

# PESS+ ISSUES!

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

## Global Sport University Network (GSUN) Summit, 12-13 September 2024, University of Oregon, USA)



PESS esteemed faculty members represented NTU with pride at the GSUN Summit. Assoc Prof Adrian Kee, Head of PESS, played a significant role as a GSUN Steering Committee member, contributing to the direction and focus of the summit. Assoc Prof Steven Tan, Assoc Prof Swarup Mukherjee, and Dr Jernice Tan delivered compelling presentations on critical topics such as youth physical and mental health, as well as women's health and performance. Their talks sparked valuable discussions on a global scale. The summit also fostered rich networking opportunities, strengthening collaborations in sports science, physical activity, health, and sports business.

狮城有约 | 十分访谈：巴黎奥运2024



十分访谈：巴黎奥运2024

老中青阵容出征奥运 如何看此次部署？

Assoc Prof Koh Koon Teck shared his expert insights regarding Team Singapore at the Paris 2024 Olympics in a "live" interview with MediaCorp on 26 July 2024. Check out the interview (in Mandarin) here: <https://lnkd.in/gPAWUzkx>



PESS had the distinct honour of welcoming Prof Munehiko Harada, President of Osaka University of Health and Sport Sciences, to NIE campus on 15 October 2024.



PESS hosted Prof Setya Rehayu and Assoc Prof Sumartiningsih from the Faculty of Sport Sciences, University of Negeri Semarang (UNNES), Indonesia. During their visit, they attended a lesson focused on sports injuries. Their presence provided an excellent opportunity for cross-institutional learning and exchange of ideas.



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ACPEP

ASEAN Council of Physical Education and Sport



Heartiest congratulations to Dr Zason Chian for being elected as the President for the ASEAN Council of Physical Education and Sport (ACPEP) on 19 September 2024.



A Taiwanese delegation led by Ms Lan Chia-Ping, Section Chief, School of Physical Education Division of Sports Administration, Ministry of Education, and Prof Kang Cheng-Nan, Honorary President of Taiwan Society of Sport Management from the National Taiwan University visited PESS on 13 August 2024.



A former colleague at PESS, Prof Masato Kawabata, hosted our PESS delegation at Rikkyo University on 4 September 2024.



Asst Prof Luis Calmeiro and Dr Zason Chian organised a student immersion trip to the 10<sup>th</sup> ASEAN Council of Physical Education and Sports (ACPEP) Annual Conference from 17 to 20 September 2024. Assoc Prof Koh Koon Teck who was on sabbatical leave was also in attendance.



Thanks to Prof Mary McDonald's invitation, Dr Chung Ho Jin was appointed a visiting professor at the School of History and Sociology, Georgia Tech, during his sabbatical from September to December 2024. He conducted research on the 1996 Centennial Olympic Games bid. Through archival work at the Atlanta History Center, he uncovered hidden Olympic narratives, shedding new light on its lasting legacy.



SSM Dean's List - Seah Wen Yi, Darphne, Tan Xu Huan, Cedric Chua Jian Hong, Ronda Loke Kit Yee, Irina Rae Ong, Sng Jian Hao, Isabella Betrisya Alif-Wong (on-exchange), Lim Siang Yee, Tey Yi Jun, Gershon Yeow Hsien En, Choy Xin Ying, Phoebe Lim Jia Yi, Ashley Lim Li Xin - Assoc Prof Chow Jia Yi (Dean TEUP) was in attendance.



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The 2024 E.W. Barker Challenge, held on 18 October 2024 at NIE, honours the legacy of Mr. Edmund William Barker, a prominent figure in Singapore's sports and political landscape. Organised by PESS, this annual event brings together participants from NTU-NIE, Polytechnics, and JCs for a day of teamwork and sport challenges.



A sharing session conducted by Assoc Prof Noaki Suzuki from Tokyo Gakugei University on 9 September 2024 at PESS, with discussion on the latest trends and future directions of PE.

## Recent Happenings!



Mdm Nur Yusrina Yaakob, a PESS alumna, shared her 2017 Mt. Everest summit experience with NIE Team. The talk delivered on 30 Oct 2024 was attended by PESS and SSM students from Environmental Exercise Physiology.



Prof Kim Hyunshik and Prof Ma Jiameng, visiting scholars at PESS from Sendai University in Japan, are collaborating on research activities, publishing with PESS faculty, and initiating new joint research projects during their tenure at PESS.



The 13<sup>th</sup> Lau Teng Chuan Physical Education and Sports Science Symposium was successfully held on 8 November 2024. Our Guest-of-Honour, Mr Koh Peng Keng, and keynote speaker, Ms Tessa Cho, shared invaluable insights and expertise during the event. Mr Lau Cheng Hock also offered heartfelt reflections on the late Dr Lau Teng Chuan.





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Recent Happenings!



Assoc Prof Karin Bertills, an expert in inclusive PE and disability research from Linköping University in Sweden visited NIE on 14 November 2024. Thanks to Assoc Prof Ban Heng Choy (MME) and Mr Sunny Siteo from the Office of Teacher Education & Undergraduate Programmes for hosting us. PESS was represented by Assoc Prof Adrian Kee (Head PESS), Assoc Prof Steven Tan, Dr Jernice Tan, and Mr Louis Ho.

Assoc Prof Stephen Burns and Assoc Prof Veni Kong were invited to participate in a series of academic visits in China, where they delivered presentations on various exercise-related topics to Henan University and Shanxi Normal University on 18 October 2024. They fostered valuable exchanges through interaction with faculty and students.



## COACHING VALUES AND LIFE SKILLS THROUGH PHYSICAL EDUCATION AND SPORTS

### A Practical Toolkit

Edited by Koon Teck Koh, Tarkington J. Newman and Muhammad Shufi Bin Salleh



A huge congratulations to Assoc Koh Koon Teck, and Mr Muhammad Shufi Bin Salleh on the publication of their book, "Coaching Values and Life Skills through Physical Education and Sports: A Practical Toolkit"



Singapore Olympic Academy (SOA) celebrates 30 years of Olympic Education! Mr Ng Ser Miang, Vice-President of the International Olympic Committee, and SOA Chairman, presented SOA Principal, Assoc Prof Koh Koon Teck with their letters of appointment.



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## ➤ Appointments

### Assoc Prof Govindasamy Balasekaran

- President, Asian Council of Exercise & Sports Science, since 2024
- President, Asian Council for Health, Physical Activity and Fitness, since 2024
- Vice-President, Asian Society of Kinesiology, since 2024
- Chair, Young Investigators Award (YIA), 10th Movement, Health and Exercise Conference (MoHE) & 14th Asia Conference of Kinesiology and Sport Science from 10 to 12 September 2025

### Assoc Prof Swarup Mukherjee

- Editorial Board Member, International Journal of Sports Science and Coaching

### Assoc Prof Koh Koon Teck

- Member, Olympic Council of Asia Education Committee

### Dr Chian Lit Khoo

- President, ASEAN Council of Physical Education and Sport with effect from September 2024

### Dr Chung Ho Jin

- Visiting Professor, Georgia Institute of Technology with effect from September to November 2024.
- Scientific Committee Member, World Congress of Sociology of Sport 2025 in Seoul organised by the International Sociology of Sport Association (ISSA) with effect from November 2024 to July 2025

### Dr Jernice Tan

- Country Director, Asian Society for Adapted Physical Education and Exercise (ASAPE)

### Asst Prof Luis Calmeiro

- Executive Board Member, ASEAN Council of Physical Education and Sport (ACPES)

## ➤ Contribution to Community

### Prof Michael Chia

- International external reviewer for appointment at the EduHK professor in November 2024 and for promotion from Assistant professor to Associate professor for EdUHK in September 2024.

## ➤ Contribution to Community [Cont.]

- International reviewer for lecturer to senior lecturer promotion for La Trobe University, Australia. July 2024
- International reviewer for the HK Council for Accreditation of Academic and Vocational Qualifications in October 2024.
- International reviewer for Hong Kong Research Grants Council in July 2024.
- International reviewer for the HK Council for Accreditation of Academic and Vocational Qualifications in October 2024.
- Chairman of Thesis Advisory Committee for PhD candidate at Duke-NUS Medical School in November 2024.
- Singapore country representative for Global Observatory for Physical Education in November 2024.
- NIE Director Advisory Committee member for PT 33 on 1 Nov 2024.
- NIE-Lecturer Track Promotion Panel member on 18 Nov 2024.
- Fully accomplished Pull-up for charity -10 sets of 10 pull-ups for 100 sessions - raised monies for Children Cancer Foundation) between August to December 2024.
- Article Reviewer for *Sports*, *Frontiers*, *PLOS One* (1 article each) in July, Aug and Sept 2024.

### Assoc Prof Balasekaran Govindasamy

- Chairman, Scientific Committee for 10th Asia Pacific Conference on Exercise & Sports Science (APCESS) Abstract Proceedings, Kaifeng, China
- Chairman, Scientific Committee Member for Asian Association of Sport Management (AASM) Conference
- Organising Committee, Asian Society of Kinesiology (ASK) Conference, Aug 2024
- Committee member, MOE Olive Run, July 2024
- Chairman, Cougars Cross Country, July 2024

### Assoc Prof Stephen Burns

- International grant Reviewer for the Swiss National Science Foundation.

### Assoc Prof Koh Koon Teck

- Editor, Proceedings of the 10th International Conference on Movement, Health and Exercise: MoHE 2024, Subang Jaya, Selangor, Malaysia.



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## ➤ Contribution to Community [Cont.]

### Assoc Prof Koh Koon Teck

- Scientific Committee Member, 10th Movement, Health and Exercise Conference & 14th Asia Conference of Kinesiology and Sport Science.
- Scientific Review Committee Member, 10th ASEAN Council of Physical Education and Sport Conference 2024.
- Editor for a Special Issue on *Digital Transformation in Sports Coaching, Frontiers in Sports and Active Living*.
- Lead the Organisation of the Singapore Olympic Academy Annual Session from 15 to 17 November 2024. Dunman High, Singapore.

### Dr Chung Ho Jin

- Collaborating with Huamin Primary School, and Tasek Academy and Social Services to teach PE and CCAs, as well as mentor.

### Dr Jernice Tan

- PE Curriculum Advisory Group (CAG) for MOE Special Education (SPED) schools.

## ➤ Mentoring

### Prof Michael Chia

- Visiting Scholar Dan Li, Hunnan Normal University. Completed 1-year stint on 26 Nov 2024.
- Dr Benny Loo, NMRC PhD scholarship as TAC chairman, commenced Aug 2024, on-going.
- Asst Prof Chessa Pituk. Mahidol PhD scholarship as TAC member (on-going).

### Assoc Prof Koh Koon Teck

- A volleyball teacher-coach at the South China Normal University in winning the top national teaching award.

### Dr Chung Ho Jin

- A decade of mentorship with Mohammad Sufri (Lead Manager at Tasek Academy and Social Services), shaping his career trajectory and fostering his long-term success.

### Asst Prof Phillis Teng

- NTU Talent Outreach - Nanyang Research Programme for JC students

## ➤ Media Appearance

- **Koh, K.T.** (2024, July). Invited by Channel 8 to analyse Team Singapore's performance and the Olympic Games Paris 2024.
- **Koh, K.T.** (2024, August). Invited by Channel 8 to reflect Team Singapore's performance, and the Olympic Games Paris 2024.



- **Chia, M.** (2024, July). Transforming obesogenic to energetic in early years education and care. 2024 International Seminar in Physical Activity, Sport & Health, Universitas Pendidikan Indonesia, Bundung Indonesia.
- **Chia, M.** (2024, September). What's a child to do? A surveillance of digital & non-digital habits of preprimary school pupils in Singapore. SUSS Public Talk Series.
- **Burns, S.F.** (2024, November) Workshop on ASIIN Accreditation. Universitas Negeri Makassar, Makassar, Indonesia.
- **Koh, K.T.** (2024, July). Tournament Coaching Clinic for National Team Coaches. Kulua Lumpar, Malaysia.
- **Koh, K.T.** (2024, August). WABC Leve1 Coaching Clinic. Macau, China.
- **Koh, K.T.** (2024, September). Effective and holistic coaching/teaching. South China Normal University. Guangzhou, China.
- **Koh, K.T.** (2024, September). Enhancing youth's mental health and well-being through sport and physical education: A call to rethink pedagogy. South China Normal University. Guangzhou, China.

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## Seminars/Workshops & Guest Lectures

- **Koh, K.T.** (2024, September). Harnessing technologies for effective coaching/teaching. South China Normal University. Guangzhou, China.
- **Koh et al.** (2024, September). The effects and perception of an information communication and technologies intervention programme on teaching and learning of physical education in Singapore schools. MOE/PESTA, Singapore.
- **Koh, K.T.** (2024, October). Can participation in sports enhance well-being? A critical reflection and recommendations. Waseda University, Tokyo, Japan.
- **Koh, K.T.** (2024, October). Values and life skills development through physical education and sports programmes. Nippon Sport Science University, Tokyo, Japan.
- **Chung, H.J.** (2024, August). Educational policies in the AI era: The case of Singapore. 2024 Seoul Elementary School Level 1 Teacher Certification Training. Seoul Metropolitan Office of Education.
- **Tan, S.Y.J.** (2024, August). Unveiling motor skills differences: A comparison of adolescents in special vs regular schools. 2024 International Symposium of the Asian Society for Adapted Physical Education and Exercise, Sapporo, Japan.
- **Tan, S.Y.J.** (2024, November). Healthy bodies, healthy minds: A holistic approach to child and youth development. 2024 ICM-UNESCO International Martial Arts Seminar, Chungju, Korea.
- **Tan, S.Y.J.** (2024, September). Preparing future-ready professionals to support diversity & inclusion in physical health for PWDs. GSUN '24 Summit, Oregon, United States.
- **Calmeiro, L.** (2024, September). Autonomous and controlling motives are key to explaining the relationship between perfectionistic concerns and burnout in young dropout rowers. 10th ASEAN International Society of Physical Activity, Sport and Physical Education Conference, Selangor, Malaysia (Invited Speaker).

## Conference Presentations

- **Kong, P.W., & Tan, S.Y.J.** (2024, August). Country report - Singapore. 2024 International Symposium of the Asian Society for Adapted Physical Education and Exercise (ASAPE), Sapporo, Japan.
- **Chung, H.J.** (2024, October). Hidden layers: An archaeological investigation of physical education curriculum reforms in Singapore. The Annual Conference of the North American Society for the Sociology of Sport (NASSS) 2024, Chicago, USA.
- **Teng, P.S.P., Tan, R.J.K.** (2024, July). Plantar pressure differences between low-risk and high-risk knee osteoarthritis runners: a preliminary study. 2024 International Society of Biomechanics in Sports, Salzburg, Austria. ISBS Proceedings Archive, 42(1), Article 183.
- **Iskandar, M.N.S., & Teng, P.S.P.** (2024, July). Kinematics comparison of opencap and imu with marker-based motion capture in treadmill running: a pilot study, Salzburg, Austria. ISBS Proceedings Archive, 42(1), Article 136.





- Koivukoski, H., Vehmas, H., Hasanen, E., Tolvanen, A., **Chia, M.**, & Sääkslahti, A. (2024, June). Does the family socioeconomic status associate with parental concerns on children's digital media use? A repeated cross-sectional study pre- and during COVID-19 pandemic. EASS Conference, Madrid, Spain.
- Balasekaran, G.** (2024, July). The Effects of rowing ergometer interval training on 2.4km performance among males and remales. In Davison, R.C.R., Tsolakidis, E., Thompson, J.L., Ferrauti, A., Piacentini, M.F. (Ed.), 29th Annual Congress of the European College of Sport Science (ECSS), Glasgow, UK.
- Boey, P., **Balasekaran G.**, & Ng, Y.C. (2024, August). Strategies and coping methods for the sporting industry during a pandemic. In Balasekaran, G & Singapore Team (Eds.), 17th Asia n Association for Sports Management (AASM) Conference, Jeju, Korea.
- Balasekaran, G.** (2024, August). Development of strategic plans to host Formula 1 Grand Prix and other major sporting events in Singapore: A systematic review. In Balasekaran, G & Singapore Team (Eds.), 17th Asian Association for Sports Management (AASM) Conference 2024, Jeju, Korea.
- Balasekaran G.**, & Ng, Y.C. (2024, August). Comparison between Singapore's fencing, track and field and soccer at elite level of competition. In Balasekaran, G & Singapore Team (Eds.), 17th Asian Associatio n for Sports Management (AASM) Conference 2024, Jeju, Korea.
- Balasekaran, G.** (2024, September). Prediction of world, elite, sub-elite, and collegiate running performances utilizing Running Energy Reserve Index (RERI) model. Asia Conference of Kinesiology and Sport Science and Movement, Health, and Exercise, 14th Asia Conference of Kinesiology and Sport Science and 10th International Conference on Movement, Health, and Exercise (MoHE), KL, Malaysia.
- Boey, P., **Balasekaran, G.**, Wong, C.H., & Ng, Y.C. (2024, September). Effects of sugared drinks on performance during anaerobic sprint test and other physiological measures. Asia Conference of Kinesiology and Sport Science and Movement, Health, and Exercise, 14th Asia Conference of Kinesiology and Sport Science and 10th International Conference on Movement, Health, and Exercise (MoHE), KL, Malaysia.
- Ng, Y.C., **Balasekaran, G.**, & Rex, C.J. (2024, September). Effects of Tiger Balm active muscle rub on endurance performance and other physiological measures. Asia Conference of Kinesiology and Sport Science and Movement, Health, and Exercise, 14th Asia Conference of Kinesiology and Sport Science and 10th International Conference on Movement, Health, and Exercise (MoHE), KL, Malaysia.
- Ng Y.C., **Balasekaran, G.**, Scott, F.K. M., & Govindaswamy , V. V. (2024). Effects of dark chocolate on physiological and anaerobic performance on healthy females and males. *Medicine & Science in Sports & Exercise*, 56, 80-81. <https://www.abstractsonline.com/pp8/#!/20101/presentation/1741>
- Balasekaran, G.**, Lim, B. K., Ng, Y.C., & Govindaswamy, V. V. (2024). Acute effects of using mask during exercise on physiological indices. *Medicine & Science in Sports & Exercise*, 56, 90-91. <https://www.abstractsonline.com/pp8/#!/20101/presentation/1736>
- Boey, P., **Balasekaran, G.**, Ng, Y.C., & Lu C. (2024). Effects of pre-workout energy drink supplement on aerobic performance in 1.6km run test. *Medicine & Science in Sports & Exercise*, 56, 75-76. <https://www.abstractsonline.com/pp8/#!/20101/presentation/1818>
- Chua, M.T., Sim, A., & **Burns, S.F.** (2024, July). Comparison of blood flow restriction protocols on high-intensity interval exercise. European College of Sport Science 29th Annual Congress, Glasgow, UK. Abstract ID:932



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## Conference Presentations

- **Calmeiro, L.** (2024, July). Teaching styles and motivation to participate in PE: A multigroup analysis of the mediating role of basic psychologic needs. 17th Congress of the Fédération Européenne de Psychologie des Sports et des Activités Corporelles (FEPSAC), Innsbruck, Austria.
- Amoroso, J., Coelho, L., González-Toro, C.M., de Almeida, L., Christodoulides, E., Cools, W., Dudley, D., Cheng, M.Y., **Calmeiro, L.** (2024, November). The use of disc sports in Physical Education classes in Portugal. 25th Conference of the Portuguese Society of Sport Psychology, Rio Maior, Portugal.

## Publications

- Li, D., Chua, T., Chen, M. Li, X., & **Chia, M.** (2024). Effects of replacing sedentary time with alterations in physical activity or sleep or mood states in Chinese young adults during the pandemic. *BMC Public Health*, 24, 2184 <https://doi.org/10.1186/s12889-024-19714-0>
- Li, D., **Chia, M.**, Low, S. T., Chua, T., Ma, J., Kim, H., Zhang, L., Tian, L., & Li, X. (2024). Associations between sedentary types, sedentary patterns and cognitive ability in preschool children. *European Journal of Pediatrics*, 183(12), 5351–5362. <https://doi.org/10.1007/s00431-024-05813-y>
- Quah, P.L., Loo, B.K.G., **Chia, M.Y.H.**, Chua, T.B.K., Tan, T.S.Z., Chan, P.C., & Tan, K.H. (2024) Adherence to 24-hour integrated activity guidelines among infants, toddlers and preschool children in Singapore. *PLoS ONE*, 19(2): e0298968. <https://doi.org/10.1371/journal.pone.029896>
- Presta, V., Guarnieri, A., Laurenti, F., Mazzei, S., Arcari, M. L., Mirandola, P., Vitale, M., **Chia, M.Y.H.**, Condello, G., & Gobbi, G. (2024). The impact of digital edvices on children's health: A systematic literature review. *Journal of Functional Morphology and Kinesiology*, 9(4), 236. <https://doi.org/10.3390/jfmk9040236>
- Loo, B., Toh, S., Fadzully, F., Zainuddin, M., Abu Bakar, M., Gao, J., Teo, J., Lim, E., Tan, B., **Chia, M.**, Chua, T., Tan, K. (2024). An online resource for monitoring 24-Hour activit in children and adolescents: Observational Analysis. *JMIR Pediatrics and Parenting*, 7, e59283. <https://doi.org/10.2196/59283>
- **Chia, M.**, Chua, T., Komar, J., Tay, L. Y., & Tan, X. H. (2024). *Prevalence of child screen media use and adherence to 24-hr WHO guidelines in preschool children* (NIE Research Brief Series No. 24-028). Singapore: National Institute of Education.
- Kuan, G., Chin, M.K., Kueh Y.C., Sabo A., Mok, M.M.C., **Balasekaran, G.**, Chang, Y.K., Edginton, C.R., Culpan, I., Popeska, B. & Durstine, J.L (in press). A systematic review on the effectiveness of brain-breaks video programming on school children. *Turkish Journal of Physiotherapy and Rehabilitation*, 1(1), 100-112.
- Onagbiye, S.O., Kuan, G., Ng, Y.C., Chin, M.K., **Balasekaran, G.**, Zhou, K., Zheng, Q., Root, T., Culpan, I.G., Durstine, J.L. (2024). A healthier future by global partnerships promoting physical activity and sustainable community living: The A24-Kaifeng conference. *International Journal of Health, Physical Education and Computer Science in Sport*, 55(1).
- Sim, A., Tan, H.Q., Ali, Y., & **Burns, S.F.\*** (2024). Manipulating energy availability in male endurance runners: a randomized controlled trial. *Applied Physiology, Nutrition and Metabolism*, 49(9), 1163-1174. <https://doi.org/10.1139/apnm-2024-0037>
- Wong, T.H., Sim, R., Sim, A., & **Burns, S.F.\*** (2024). Effect of an isotonic beetroot drink on power output during sprint exercise and jump performance in physically active individuals: a randomized crossover trial. *Journal of Dietary Supplements*, 21(6), 808-824. <https://doi.org/10.1080/19390211.2024.2405825>
- Low, R.J.Y., He, P., Chang, B.P., Junianto, M., Qiu, N., Ong, A.J., Choo, H.H., Manik, Y.G.O., Siburian, R., Goei, R., **Burns, S.F.**, Tok, A.I.Y., Lipik, V., & Chang, B.P. (2024). Investigation of far infrared emission and UV protection properties of polypropylene composites embedded with candlenut-derived biochar for health textiles. *Molecules*, 29(20), 4798. <https://doi.org/10.3390/molecules29204798>



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## Publications

- **Koh, K.T.**, Komar, J., Newman, T., & Tan, S.R. (2024). The effects of values and principles in sports coach education course designed to promote values-driven coaching styles. *International Journal of Sport Science & Coaching*, 19(6), 2272-2285.  
<https://doi.org/10.1177/17479541241266975>
- Ma, M.S., Tan, C.S., & **Koh, K.T.** (2024). An exploratory study to test the psychometric properties of character strengths-semantic differential scale (CS-SDS) Among Singaporean Adults. *Education Sciences*. 14(11), 1252.  
<https://doi.org/10.3390/educsci14111252>
- **Tan, J.S.Y.**, & **Chia, M.Y.H.** (2024). Motor competence of children in Singapore using Movement ABC-2 test. *Peer Journal*, 12, e18446.  
<https://doi.org/107717/peerj.18446>
- **Tan, S.M.** (2024). Pre-service physical education teachers' playing experience and skill analysis ability. *JUMORA: Jurnal Moderasi Olahraga*, 4(1), 1-16.  
<https://doi.org/10.53863/mor.v4i1.1123>
- **Tan, S.M.** (2024). Perceived effectiveness of a skill analysis training program for PE student teachers. *International Journal of Sport Culture and Science*, 12(4), 378-393.  
<https://doi.org/10.14486/IntJSCS.2024.722>

## Awards

- Best Oral Paper (**Balasekaran, G.** & Ng, Y.C.) Comparison between Singapore's fencing, track and field and soccer at elite level of competition. 17th Asian Association for Sports Management (AASM) Conference 2024.
- First Place in Young Investigators Award (Ng Y.C., & **Balasekaran, G.**) Effects of tiger balm active muscle rub on endurance performance and other physiological measures. 10th Movement, Health and Exercise Conference (MoHE) & 14th Asia Conference of Kinesiology and Sport Science 2024.
- International Patent Publication (PCT Stage): **Teng, P.S.P.**, Leong, K.F., Ang, W.T., Tee, C.H. (2024). Footwear design and technology for knee OA applications (W.O. Patent No. 2024/096820 A1). World Intellectual Property Organization.

## Book Chapters

- **Balasekaran, G.**, Tou, N.X., Ng, Y.C., & Boey, Y. C. P. (2024). The Effectiveness and development of the different OMNI rate of perceived exertion scales among healthy children and youths during physical activity. Quality physical education in active school and its perspectives. Researches-Best Practices-Situation, 39.  
[https://www.researchgate.net/profile/Gheorghe-Balint/publication/383694351\\_Quality\\_Physical\\_Education\\_in\\_Active\\_School\\_and\\_its\\_Perspectives\\_Researches\\_-\\_Best\\_Practices\\_-\\_Situation/links/66d742bfbdb201736678d897b/Quality-Physical-Education-in-Active-School-and-its-Perspectives-Researches-Best-Practices-Situation.pdf#page=40](https://www.researchgate.net/profile/Gheorghe-Balint/publication/383694351_Quality_Physical_Education_in_Active_School_and_its_Perspectives_Researches_-_Best_Practices_-_Situation/links/66d742bfbdb201736678d897b/Quality-Physical-Education-in-Active-School-and-its-Perspectives-Researches-Best-Practices-Situation.pdf#page=40)
- **Koh, K.T.**, & **Shufi, M.** (2024). Teaching values and life skills to difference age groups. In K. T. Koh, T. Newman, and M. Shufi (eds). Coaching values and life skills through physical education and sports.  
<https://doi.org/10.4324/9781032688657-21>
- **Koh, K.T.** (2024). Values and life skills. In K. T. Koh, T. Newman, and M. Shufi (eds). Coaching values and life skills through physical education and sports.  
<https://doi.org/10.4324/9781032688657-21>
- Mar, X. F., & **Koh, K.T.** (2024). Whole-school Approach. In K. T. Koh, T. Newman, and M. Shufi (eds). Coaching values and life skills through physical education and sports.  
<https://doi.org/10.4324/9781032688657-21>
- **Koh, K.T.**, Koong, S.X. (2024). Strategies to Evaluate the Intentional Teaching of Values and Life Skills in Sports. In K. T. Koh, T. Newman, and M. Shufi (eds). Coaching values and life skills through physical education and sports.  
<https://doi.org/10.4324/9781032688657-21>



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Keynote Addresses

- **Balasekaran, G.** (2024, November). Reproducibility and self-regulation of exercise intensity: Is it possible in adults during exercise? 3th International Scientific Conference, Moscow, Russia.
- **Balasekaran, G.** (2024, November). Physiological aspects and training for martial arts. International Martial Arts Science Paper Conference, Changsa, China.
- **Burns, S.F.** (2024, October). Beetroot juice ingestion to improve high intensity exercise performance. School of Physical Education, Henan University, Kaifeng, China.
- **Burns, S.F.** (2024, October). Beetroot juice ingestion to improve high intensity exercise performance. School of Physical Education, Shanxi Normal University, Shaanxi, China.
- **Burns, S.F.** (2024, December). Blood flow restriction and high intensity exercise performance. Asia-Singapore Conference on Sport Science 2024, Singapore.
- **Koh, K.T.** (2024, July). Enhancing well-being through coaching values and life skills in sports. International Alliance for Health, Physical Education, Dance and Sports World Congress, Tokyo, Japan.
- **Koh, K.T.** (2024, October). Holistic Development Through Sports: The Current State and Future Direction. Keynote at the Toyo Univeristy, Japan.
- **Koh, K.T.** (2024, December). Harnessing technologies to enhance teaching and learning in physical education and sports. International Conference on Sports Technology and Performance Analysis (ICSTPA 2024), Guangzhou, China.



Grants

- Prof Michael Chia
- Sendai University Grant (Co-PI) - Impact of seat-cycle & stand-twist on cognitive performance, daytime sleepiness & back pain in physically inactive university students (\$25,000, Aug - Dec 2024).
  - SingHealth Duke-NUS Sport and Exercise Medicine Centre-KK Women's & Children Hospital Funded Grant (Co-PI) - Pre-participation screening for children and adolescents taking part in sports (\$700,838, Dec 2024 - Dec 2029).
  - Japan Society for the Promotion of Science Grant (Co-PI) - 24-hr movement guidelines and parenting stress among mothers of children aged 0-2 years: an international comparative study (\$45,000, Aug 2024 - May 2026).
  - Thai Health-Children & Youth Physical Activity Studies-Mahidol University Grant (Co-PI) - Increasing physical activity through physical education in lower secondary school students in selected ASEAN countries (\$28,097, Apr 2024 - Sep 2026).
- Assoc Prof Veni Kong
- Science of Learning Gant (Collaborator) - Mindful high-intensity interval training Sessions (\$299,247, Aug 2024 - Dec 2027)
- Dr Jernice Tan
- ERFP Tier 1 Grant (PI) - Teaching Fundamental movement skills in primary school: Technology enhanced pedagogy for improving throwing in children (\$198,794, Sep 2024 - Aug 2027)
  - ERFP Tier 2 Grant (Co-PI) - Leave no child indoors: Impact of play environments on the physical and socio-emotional development of preschool children and children from families with less-abundant resources in Singapore (\$354,328, Jun 2024 - Nov 2026)



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



Let's welcome our new students of 2024! We are thrilled to have students join our vibrant community. This is the beginning of an exciting journey filled with learning, growth and countless opportunities.



## Events



Bachelor of Science in Sport Science & Management student, Chin Dao Zhen Ckrystal expressed her gratitude for the opportunity to represent NTU at the ASEAN University Games (AUG) in Indonesia. She took part in Kyorugi (Sparring) and earned a bronze medal. She described the experience as both humbling and enlightening, marking her first foray into international competition.



Bachelor of Science in Sport Science & Management student, Wong Shu Ting Valentia recently represented NTU in the Asian University Basketball 3X3 Cup 2024 held in Zhoushan, China.



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Events



The NTU Career & Attachment Office (CAO) recently hosted a sharing session featuring SSM alumni Gautam Selvamany and He Qixiang, who are data analysts at the Lion City Sailors Football Club Academy on 12 September 2025. During the event, they shared their experiences and insights into careers in performance analytics, athlete development, and sport management.



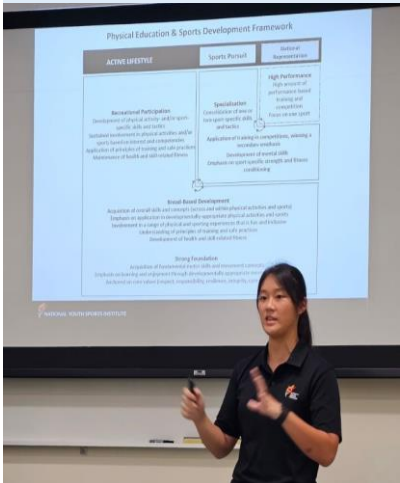
SSM alumni and research staff Alicia Low took us through our first session of learning R on 21 August 2024. PESS supported her session for PESS faculty member's development.



Thank you for a successful SSM 2024 Career Fair! – We extend our heartfelt gratitude to everyone who participated in our Career Fair on 20 September 2024. Your enthusiasm and engagement made the event a tremendous success.

2024 National Day Flea Market at NIE - PESS set up a booth to create the awareness of strength-based health and wellness amongst NIE staff and students.

Presentation by SSM alumni Shi Ying Tan, Talent Identification Specialist from the National Youth Sports Institute (NYSI) on "Building tomorrow's Athletes Today: What role can PE teachers play?" on 5 September 2025. This presentation explores the pivotal role of PE teachers in identifying and developing youth athletes. One of the key emphases will be the necessity of adopting a multi-factorial approach to talent selection for a well-rounded evaluation.





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Marcus Low, Year 2 SSM student started a community-based strength training programme for seniors called "Move it & Feel Strong" and taught a class on Physical Activity & Aging. He applied for funding from the government community fund and successfully accomplished two programmes in September and December 2024.

## Guest speaker

Marcus Low

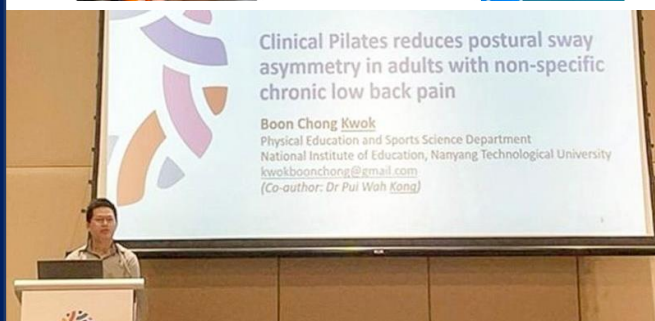


Dr Zason Chian organised field trip for his undergraduate Psychology classes to Bukit Canberra Sports Centre on 24 October 2024. The main objective was to learn first-hand about the integrative concepts of sport and other community-based facilities, as well as the day-to-day operations involved.



A PESS & SSM soccer showdown was held on 17 December 2024. The event which was organised by Assoc Prof G Bala, SSM Alumni President, Mr Mark Tan, and Alumni Vice President, Mr Loh Guan Yuan, brought about the spirit of camaraderie and networking.

## Events



Clinical Pilates reduces postural sway asymmetry in adults with non-specific chronic low back pain

**Boon Chong Kwok**  
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(Co-author: Dr Pui Wah Kong)

PESS PhD student Boon Chong Kwok (supervised by Assoc Prof Veni Kong) presented a piece of his research study titled "Clinical Pilates reduces postural sway asymmetry in adults with non-specific chronic low back pain" at the 2024 International Allied Health Conference.



Under the supervision of Assoc Prof Veni Kong, NTU PhD scholar Ignas Palamarcukas has been awarded two international student grants by the International Society of Biomechanics in Sports (ISBS) and International Society of Biomechanics (ISB) for his proposed research on resistance training.

## Chair, PESS Newsletter

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