

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

## People

- **Prof Michael Chia** was an invited speaker at the 16<sup>th</sup> 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 (Monospace 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 (21<sup>st</sup> ERF 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).

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- Lim, S. H. R., **Koh, K. T.**, & Chan, M. (2019). Two Heads are Better Than One: How Supporting Staff Complement High School Sport Coaches in Promoting Positive Youth Development. *International Sport Coaching Journal*, 6(2), 160-171.
- **Chia, M.**, & **Koh, K. T.** (in press). Teacher preparation for physical education in an increasingly sedentary world in Singapore, in *The Oxford Encyclopedia of Global Perspectives on Teacher Education*. New York: Oxford University Press.
- **Chia, M.**, Tay, L. Y., & Chua, T. (in press). The development of an Online Surveillance of Digital Media Use in Early Childhood Questionnaire - SMALLQ™ - For Singapore. *Montenegrin Journal of Sports Science and Medicine*.
- **Chia, M.** (in press). Measurement accuracy of a motion sensor used to estimate step count. *Acta Kinesiologica*.
- King, M. A., **Kong, P. W.**, & Yeadon, M. R. (2019). Maximising forward somersault rotation in springboard diving. *Journal of Biomechanics*, 85, 157-163.
- Lye, C. T., **Mukherjee, S.**, & **Burns, S. F.** (2019). Combining plant sterols With walking lowers postprandial triacylglycerol to a greater extent than walking alone in Chinese men With elevated body mass Index. *International Journal of Sport Nutrition and Exercise Metabolism*, 29, 1-24.
- Toh, S. H., Coenen, P., Howie, E. K., **Mukherjee, S.**, Mackey, D.A., Straker, L.M. (2019). Mobile touch screen device use and associations with musculoskeletal symptoms and visual health in a nationally representative sample of Singaporean adolescents. *Ergonomics*.
- Lee, M., & **Mukherjee, S.** (2019). Relationship of training Load with high-intensity running in professional soccer players. *International Journal of Sports Medicine*, 40, 336-343.
- Mohammad, S. & **Chung, H. J.** (in press). Following the footsteps of specialist physical education teachers in Singapore's primary schools. *The International Journal of The History of Sport*.
- Ahmad, H. N., & **Barbosa, T. M.** (2019). The effects of backpack carriage on gait kinematics and kinetics of schoolchildren. *Scientific Reports*, 9(1), 3364.
- **Barbosa, T. M.**, Bartolomeu, R., Morais, J. E., & Costa, M. J. (2019). Skillful swimming in age-groups is determined by anthropometrics, biomechanics and energetics. *Frontiers in Physiology*, 10, 73.
- **Cho, H.**, Joo, D., & Chi, C. G. Q. (2019). Examining nostalgia in sport tourism: The case of US college football fans. *Tourism Management Perspectives*, 29, 97-104.
- Joo, D., **Cho, H.**, & Woosnam, K. (2019). Exploring tourists' perception of tourism impacts. *Tourism Management Perspectives*, 31, 231-235.
- Mazzoli, E., **Teo, W. P.**, Salmon, J., Pesce, C., He, J., Ben-Soussan, T. D., & Barnett, L. M. (in press). Associations of class-time sitting, stepping, and sit-to-stand transitions with cognitive functions and brain activity in children. *International Journal of Environment Research and Public Health*.
- Roberts, S. S.H., **Teo, W. P.**, & Warmington, S. A. (2019). The effects of training and competition on the sleep of elite athletes: a systematic review and meta-analysis. *British Journal of Sports Medicine*. 53, 513-522.
- **Li, C.**, Ivarsson, A., & Lam, T. L. (2019). Basic psychological needs satisfaction, stress, and sport injury among university athletes: A four-wave prospective survey. *Frontiers in Psychology*, 10, 665.
- **Li, C.**, Wong, N. K., Sum, K. W. R., & Yu, C. W. (2019). Pre-service teachers' mindfulness and attitudes toward students with autism spectrum disorder: The role of basic psychological needs satisfaction. *Adapted Physical Activity Quarterly*, 36(1), 150-163.

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## Awards

- **PESS** was ranked 47<sup>th</sup> in the QS Sports-Related Subjects Rankings 2019.
- **PESS** became an institutional member of the Association Internationale des Ecoles Supérieures d'Education 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 2<sup>nd</sup> 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.

