



An Institute of



# PESS+ISSUES!

Volume 7, Issue 2 (July), 2021

## Good News

### QS World University Rankings for Sports-Related Subjects 2021

The Physical Education and Sports Science (PESS) Academic Group, National Institute of Education, Nanyang Technological University, Singapore (NIE NTU, Singapore), is making excellent progress over the years in the QS world university rankings for sports-related subjects 2021. Thanks to the PESS staff's great efforts and contributions, we together made this outcome possible. In this year, we are ranked 32nd in the world, and 2nd in Asia. Below is the summary of our performance over the past 4 years:

NTU QS WORLD UNIVERSITY RANKINGS IN SPORTS-RELATED SUBJECTS		
Year	Overall Ranking	Ranking in Asia
2018	51-100	10
2019	47	8
2020	35	5
2021	32	2

	2018	2019	2020	2021
1	Seoul National University	Seoul National University	The University of Hong Kong	Seoul National University
2	The University of Hong Kong	The University of Hong Kong	Seoul National University	<b>Nanyang Technological University</b>
3	The Chinese University of Hong Kong	National Taiwan University	Kyoto University	The University of Hong Kong
4	National Taiwan University	Kyoto University	National Taiwan University	National University of Singapore
5	University of Tsukuba	National University of Singapore	<b>Nanyang Technological University</b>	Waseda University
6	National University of Singapore	Waseda University	Waseda University	National Taiwan University
7	Waseda University	The Chinese University of Hong Kong	National University of Singapore	Kyoto University
8	Kyoto University	<b>Nanyang Technological University</b>	The Chinese University of Hong Kong	The Chinese University of Hong Kong
9	Hanyang University	University of Tsukuba	University of Tsukuba	University of Tsukuba
10	<b>Nanyang Technological University</b>	Hanyang University	Hanyang University	Hanyang University

### 7th ASEAN Council of Physical Education and Sport (ACPES) Conference

PESS, NIE NTU, Singapore in collaboration with Institute of Technical Education (ITE) College East, and Singapore Physical Education Association (SPEA), organised the 7th ASEAN Council for Physical Education and Sport (ACPES) Conference from 9 to 11 June 2021. The virtual conference's theme "Building Connections, Establishing the Future of Physical Education, Sports and Technology" was presented through eight thematic workshops, showcasing 13 speakers and 81 oral presenters. The event was attended by 323 delegates across ASEAN.

Keynote speaker, Professor Ann MacPhail, from the Department of Physical Education and Sport Sciences, University of Limerick, Ireland, sharing her thoughts during the conference.

## Introduction



*“Learning is not so much a matter of individuals acquiring mastery over knowledge and processes of reasoning, it is a matter of co-participants engaging in a community of practice. The focus is thus on the community rather than the individual (...) It is participation frameworks that have structure, not the mental representations of individuals”*  
(Tennant, McMullen and Kaczynski, 2009, 117)



Special thanks to PESS staff and Organising Committee.

- Conference Chair: Assoc Prof Koh Koon Teck
- Conference Secretariat: Ms Samantha Tang, Ms Serene Seah, Ms Yow Chea Nuan
- Logistics: Mr Khairul Anwar, Mr Sebastian Tan, Ms Yow Chea Nuan
- Opening Ceremony: Mrs Karen Ng
- Oral & Poster Presentations / Workshops: Mr Ang Wee Boon, Mr Irfan Ismail, Dr Lin Yen-Chun
- Programme: Mr Joel Chia, Dr Zason Chian
- Publicity & Sponsorship: Ms Ashley Lee, Ms Erny Noorman
- Scientific Review: Dr Chung Ho Jin, Asst Prof Heetae Cho, Asst Prof John Komar, Asst Prof Teo Wei Peng

## People

### Assoc Prof Koh Koon Teck

< External Appointment >

- President of Basketball Association of Singapore with effect from 1 June 2021 for a 2-year term.
- 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.

< Conference >

- Invited panel speaker (2021, March 2) on the topic "Flipped teaching and learning in physical education classes" at the Innovative in Teaching and Learning Symposium organised by IN-Learning.
- Invited speaker (2021, April 14) on the topic "Blended learning in physical education: Principles and strategies for quality teaching and learning experience" at the W1 PE Group Virtual Cluster Sharing Session.
- Invited speaker (2021, April 28) on the topic "Training and programming strategies for athletes during COVID-19 lockdowns" at ISMINA International Conference on Sports, Health and Physical Education organised by the Faculty of Sports Science, Universitas Negeri Semarang, Indonesia.
- Oral presenter (2021, June 9~12) on the topic "Understanding the process of implementing physical education syllabus in Singapore schools" at 2021 International Association for Physical Education in Higher Education (AIESEP) Scientific Conference, Alberta, Canada.

< Media >

- Media interview (2021, May 27) on the topic "Tokyo Olympics: To proceed or postpone" on Hello Singapore by Channel 8.

< Contribution to International Community >

- Reviewer for the Prince Faisal Bin Fahad Award for Sports Research, Saudi Arabia.

< Contribution to Local Community >

- Featured in the Game-for-Life Mentoring Programme publicity video organised by SportSG. <https://youtube.be/1jKIFQwxYiE>
- Served as the consultant and assessor for the Game-for-Life Mentoring and Certification Programme - The 1st batch graduated in May 2021.

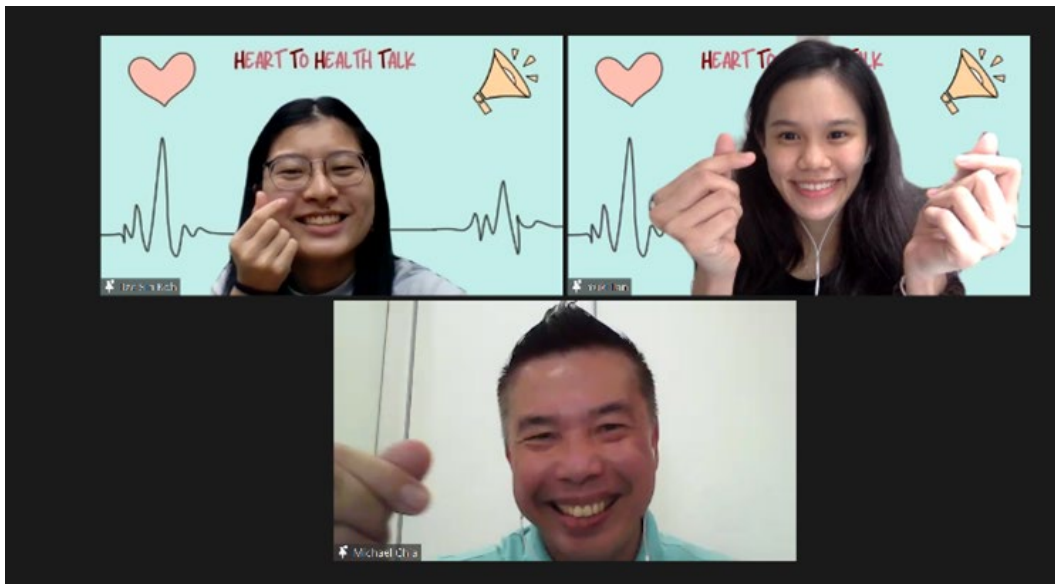
**Prof Michael Chia**

< Conference >

- Keynote speaker (2021, January 8) on the topic "Habitual physical activity of children and adolescents in Singapore" at 2021 Asia Pacific Maternal Child Metabolic Health Conference and IPRAMHO International Meeting, Singapore.
- Keynote speaker (2021, January 16) on the topic "Stillness, screens and sleep in Singapore" at 2021 International Conference on Information Technology and Contemporary Sports, Guangdong, China.
- Keynote speaker (2021, March 12) on the topic "Daily consumption patterns for sleep, screen time and physical activity among preschool children" at Sports Management and Allied Sports Sciences-Challenges and Innovation, Gao, India.
- Keynote speaker (2021, March 30) on the topic "i24- how preschoolers in Singapore fare with 24-hour integrated guidelines" at International e-Conference on Sports Science, Kuching, Malaysia.

< Contribution to Local Community >

- MOE Exercise & Sports Science Syllabus Review Committee from 1 April 2021 to 31 March 2022
- Media podcast (2021, February 24) on the topic "How can young people lead a healthy lifestyle" organised by NUS-Yale College called Heart to Health.

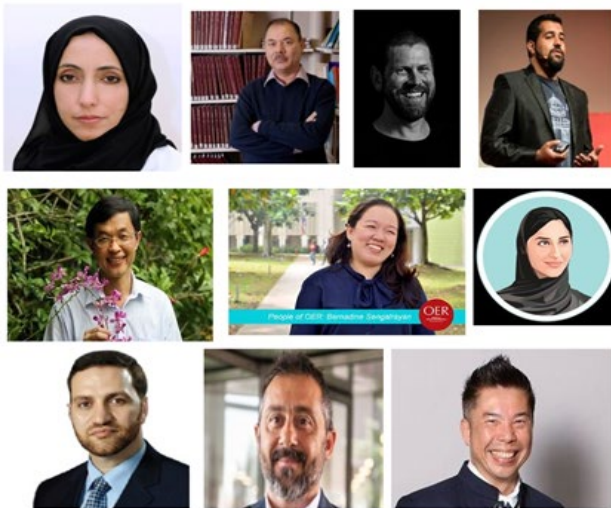


- Invited podcast (2021, March 19) on the topic "Digital media parenting based on IPreschooler research" organised by NUS-Yale College, Centre of Fathering called We are Dads Too.
- Invited live Facebook chat (2021, April 8) on the topic "Fathering and family life based upon my activity research in early childhood" organised by NUS-Yale College, Centre of Fathering called Ordinary Fathers & Expert views. <https://www.facebook.com/DadsforLife/>



< Contribution to International Community >

- Chairman of International Scientific Committee for the theme of Public Health in Sport for the Prince Faisal Bin Fahad Award for Sports Research, Saudi Arabia, from 1 January to April 2021.
- Team Lead for 21st Century Lifestyle commissioned by the Abu Dhabi Early Childhood Authority, United Arab Emirates, from 15 March to 15 November 2021.



Professor  
Michael Chia  
Team Lead for  
21<sup>st</sup> Century  
Lifestyle

- Advisor and reviewer for two international awardees of the Prince Faisal Bin Fahad Award for Sports Research, Saudi Arabia, from 1 June 2021 to 31 May 2022.
- Visiting professor to the Faculty of Sports Science and Recreation, University Technology MARA, Malaysia, from 1 June 2021 to 31 May 2022.

### **Prof John Wang**

< Full Professor Chairs for NIE >

- EW Barker Chair in Physical Education and Sports Science with effect from 1 April 2021.

< NTU Mentoring for Excellence Programme >

- Faculty mentor for 2 years from 1 January 2021 to 31 December 2022.

### **Assoc Prof Chow Jia Yi**

< NTU Mentoring for Excellence Programme >

- Faculty mentor for 2 years from 1 January 2021 to 31 December 2022.

### **Assoc Prof Stephen Burns**

< External Appointment >

- Member of the Sport Industry Panel at Nanyang Polytechnic for the term from 1 May 2021 to 30 April 2024.
- Associate editor for the Journal of Exercise Science and Fitness.



- Guest editor for a special issue of the journal *Biology* on 'Response and adaptation during human exercise.'

### **Assoc Prof Swarup Mukherjee**

< NTU Mentoring for Excellence Programme >

- Faculty mentor for 2 years from 1 January 2021 to 31 December 2022.

### **Asst Prof Masato Kawabata**

< Conference >

- Keynote speaker (2021, March 20) on the topic "Physical activity promotion based on motivational theories" at the Symposium on Psychology for Exercise Professionals, Leiria, Portugal.
- Oral presenter (2021, June 9~12) on the topic "What factors are associated with students' boredom experiences in PE lessons?" at 2021 International Association for Physical Education in Higher Education (AIESEP) Scientific Conference, Alberta, Canada.
- Oral presenter (2021, June 9~12) on the topic "Physical activity levels during Singapore primary school physical education" at 2021 International Association for Physical Education in Higher Education (AIESEP) Scientific Conference, Alberta, Canada.

### **Dr Zason Chian**

< Conference >

- Invited speaker (2021, February 18) on the topic "Developing a positive mindset for ultra running" at the Webinar organised by ELXR Pte Ltd.

- Invited speaker (2021, June 9~11) on the topic "A review of autonomy-supportive intervention programmes in physical education" at 7th ASEAN Council of Physical Education and Sport (ACPES) International Conference 2021, Singapore.
- Oral presenter (2021, June 9~12) on the topic "A collaborative video annotation and analytics environment for teacher professional development (CoVAAPD) in physical education" at 2021 International Association for Physical Education in Higher Education (AIESEP) Scientific Conference, Alberta, Canada.

< Contribution to International Community >

- Abstract reviewer for 2021 International Association for Physical Education in Higher Education (AIESEP) Scientific Conference, Alberta, Canada.

**Dr Chung Ho Jin**

< External Appointment >

- Editorial board member for the International Journal of Applied Sports Science for 2 years from 1 January 2021 to 31 December 2022.
- Section editor for the Journal of Physical Education, Sport and Health for 1 and half years from 1 February 2021 to 31 July 2022.

< Conference >

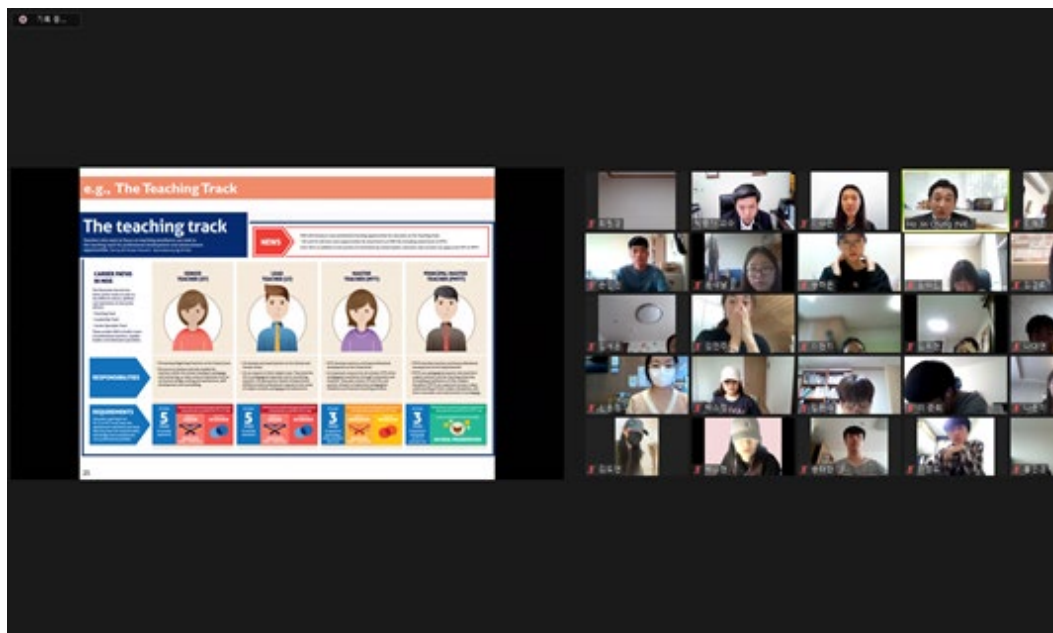
- Keynote speaker (2021, March 30) on the topic "Initial teacher preparation programme in Singapore: A comprehensive system for

selecting, training, compensating and developing PE teachers" at International e-Conference on Sports Science, Kuching, Malaysia.

- Keynote speaker (2021, April 23) on the topic "Bully-free in sports, safe sport environment: The case of Singapore" at the Korean Alliance for Health, Physical Education, Recreation and Dance (KAHPERD) Conference in Commemoration of the National Physical Education and Sports Week, Seoul, Korea.

< Guest Lecture >

- Invited guest speaker (2021, May 25) on the topic "Policies and initiatives of innovative teacher professional development in Singapore" at Seoul National University of Education, Seoul, Korea.



## Selected Publications

- **Koh, K. T.**, Tan, L. Q. W., Camiré, M., Paculdar, M. A. A., & Chua, W. G. A. (2021). Teachers' and students' perceptions of factors influencing the adoption of information and communications technology in physical education in Singapore schools. *European Physical Education Review*. DOI:10.1177/1356336X211017949
- Li, C. X., **Wang, C. K. J.**, **Koh, K. T.**, Tan, K. S. S., Tan, S. M., **Ang, W. B.**, Wong, L. H., & Yeo, H. N. C. (2021) Basic psychological need profiles and correlates in physical activity participation: A person-centered approach. *Frontier in Psychology*. 12, 675639. DOI:10.3389/fpsyg.2021.675639
- Mar, X. F. F., **Koh, K. T.**, & Falcão, W. R. (2021). Strategies and methods for teaching values transference from physical education to the classroom and home: A case study. *Asia Pacific Journal of Education*. DOI:10.1080/02188791.2021.1926919
- Tay, L. Y., Aiyooob, T. B., Chua, T., Ramachandran, K., & **Chia, M. Y. H.** (2021). Pre-schoolers' use of technology and digital media in Singapore: entertainment indulgence and/or learning engagement? *Educational Media International*, 1-20.
- Lee, Y. S., **Komar, J.**, & **Chia, M. Y. H.** (2021). Physical activity measurement methodologies: A systematic review in the Association of South East Asian Nations (ASEAN). *Sports*, 9, 69. DOI:10.3390/sports9050069
- **Kang, H. J.**, **Wang, C. K. J.**, & **Burns. S. F.** (2021). A case study to overcome barriers and enhance motivations through experience of a variety of exercises: Theory-based intervention on an overweight and

physically inactive adult. *Case Studies in Sport and Exercise Psychology*, 5(1), 86-94. DOI:10.1123/cssep.2020-0029

- **Kang, H. J., Wang, J. C. K., Burns, S. F., & Leow, M. K. S.** (2021). Is self-determined motivation a useful agent to overcome perceived exercise barriers in patients with type 2 diabetes mellitus? *Frontiers in Psychology*, 12, 2134. DOI:10.3389/fpsyg.2021.627815
- Nin, D. Z., Pain, M. T. G., Lim, Y. H., & **Kong, P. W.** (2021). Hamstring muscle architecture and viscoelastic properties: reliability and retrospective comparison between previously-injured and -uninjured athletes. *Journal of Mechanics in Medicine and Biology*, 21(1): 215007. DOI:10.1142/S021951942150007X
- Teng, P. S. P., Leong, K. F., Phua, P. Y. X., & **Kong, P. W.** (2021). An exploratory study of the use of ultrasound in the measurement of anterior tibial translation under gastrocnemius muscle stimulation. *Research in Sports Medicine*, 29(2), 103-115. DOI:10.1080/15438627.2020.1840378
- Ng, J. W., Chong, L. J. Y., Pan, J. W., Lam, W. K., Ho, M., & **Kong, P. W.** (2021). Effects of foot orthosis on ground reaction forces and perception during short sprints in flat-footed athletes. *Research in Sports Medicine*, 29(1): 43-55. DOI:10.1080/15438627.2020.1755673
- Pan, J. W., **Komar, J., & Kong, P. W.** (2021). Development of new 9-ball test protocols for assessing expertise in cue sports. *BMC Sports Science, Medicine and Rehabilitation*, 13, 9. DOI:10.1186/s13102-021-00237-9
- Sim, A., **Burns, S. F.** (2021). Review: questionnaires as measures for Low Energy Availability (LEA) and Relative Energy Deficiency in Sport (RED-S) in athletes. *Journal of Eating Disorders*, 9(1), 41. DOI:10.1186/s40337-021-00396-7
- Nagayama, C., **Burns, S. F.**, Stensel, D. J., Thackray, A., Takahashi, M., & Miyashita, M. (2020). Effects of a single bout of walking on postprandial

triglycerides in men of Chinese, European and Japanese descent: A multisite randomised crossover trial. *BMJ Open Sport & Exercise Medicine*, 6(1):e000928. DOI:10.1136/bmjsem-2020-000928

- Fan, P. W., **Burns, S. F.**, & Lee, J. K. W. (2020). Efficacy of ingesting a novel rehydration solution after exercise on fluid balance and endurance performance. *Nutrients*, 12(12), 3826. DOI:10.3390/nu12123826
- **Kawabata, M.**, Lee, K, Choo, H. C., & **Burns, S. F.** (2021). Breakfast and exercise improve academic and cognitive performance in adolescents. *Nutrients*, 13(4), 1278. DOI:10.3390/nu13041278
- Rodrigues, F., Macedo, R., Mallett, C. J., **Kawabata, M.**, & Monteiro, D. (2021). Examining the Coach Motivation Questionnaire in fitness professionals (CMQ-FI): Factor structure, invariance, and predictive analysis. *Research Quarterly for Exercise and Sport*. DOI: 10.1080/02701367.2020.1846674.
- **Chung, H. J.** (2021). An archaeological discourse analysis of physical education as challenging in South Korea primary schools. *Asia Pacific Journal of Education*. DOI:10.1080/02188791.2021.1902274

## Awards

Due to the COVID-19 pandemic, NIE Staff Awards 2019 and 2020 were presented together in the NIE 70th Anniversary celebration on 19 March 2021.

< NIE Staff Awards 2019 >

### Excellence in Teaching Commendation Award:

- Assoc Prof Koh Koon Teck
- Assoc Prof Swarup Mukherjee

- Asst Prof Yang Yifan

#### **Long Service Award:**

- **10 Years**
  - Assoc Prof Burns Stephen Francis
  - Assoc Prof Kee Ying Hwa
  - Assoc Prof Kong Pui Wah
  - Asst Prof Leng Ho Keat
  - Ms Lee Jingpei
  - Mdm Ma Agnes Paculdar
- **15 Years**
  - Assoc Prof Chow Jia Yi
  - Assoc Prof Govindasamy Balasekaran
  - Assoc Prof Koh Koon Teck
- **20 Years**
  - Mdm Ong Lee Choo
  - Prof Wang Chee Keng, John
- **25 Years**
  - Ms Yow Chea Nuan
- **30 Years**
  - Dr Tan Cher Chay, John

< NIE Staff Awards 2020 >

#### **Excellence in Teaching Commendation Award:**

- Assoc Prof Teo-Koh Sock Miang

### **Excellence in Research Award:**

- Asst Prof Cho Hee Tae

### **Excellence in Service Award:**

- Ms Julisa Binti Sulaiman
- Ms Lee Jingpei

### **Long Service Award:**

- **10 Years**
  - Mr Ang Wee Boon
  - Dr Chian Lit Khoon
  - Mr Lee Chong Wai
  - Mr Tan Shern Meng
- **30 Years**
  - Prof Michael Chia

## **Promotions**

- Dr Chung Ho Jin was promoted to Senior Lecturer with effect from 1 January 2021.

## **Grants**

- Assoc Prof Govindasamy Balasekaran (PI)

Title of Project: Rate of Perceived Exertion on Visual Cognitive Interface  
(2021~2023, NIE AcRF, S\$19,385.60)



- Assoc Prof Stephen Francis Burns (PI)

Title of Project: Early markers of Low Energy Availability in athletes  
(2021~2024, NIE AcRF, S\$68,327)

- Asst Prof Ho Keat LENG (PI)

Title of Project: An Examination of Endorser Visual Cues in Sports  
Apparel Advertisements: Attractiveness and Perceived Expertise on  
Purchase Intention (2021~2023, NIE AcRF, S\$69,825)

- Asst Prof John Komar (PI)

Title of Project: SCALE-UP: Investigating the effect of modified CCA  
competition format in Singapore Schools (2021~2024, NIE ERFP Tier 2,  
S\$229,834)

- Asst Prof Teo Wei Peng (PI)

Title of Project: Is physical activity level associated with executive and  
brain function in overweight adults? (2021~2023, NIE AcRF,  
S\$89,902.80)

## Services

< NIE Staff Welfare Committee 2021 >

- Chairperson: Ms Tang Tsou-Tinn, Samantha
- Member: Asst Prof John Komar, Ms Julisa Binti Sulaiman, Ms  
Demashkieh Mayada

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

PESS Newsletter Editorial Team

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