**People**

- **Prof Michael Chia** was an invited speaker at the 16th Annual Scientific Conference of Montenegrin Sports Academy Sport, Physical Activity and Health: Contemporary Perspectives in Dubrovnik, Croatia and his topic was on “Sight, sound and screen-digital media use, sleep, and play among preschool children in Singapore”.

- **Prof Michael Chia** was a keynote speaker at the 2019 International Conference on Education, Health and Communication in Tzu Chi University, Hualien, Taiwan and his topic was on “Physical and health education in Singapore”.

- **Prof Michael Chia** was interviewed by the Straits Times on 15 April 2019 for a life feature article on “Gyms turn up the HIIT and on his HIIT research in schools in Singapore”.

- **Prof Michael Chia** was featured on the BBC World Service Radio Parentland series on 1 April 2019 on his views on “Physical activity guidelines for young children under 5 years”.

- **A/P Veni Kong** was an invited speaker at the International Seminar for Graduate Students in Shandong Sport University, China and her topic was on “Post-exercise massage and muscle stiffness”.

- **Ast/P Leng Ho Keat** was a keynote speaker at International Conference of Sport, Leisure and Hospitality Management in National Taiwan Normal University, Taipei, Taiwan and his topic was on “Social media marketing in sports and leisure”.

- **(A/P Swarup Mukherjee** was an invited speaker at the CoachSG conference in October/November 2018 and his topic was on “Low energy availability and its related outcomes in athletes – Role of coaches in primary prevention and early intervention”).

**Grants**

- **Prof Michael Chia (PI)** – Title: School SIT – an intervention to reduce sedentary time in Singapore schools (Monspace Multinational Corporation Grant)

- **Ast/P Adrian Kee (PI), A/P Swarup Mukherjee (Co-PI)** – Title: SymphoNIE: A mobile application for post-lesson facilitation of learners' collective revision of concepts (Incentivising ICT-Use Innovations Grant (I3G))

- **Ast/P Yang Yifan (PI)** – Title: Dose response of leucine on muscle maintenance during weight loss (NTU-MOE AcRF Tier 1)

- **Ast/P Yang Yifan (PI)** – Title: Recovery period of resistance exercise on circulating microRNAs (NIE AcRF)

- **Ast/P Cho Heetae and Dr Lin Yen-Chun (PI), Ast/P Leng Ho Keat (Co-PI)** – Title: Industry study on Singapore’s sport coaching sector (Sport Singapore Grant)

- **Ast/P Teo Wei Peng (PI)** – Title: How physical activity and digital media use impact brain activity, cognitive, physical, emotional and psychosocial wellbeing of Singaporean children aged 4 to 5 years (21st ERFP Tier 1)

- **Ast/P Teo Wei Peng (PI)** – Title: The impact of physical activity on cognitive and motor development in typically-developing children 7 to 9 years old (SUG-NAP Grant)

**Service**

- **A/P Koh Koon Teck** was invited by MOE to serve in the “Physical Education Syllabus Review and Development Committee” for a 3-year term from 2019-2021

- **A/P Veni Kong** was appointed as an associate editor of Journal of Mechanics in Medicine and Biology.

- **Dr Chung Ho Jin** was re-elected to a chairperson of the Steering Committee in Singapore Korean International School (SKIS).
ISSUES!

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

Selected Publications


Awards

PESS+ was ranked 47th in the QS Sports-Related Subjects Rankings 2019.

PESS became an institutional member of the Association Internationale des Ecoles Supérieures d’Éducation Physique (AIESEP). The membership is valid till 26 March, 2022.

The PESS staff received the NIE Staff Awards 2018 from the Director of NIE at the Marina Bay Sands during the NIE Staff Lunch 2019 as follows:
- Excellence in Teaching Award: Ast/P Leng Ho Keat, Mr Ang Wee Boon
- Excellence in Service Award: Dr Chung Ho Jin
- Long Service Award: A/P Tan Kwang San, Steven (25 years), A/P Swarup Mukherjee (10 years), Mdm Rehana Mohd Zeckiriah (10 years)

Nanyang Research Programme (NRP) released the results of NRP 2018 on 3 June 2019. As junior researchers, 9 students from River valley and Dunman High School and Methodist Girls’ School (Secondary) under the supervision of Ast/P Masato Kawabata, won 2 gold and 7 silver and 1 student from Anglo-Chinese Junior College under the supervision of Ast/P Leng Ho Keat, received 1 gold.

Ast/P Li Chunxiao was awarded Elly D. Friedmann Young Professional Award. This award by the International Federation of Adapted Physical Activity (IFAPA) recognizes the development of “passionate enthusiasm and inspiration” in young adapted physical activity professionals.

Students’ Achievements

- Wong Jermayne, supervised by Ast/P Tiago Barbosa, won the 2nd award under National and Physical Sciences category at 2019 DISCOVER URECA Poster Exhibition and Competition. The topic was on “Comparison of students’ body sizes to the dimension of school furniture”.

- Goh Wan Xiu, a MSc by Research student under the supervision of A/P Chow Jia Yi, has received the Best Faculty Award in the National Biomechanics Day Two-Minute-Tweet Competition. The award is sponsored by the International Society of Biomechanics in Sports.

- Jeremy Tong, SSM Alumni, conquered the summit of Mount Everest (8,850m) on Wednesday, 22 May 2019.

- Yap Yu Xiang, supervised by A/P Swarup Mukherjee, has been selected to be featured in the URECA Yearbook 2018. The topic was on “Attitudes, beliefs, and behaviors of elite Singapore athletes towards doping.”

- Doctor of Philosophy was conferred on Chia Jingyi Shannon under the supervision of A/P Stephen Burns and A/P Chow Jia Yi, on 31 March 2019.

- Doctor of Philosophy was conferred on Jesudas Emanuel Menon under the supervision of A/P Stephen Burns, on 28 February 2019.