the UK (2021, July 12) and Universiti Sains Malaysia in Malaysia (2021, July 13), respectively.
- Scientific reviewer and advisor to two international grant awardees of the Prince Faisal Bin Fahad Award for Sports Research set up by the Leaders Development Institute of Saudi Arabia with effect from 1 November 2021 to 31 July 2023.

### Conference

- Keynote speaker (2021, October 27-29) on the topic "Digital & non-digital behaviours of preschool children in Singapore before & during the Covid-19 Pandemic" at the International Sports, Health & Emerging Technologies Conference, Universiti Teknologi MARA (UiTM), Malaysia.
- Invited speaker (2021, November 25-26) on the topic "Mobile technologies in the little hands of preschool children- an interplay of sedentary screen time, physical activity and sleep" at the ILSI SEA & NUS Yong Loo Lin School of Medicine Symposium on Optimizing Health, Wellness and Human Potential.

### Contribution to Local Community

- Invited speaker (2021, July 31) on the topic "Digital & non-digital habits of preschool children" at the PCF Sparkle Tots virtual webinar for parents.



## Digital and Non-Digital Habits of Preschool Children in Singapore- Implications for Parents

### Parent Education Webinar

Presented by NIE-NTU, Physical Education & Sports Science Academic Group.

Preschool children spend too much time engaged in screens, too little time in outdoor play and not enough time interacting with significant adults.

This symposium aims to engage parents in meaningful dialogue on plausible and meaningful solutions to address this 'pandemic'.

Date: 31 July 2021

Time: 09.00am-10.30am

\*Suitable for parents with children aged 2-6



SCAN/CLICK HERE FOR  
REGISTRATION LINK  
<https://bit.ly/3wmbLDX>



Professor Michael Chia  
NIE-NTU



Mr. Terence Chua  
NIE-NTU



Kalavani Ramchandran  
NIE-NTU

[www.pcf.org.sg/sparkletots/](http://www.pcf.org.sg/sparkletots/)

pcf.sg

- Invited speaker (2021, August 20) on the topic "Eating healthily & growing up resilient in a digital age for NUS Giving Singapore" at a virtual live webinar series



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NUS Giving Experience Webinar: Eating Healthy and Growing Resilient in the Digital Age

Sep 07, 2021



- Invited online panelist (2021, November 17) on the topic “Development of the Singapore integrated 24-hour activity guidelines for early childhood” at the IPRAMHO Symposium in Singapore.
- Contribution to International Community
- Virtual meeting panelist (2021, September 2021) on the topic “Transforming obesogenic to energetic, the need to involve everyone, everywhere and every time” at the Abu Dhabi Early Childhood Authority, United Arab Emirates.

Theme 2

11ST CENTURY  
LIFESTYLE

Team Profiles

Profile Summary: Michael Chia is an international expert in pediatric exercise science & medicine

Michael Chia  
Prof, Team leader

Professor, Nanyang Technological University

Notable Experience

- International expert in pediatric exercise science & medicine
- Researcher and policy influencer through his work with the Government of Singapore
- Currently the principal investigator of a signature project in Singapore “A surveillance study on digital media habits, physical activity and life quality of Singapore pre-schoolers”

Work Experience

Network

Publications and Awards (Google Scholar)

Quality of Life and Meeting 24-h WHO Guidelines Among Preschool Children in Singapore, 2021, with Lee Yung Jui and Terence Chai

Relationships between Hours of Computer Use, Physical Activity and Physical Fitness among Children and Adolescents, 2016

- Media
- Seminar results and the associated implications of ISSAAR-Singapore (Lifestyle behaviours of Singapore preschool children) featured (2021, August 9) in the Life Section of the Straits Times.

Smart Parenting

# Goodbye outdoors and sleep, hello screens

A recent study on pre-schoolers has found that they are getting less physical activity and sleep, but spending more time on devices



Jane Ng

Pre-schoolers in Singapore are getting less physical activity and sleep, but spending more time on screen devices during the pandemic, found the latest study by the National Institute of Education (NIE).

In fact, worryingly, they are clocking more than twice the amount of screen time recommended by the World Health Organisation (WHO) – a trend already happening in the last few years and made worse by the pandemic.

The three-year study began in March last year and coincided with the start of the pandemic.

There were more than 2,500 responses from parents whose children aged two to six attend government-funded pre-schools.

This sample is nationally representative in terms of ethnicity, education and age of parents.

Principal researcher Professor Michael Chia, from NIE’s department of physical education and sports science, says the aim of the research is to look at digital media use by pre-school children and its impact on behaviour, play and sleep outside of school. He has been researching the effects of physical inactivity in youth for the last 25 years.



The National Institute of Education study found that screen time among pre-schoolers increased from 1.75 hours to 2.15 hours a day during the pandemic. PHOTO: ISTOCKPHOTO

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## Prof John Wang

### □ Media

- Live media interview (2021, November 24) on the topic "Singapore's obesity rates" on Money Mind by CNA938.
- Live media interview (2021, November 24) on the topic "Current levels and key challenges of obesity among students" on Q&A on Singapore Today by CNA938.

## Assoc Prof Kong Pui Wah

### □ Conference

- Keynote speaker (2021, November 22) on the topic "Comprehensive evaluation of athletic footwear" at the 7th International Conference on Movement, Health and Exercise 2021 (MOHE2021) (online), Universiti Malaysia Perlis.

### □ Media

- Media interview (2021, November 18) on the topic "National population health survey" by Channel 8 < 全国人口健康调查: 本地患高血压和高血脂症人数增加 >  
<https://www.8world.com/singapore/national-population-health-survey-high-blood-pressure-1650291>

## Assoc Prof Chow Jia Yi

### □ Conference

- Invited speaker (2021, September 12) on the topic "Nonlinear pedagogy in skill acquisition" at the International Sports Medicine & Exercise Science Conference (ISMESC). Malaysian Association of Sports Medicine (MASM), Malaysia.
- Invited speaker (2021, October 22) on the topic "Teaching and learning with nonlinear pedagogy" at the Movement, Learning and Pedagogy- A contemporary perspective Symposium. Norwegian School of Sport Sciences and Norwegian University of Science and Technology, Norway.
- Invited speaker (2021, October 23) on the topic "The way forward for developing Physical Literacy" at the International Physical Literacy Association (IPLA) Conference 2021, Taiwan.
- Invited speaker (2021, November 26) on the topic "Developing physical literacy through sports" at the PAP Community Foundation (PCF) Parent Conference 2021, PCF, Singapore.
- Keynote speaker (2021, December 13) on the topic "The 'what', 'why' and 'how' of Nonlinear Pedagogy in supporting Physical Education" at the Universiti Pendidikan Sultan Idris (UPSI) Conference of Physical Education and Sport Science, Universiti Pendidikan Sultan Idris, Malaysia.

## Assoc Prof Stephen Burns

### □ Appointment

- Assistant Dean, Sport Science & Management with effect from 1 November 2021 to 31 October 2024.

### □ Conference

- Keynote Speaker (2021, December 7) on the topic "Caffeine: insights for ball games sports" at 2021 Asia-Singapore Conference on Sport Science.

## Dr Chian Lit Khoon Zason

### □ Appointment

- Vice President of Singapore Canoe Federation with effect from 25 September 2021 for a 2-year term.

## Dr Chung Ho Jin

### □ Conference

- Keynote speaker (2021, August 21) on the topic "Re-envisioning the future of sports in Singapore: The birth of Vision 2030 Recharged" at 2021 Korean Society of Sport Policy (KSSP) International Symposium.

### □ Guest Lecture

- Invited talk (2021, July 1) on the topic "The heart of education system: Character and Citizenship Education in Singapore" at Seoul Metropolitan Office of Education, Seoul, Korea.



- Invited guest lecture (2021, September 14) on the topic "Pre-service teacher education at National Institute of Education in Singapore" at Seoul National University of Education, Seoul, Korea.

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## People & Notable Services

### Asst Prof Masato Kawabata

#### □ Symposium

- Keynote speaker (2021, August) on the topic "Flow experience: Its promotion and contextual and cultural issues" at the Symposium on Flow Research.

#### □ Media

- Media interview (2021, September) on the topic "Students' perceptions of fitness testing in physical education" by Healio.com.

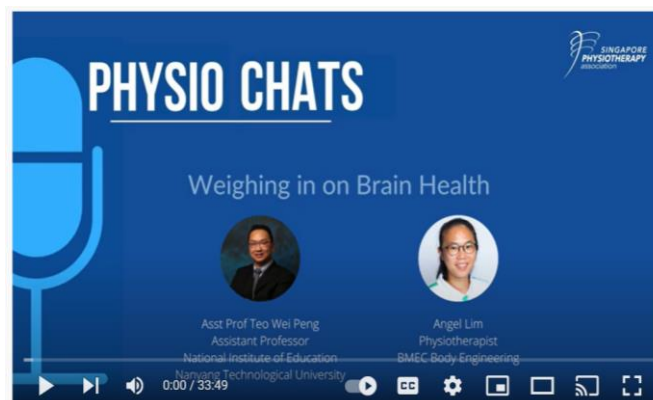
### Asst Prof Teo Wei-Peng

#### <Appointment>

- Treasurer for the Australasian Brain Stimulation Society (ABSS) from 2021-2023
- Treasurer for the Singapore Exercise and Sports Science Association (SESSA) from 2021-2022.
- Steering committee member for NIE's Strategic Growth Area - Science of Learning 2021-2023.

#### <Media>

- Invited talk (2021, November 15) on the topic "Weighing in on Brain Health" at a podcast with the Singapore Physiotherapy Association. <https://youtu.be/8ZQpAzRAuco>



Physio Chats #006 - Weighing in on Brain Health

129 views • Nov 15, 2021

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### Asst Prof Byungmo Ku

#### □ Conference

- Invited speaker (2021, July 3) on the topic "The effects of parental behaviors on motor skills in children with developmental disabilities: A two-year longitudinal study" at the Korean Society of Adapted Physical Activity and Exercise Conference.

## Selected Publications

- Cu, H. Q., Xue, Y. T., Zhou, Z. J., **Koh, K. T.**, Xu, X., Shi, J. P., Zhang, S. W., Zhang, X., Cai, J. (In-press). Retentive capacity of power output and linear versus nonlinear mapping of power loss in the isotonic muscular endurance test. *Scientific Reports*, 11(22677), 1-12. Doi: 10.1038/s41598-021-02116-2
- **Koh, K. T.**, & Tan, L. Q. W. (In-press). Interpersonal knowledge of coaching. In C. Nash (Ed.), *Practical sports coaching 2* (pp. xxx). London: Routledge.
- **Koh, K. T.**, Tan, L. Q. W., Lim T. H. & Lee, G. (In-press). Coach development system for elite football coaches in Singapore. In T.M Leeder (Ed.), *Coach education in football: Contemporary issues and global perspectives* (pp. xxx). London: Routledge.
- **Koh, K. T.** (2021, July). Motivational strategies for athletes in the pandemic: A self-determined approach. *Singapore Physical Education Association Newsletter*, 26(1), 20-26.
- **Chia, M.**, et al. (2021). Consensus statement on Singapore integrated 24-hour activity guide for children and adolescents. *Academy of Medicine Singapore & College of Paediatrics & Child Health*. Singapore.

- **Chia, M.**, et al. (2021). Asia-Pacific Consensus Statement on integrated 24-hour activity guidelines for children and adolescents. *British Journal of Sports Medicine*. DOI:10.1136/bjsports-2021-104527
- **Chia, M.**, et al. (2021). Cross-sectional examination of 24-hour movement behaviours among 3- and 4-year-old children in urban and rural settings in low-income, middle-income and high-income countries: the SUNRISE study protocol. *BMJ Open*, 11, e049267. DOI: 10.1136/bmjopen-2021-049267
- Suppiah, H. T., Ng, E. L., Wee, J., Taim, B. C., Huynh, M., Gastin, P. B., **Chia, M.**, Low, C. Y., & Lee, J. K. (2021). Hydration status and fluid replacement strategies of high-performance adolescent athletes: An application of machine learning to distinguish hydration characteristics. *Nutrients*, 13(11), 4073. DOI: 10.3390/nu13114073
- Taim, B. C., Suppiah, H. T., Wee, J., Lee, M., Lee, J. K. W., & **Chia, M.** (2021). Palatable flavoured fluids without carbohydrates and electrolytes do not enhance voluntary fluid consumption in male collegiate basketball players in the heat. *Nutrients*, 13, 4197. DOI: 10.3390/nu13124197



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## Selected Publications

- Kwok, B. C., Lim, X. L. J., & **Kong, P. W.** (2021). The theoretical framework of the Clinical Pilates exercise method in managing non-specific chronic low back pain: A narrative review. *Biology*, 10(11), 1096. DOI: 10.3390/biology10111096
- Lim, J.Z., Sim, A., & **Kong, P. W.** (2021). Wearable technologies in field hockey competitions: A scoping review. *Sensors*, 21(15), 5242. DOI: 10.3390/s21155242
- **Chow, J. Y., Komar, J., & Seifert, L.** (2021). The role of Nonlinear Pedagogy in supporting the design of modified games in junior sports. *Frontiers in Psychology*, 12(19), 744814. DOI: 10.3389/fpsyg.2021.744814
- **Komar, J., Ong, C. Y. Y., Choo, C. Z. Y., & Chow, J. Y.** (2021). Perceptual-motor skill transfer: Multidimensionality and specificity of both general and specific transfers. *Acta Psychologica*, 217, 103321. DOI: 10.1016/j.actpsy.2021.103321
- Wong, T.H., Sim, A., & **Burns, S. F.** (2021). The effect of beetroot ingestion on high-intensity interval training: A systematic review and meta-analysis. *Nutrients*, 13(11), 3674. DOI: 10.3390/nu13113674
- **Burns, S. F.** (2021). Cardiovascular Disease. In D. J. Stensel, A. E. Hardman and J. M. R. Gill (3rd Eds.), *Physical Activity and Health* (pp. 99-159). London: Routledge.
- Ashley, B. B., & **Kawabata, M.** (2021). Students' perceptions of fitness testing in physical education across primary, secondary, and pre-university school levels: A motivational profiles perspective. *Physical Education and Sport Pedagogy*. DOI: 10.1080/17408989.2021.1953458.
- **Kawabata, M., Gan, S. R., Goh, G., Omar, S. A. B., Oh, I. T. F., Wee, W. Q., & Okura, T.** (2021). Acute effects of Square Stepping Exercise on cognitive and social functions in sedentary young adults: A home-based online trial. *BMC Sports Science, Medicine and Rehabilitation*, 13, 82. DOI: 10.1186/s13102-021-00309-w
- **Kawabata, M., & Imanaka, K.** (2021). Exploring the dimensions of movement-specific reinvestment from personal characteristics perspectives. *Frontiers in Psychology*, 12, 716945. DOI: 10.3389/fpsyg.2021.716945
- Harris, D. M., Duckham R. L., Daly, R. M., Abbott, G., Johnson L., Rantalainen, T., & **Teo, W. P.** (2021). Development of a Parkinson's disease specific falls questionnaire. *BMC Geriatrics*, 21, 614. DOI: 10.1186/s12877-021-02555-6
- Chow Z. S., Moreland, A. T., Macpherson, H., & **Teo, W.P.** (2021) The central mechanisms of resistance training and its effects on cognitive function. *Sports Medicine*, 51(12), 2483-2506. DOI: 10.1007/s40279-021-01535-5
- Barnett, L., May, T., Mazzoli, E., Pesce, C., Rinehart., Salmon, J., & **Teo, W. P.** (2021) Effects of classroom-based active breaks on cognition, sitting and on-task behaviour in children with intellectual disability. *Journal of Science and Medicine in Sport*, 24(1), S18-S19. DOI: 10.1016/j.jsams.2021.09.054
- Roberts, S. S. H., Aisbett, B., **Teo, W. P.**, & Warmington, S. (2021) Monitoring effects of sleep extension and restriction on endurance performance using heart rate indices. *Journal of Strength and Conditioning Research*, 27. DOI: 10.1519/JSC.0000000000004157
- **Chng, L., & Lund, J.** (2021). Assessment for learning in physical education: Practical tools and strategies to enhance learning of games. *Journal of Physical Education, recreation & Dance*, 92(7), 31-28, DOI: 10.1080/07303084.2021.1948464.

## Grants

### Assoc Prof Koh Koon Teck (PI)

- The effects of an information communication and technologies-based intervention programme on students' learning outcomes of physical education in Singapore schools (2021~2023, NIE OER ERFP Tier 2, S\$ 180,350)

### Assoc Prof Chow Jia Yi (PI)

- An investigation on PE teachers' understanding and enactment of Nonlinear Pedagogy (2021~2023, NIE OER ERFP Tier 1, S\$99,750)

### Asst Prof Alicia Marie Goodwill (PI)

- Developing educators' brain literacy: BrainMap for teacher professional development (2021~2023, NIE OER ERFP Tier 1, S\$96,987)

## Awards

### Assoc Prof Kong Pui Wah

Best Oral Presentation Award on the title "Angular speed of multiple back somersaults in competitive diving and gymnastics" at the 8th Asian Society of Sport Biomechanics Conference (October 22-23), Taiwan.

### Mdm Heng Shu Mei Karen

Long Service Medal at the National Day Honours 2021.

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## Students' Achievements

- Alexiaa Sim (PhD), Dean's Commendation for Research 2020/2021 with the topic "Review: Questionnaires as measures for low energy availability (LEA) and relative energy deficiency in sport (RED-S) in athletes".
- Danny Lum (PhD), Dean's Commendation for Research 2020/2021 with the topic "Effects of two isometric strength training methods on jump and sprint performances: A randomized controlled trial".
- Pan Jingwen (PhD), Dean's Commendation for Research 2020/2021 with the topic "Development of new 9-ball test protocols for assessing expertise in cue sports".
- Clement Lim (PhD), Finalist in the category of Science and Innovation Management for the Falling Walls Science Breakthroughs of the Year 2021.
- Yam Jia Wen (Master by Research), Best Oral Presentation Award on the topic "Comparison of upper limb kinematics among able-bodied and wheelchair table tennis players in different classifications" at the 8th Asian Society of Sport Biomechanics Conference 2021, Taiwan.
- Tan Zhi Sen (Master by Research), Winner of 3-Minute Thesis Competition at the NIE Graduate Student Conference 2021.
- Brendon Toh Yi Wei (Sport Science & Management) was awarded a Highly Commended Prize for the Global Undergraduate Awards.
- Tan Hui Qing (Sport Science & Management), URECA Undergraduate Research Excellence Award 2021.
- Teo Jun Yang Felix (Sport Science & Management), URECA Undergraduate Research Excellence Award 2021.
- Clencye Tan Zi Xin (Sport Science & Management), URECA Undergraduate Research Excellence Award 2021 and Dean's Commendation for Undergraduate Educational Research 2021.
- Grace Yap Li Ying (Physical Education & Sports Science), Dean's Commendation for Undergraduate Educational Research 2021.
- Dominic Ang (Sport Science & Management) was shortlisted for presentation at Falling Walls Lab Singapore 2021.
- Tessa Cho, Zena Sim and Seet Cheng Howe (Sport Science & Management Alumni) overseer the smooth running of the table tennis competition at the Tokyo Olympics 2020.  
<https://www.straitstimes.com/sport/olympics-singapore-quartet-leading-the-way-in-table-tennis-events-operations>



- Stella Yap (Physical Education & Sports Science Alumni), Outstanding Youth in Education Award 2021 Finalist featured on SchoolBag.  
<https://www.schoolbag.edu.sg/story/exercising-the-caring-muscle>



## Editor

Assoc Prof Koh Koon Teck

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Rehana Mohd Zeckiriah

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