



PESS+ ISSUES!

January 2023
Volume 9, Issue 1

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

Recent Happenings!

PESS+ISSUES! Archived in NIE Library

- Physical Education and Sports Science (PESS) is glad to share the good news with you that NIE Library archives our AG's Newsletter, PESS+ISSUES! as one of the NIE's publications.

Jul-2022	PESS+Issues! : 2022, Vol 8, Issue 2	National Institute of Education (Singapore)
Jan-2022	PESS+Issues! : 2022, Vol 8, Issue 1	National Institute of Education (Singapore)
Jul-2021	PESS+Issues! : 2021, Vol 7, Issue 2	National Institute of Education (Singapore)
Jan-2021	PESS+Issues! : 2021, Vol 7, Issue 1	National Institute of Education (Singapore)
Jan-2020	PESS+Issues! : 2020, Vol 6, Issue 1	National Institute of Education (Singapore)
Jul-2020	PESS+Issues! : 2020, Vol 6, Issue 2	National Institute of Education (Singapore)
Jul-2019	PESS+Issues! : 2019, Vol 5, Issue 2	National Institute of Education (Singapore)
Jan-2019	PESS+Issues! : 2019, Vol 5, Issue 1	National Institute of Education (Singapore)
Jul-2018	PESS+Issues! : 2018, Vol 4, Issue 2	National Institute of Education (Singapore)
Jan-2018	PESS+Issues! : 2018, Vol 4, Issue 1	National Institute of Education (Singapore)

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ICOPESSH

THE 2nd ICOPESSH 2022 WEBINAR

Enhancing Sports Performance and Health Through Technology Integration, Educational Innovation, and Sports Tourism

Important Dates

- Open Registration: June 19th - July 14th 2022
- Abstract Submission: July 19th - July 14th 2022
- Notification of Abstract Acceptance: July 19th - 31st 2022
- Abstract Presentation: August 1st - 31st 2022
- Registration of Final Paper Abstracts for Participants (1st Session): August 1st - 14th 2022
- Registration of Final Paper Abstracts for Participants (2nd Session): August 15th - 24th 2022
- Abstracts Deadline for All Revised Final Papers: August 27th - September 5th 2022
- Webinar: September 8th - 9th 2022

Call for Paper Topics

- Sport Physical Education
- Sport Health and Promotion
- Sport Tourism
- Sport Coaching
- Traditional Game and Sport
- Sport Physiology
- Sport Psychology
- Sport Biomechanics
- Sport Recreation
- Sport Medicine
- Sport Nutrition
- Sport Policy
- Sport Community
- Exercise Science

Publication Fees

- Bank Name: Bank Rakyat Indonesia
- Account and Name: 008801017637531 ICOPESSH

General Presenter: Rp 1,500,000
 Undergraduate Presenter: Rp 1,200,000
 General Participant: Rp 200,000

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People & Notable Services

Assoc Prof Koh Koon Teck

- Appointment
 - Member, NTU Sports Advisory Committee from 1 October 2022 to 30 September 2024
 - Executive Member, ICCE Global Coach Conference 2023
 - President, ASEAN Council of Physical Education and Sports from 2022 to 2024.
- Conference
 - Invited Speaker (2022, September 6) on the topic "Coach as leader" at World Athletics - Coaching Matters Virtual Forum

- Keynote Speaker (2022, September 8) on the topic "Quantifying the teaching of values and sport skills in physical education and sport programmes - An evidence-based mobile application" at 2nd International Conference on PE, Sport, and Health organised by Faculty of Sports and Health, Universitas Pendidikan Ganesha, Indonesia.

Prof Michael Chia

- Appointment
 - Member of the NIE Recommending Committee for Promotion & Tenure
 - Co-editor of the special issue (Psychological and Behavioral Determinants of Physical Activity Participation Across the Lifespan, Vol 11) of Frontiers in Psychology with effect from 1 July 2022.
 - Co-editor of the special issue (Sports Science with Children's Lifestyle and Physical Fitness, Vo 11) of International Journal of Environmental Research & Public Health with effect from 18 November 2022.
- Conference
 - Keynote speaker (2022, July 2) on the topic "Adult stair-climbing exercise: making the steps count" at the 1st Asian Society of Kinesiology Global Symposium, Taiwan.



Frank Dick

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Prof Michael Chia [Cont.]



- Keynote speaker (2022, September 29) on the topic "Physical activity and exercise are good daily medicine" at the 6th International Conference in Sports Science and Health, Malang, Indonesia.

- Invited speaker (2022, November 7) on the topic "Attracting, developing & retaining academic and teaching talent" at the developing human capital workshop organised by the Emirates College for Advanced Education, United Arab Emirates under the auspices of NIEI.



People & Notable Services



- Workshops & Seminars
- Invited speaker (2022, December 6) on the topic "Physical activity for families" at the East China Normal University.

- Media
- Media interview (2022, September 30) on the topic "His views of the merits of lifespan physical activity and exercise" by a CNA documentary series.



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 Eryn Yunelis Noorman, Rehana Mohd Zeckiriah

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Assoc Prof Kong Pui Wah (Veni)

□ Media

- Media interview (2022, November 1) on the topic “在家运动要穿运动鞋吗?” by 小城大事: 下班大沙发, Mediacorp CAPITAL 958 城市频道.



Assoc Prof Stephen Burns

□ Appointment

- Assistant Dean, BA/BSc (Education) with effect from 1 July 2022.
- Conference
- Keynote Speaker (2022, December 7) on the topic “Low energy availability: improving identification in athletes” at Asia-Singapore Conference on Sport Science 2022, Singapore.

Assoc Prof Kee Ying Hwa, Adrian

□ Conference

- Keynote Speaker (2022, August 9 - 11) on the topic “Text Mining as An Approach for Advancing Sport and Exercise Research and Applied Work” at the Asian South Pacific Association of Sport Psychology International Congress, Sarawak, Malaysia.

Dr Zason Chian

□ Appointment

- Executive Board Member, ASEAN Council of Physical Education and Sports from 2022 to 2024.

□ Conference

- Invited Speaker (2022, October 28 – 30) on the topic, “The Evolution of Growth of Physical Education, Sport, and Health in the New Normal” at the ASEAN Council of Physical Education and Sport (ACPES) Conference, Medan, Indonesia.

Dr Chung Ho Jin

□ Appointment

- Executive Board Member, Asian Society of Kinesiology from 2022 to 2024.

□ Guest Lecture

- Invited talk (2022, July 11) on the topic “Post COVID-19: Sustainable Support for Education Recovery in Singapore” at Seoul Metropolitan Office of Education, Seoul, Korea.



Mr Tan Shern Meng

□ Workshops & Seminars

- Mr Tan was invited by the N2 Cluster to conduct a PE Assessment workshop for 30 PE teachers. During the workshop, he demonstrated the use of the Game Performance Assessment Instrument (GPAI) to assess the relevant learning outcomes in the PE syllabus. The workshop was well-received by the PE teachers, with above 93% positive feedback in all areas evaluated.

Assoc Prof Stephen Burns (PI)

- Project Title: Blood flow restriction to maximise adaptations with high intensity interval training in racquet sport athletes (2022 ~ 2024, RS-SAA, \$98,945).

Dr Tommy Ng (PI)

- Project Title: The use of machine learning to enhance teaching-learning in Physical Education (2022 ~ 2023, Incentivising ICT Use Innovation Grant (I3G), \$34,882.01).

- Guo, M. M., Wang, X. Z., & Koh, K. T. (2022). Association between physical activity, sedentary time and physical fitness of female college students in China. *BMC Women's Health*, 22(1), 502. <https://doi.org/10.1186/s12905-022-02108-y>
- Abdul Rahman, A., Teo, W., Chua, T., & Chia, M. (in press). Physical activity as a tool for enhancing learning. In Hung, D., Jamaludin, A., & Abdul Rahman, A. (Eds.), *Applying the science of learning to education*. Springer Nature.
- Chia, M., Chua, T., Komar, J., Tay, L. Y., Kim, J-H, Hong, K., Kim, H., Ma, J., Vehmas, H., & Sääkslahti, A. (in press). Time-use among preschool children in Singapore, South Korea, Japan, and Finland: insights from an unsupervised clustering approach. *Digital Health*.
- Koivukoski, H., Hasanen, E., Tolvanen, A., Chua, T., Chia, M., Vehmas, H., & Sääkslahti, A. (in press). Meeting the WHO 24-h guidelines among 2-6-year-old children by family socioeconomic status before and during the COVID-19 pandemic: a repeated cross-sectional study. *Journal of Activity, Sedentary and Sleep Behaviors*. <https://doi.org/10.1186/s44167-022-00010-4>
- Nopembri, S., Mulyawan, R., Fauziah, P. Y., Kusumawardani, E., Susilowati, I. H., Fauzi, L., Cahyati, W. H., Rahayu, T., Chua, T., & Chia, M.* (in press). Time to play in Javanese preschool children – an examination of screen time and playtime before and during the Covid-19 Pandemic. *International Journal of Environmental Research and Public Health*.
- Chen, M., Chua, T., Shen, Z., Tay, L. Y., Wang, X., & Chia, M.* (2022). The associations between 24-hour movement behaviours and quality of life in preschoolers: a compositional analysis of cross-sectional data from 2018-2021. *International Journal of Environmental Research and Public Health*, 19(22), 14969. <https://doi.org/10.3390/ijerph192214969>
- Fauziah, P. Y., Kusumawardani, E., Nopembri, S., Mulyawan, R., Susilowati, I. H., Nugraha, S., Alimoso, S., Hasiholan, B. P., Fauzi, L., Cahyati, W. H., Rahayu, T., Chua, T., & Chia, M.* (2022). **Play-sleep nexus in Indonesian preschool children before and during the COVID-19 pandemic**. *International Journal of Environmental Research and Public Health*, 19(17), 10695. <https://doi.org/10.3390/ijerph191710695>
- Guo, H., Ma, J., Chua, T. B. K., Tay, L. Y., Chia, M.,* & Kim, H. (2022). Associations between parents' digital media habits, engagement, awareness, and movement guidelines among preschool-age children: International Ipreschooler Surveillance Study. *International Journal of Environmental Research and Public Health*, 19(17), 10484. <https://doi.org/10.3390/ijerph191710484>
- Loo, B. K. G., Tan, B. C. L., Chia, M., et al. (2022) Consensus statement on Singapore Integrated 24-Hour Activity Guidelines for children and adolescents. *Annals Academy of Medicine*, 51(5), 292-299. <https://doi.org/10.47102/annals-acadmedsg.202141>
- Wattanapit, A., Abdul Rahman, H., Car, J., Chia, M., et al. (2022). The clusters of health-risk behaviours and mental wellbeing and their sociodemographic correlates: A study of 15,366 ASEAN university students. *BMC Public Health*, 22, 1840. <https://doi.org/10.1186/s12889-022-14233-2>
- Rahman, H. A., Amornsriwatanakul, A., Abdul-Mumin, K. H., Agustiningih, D., Chaiyasong, S., Chia, M., Chupradit, S., et al. (2022). Prevalence of health-risk behaviors and mental well-being of ASEAN university students in COVID-19 pandemic. *International Journal of Environmental Research and Public Health*, 19(14), 8528. <https://doi.org/10.3390/ijerph19148528>
- Chia, M., Komar, J., Chua, T. B. K., & Tay, L.Y. (2022). Associations between parent attitudes and on- and off-screen behaviours of preschool children in Singapore. *International Journal of Environmental Research and Public Health*, 19(18), 11508. <https://doi.org/10.3390/ijerph191811508>
- Kong, P. W., Kan, T. Y. W., Mohamed Jamil, R. A. G. B., Teo, W. P., Pan, J. W., Hafiz Abd Halim, M. N., Abu Bakar Maricar, H.K., & Hostler, D. (2022). Functional versus conventional strength and conditioning programs for back injury prevention in emergency responders. *Frontiers: Bioengineering and Biotechnology*, 10, 3389. <https://doi.org/10.3389/fbioe.2022.918315> (This study is supported by the Singapore Civil Defence Force (SCDF), Home Team Science and Technology Agency, Ministry of Home Affairs).
- Burns, S. F. (2022). Metabolic resistance with inactivity relates to low exercise energy expenditure. *Exercise and Sport Sciences Reviews*, 50(4), 230. <https://doi.org/10.1249/JES.0000000000000298>
- Wong, T. H., Sim, A., & Burns, S. F.* (2022). The effect of beetroot ingestion on high-intensity endurance time-trial performance: a systematic review and meta-analysis. *Journal of Exercise Science & Fitness*, 20(4), 305-316. <https://doi.org/10.1016/j.jesf.2022.06.004>

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Selected Publications

- Chua, M. T., Sim, A., & Burns, S. F.* (2022). Acute and chronic effects of blood flow restricted high-intensity interval training. *Sports Medicine - Open*, 8, 122. <https://doi.org/10.1186/s40798-022-00506-y>
- Demashkieh, M., Dalan, R., & Burns, S. F.* (2022). Brief communication: Cardiorespiratory fitness and fat oxidation during exercise in Chinese, Indian, Malay men with elevated body mass index. *Applied Physiology, Nutrition, and Metabolism*, 47(8), 888-892. <https://doi.org/10.1139/apnm-2022-0106>
- Mukherjee, S., Fok, R.J., & vanMechelen, W. (2022). Electrical muscle stimulation and health gains in healthy adults - a systematic review. *The Journal of Strength and Conditioning Research*, 10, 1519. <https://doi.org/10.1519/JSC.0000000000004359>
- Phua, Y. X. P., Pyun, D. Y., & Leng, H. K. (2022). Cognitive distortions and problem gambling in sports betting. *Journal of Gambling Issues*, 50, 6-20. <https://doi.org/10.4309/MXDF4708>

Awards

- Assoc Prof Koh Koon Teck, NIE Excellence in Service Award 2022
- Prof Michael Chia, NIE NEXUS Team Award 2022
- Assoc Prof Swarup Mukherjee Excellence in Teaching Award 2022
- Dr Zason Chian, National Day Medals (Commendation Medal) by the President of the Republic of Singapore
- Assoc Prof Masato Kawabata, Promotion to Associate Professor with effect from 1 September 2022
- Assoc Prof Masato Kawabata, Bronze medal in the Men's 50s 400m race at the 45th Singapore Masters Track and Field Anniversary Championship



星光第一线 | 长时间看电子屏幕 孩童身心受影响

Students' Achievements

□ Graduate Students

- Mr Terence Chua working with Prof Michael Chia was interviewed by Ch 8 TV News on the topic "Digital media use among Singaporean preschool children" on 27 October 2022.
- Mr Terence Chua under the supervision of Prof Michael Chia **presented on the topic "Physical activity, sleep, and screens among kindergarten children in the Valencian Community" at the III Congreso Internacional en Ciencias de la Salud del Deporte, Universidad de Zaragoza on 29 October 2022 (Presentation was in Spanish).**
- Dr Bernadette Bree Ashley Lim Yan under the supervision of Assoc Prof Masato Kawabata was **awarded the Dean's Commendation for Research 2022** for the following Journal Paper, "Students' Perceptions of Fitness Testing in Physical Education Across Primary, Secondary, and Pre-university School Levels: a Motivational Profiles Perspective" published in 'Physical Education and Sport Pedagogy', the top tier journal in physical education.
- Mr Tan Zhi Sen under the supervision of Assoc Prof Stephen Burns **was awarded the Dean's Commendation for Research 2022** for the following Journal paper, "A systematic review of the effects of caffeine on basketball performance" published in *Biological Research* (Basel).
- Mr Wong Tak Hiong under the supervision of Assoc Prof Stephen Burns **was awarded the Dean's Commendation for Research 2022** for the following Journal paper, "The effect of beetroot ingestion on high-intensity interval training: A systematic review and meta-analysis" published in *Nutrients*.

□ SSM Past and Present Students

- Nurin Nasyirah Binte Jahaya under the supervision of Assoc Prof Adrian Kee was awarded the winner for the 2022 DISCOVER URECA Poster Competition (Education and Teaching Category – 3rd).
- Low Seow Ting under the supervision of Dr Yang Yifan was awarded the Global Undergraduate Awards 2022 as a Global Winner in the Category of Nursing, Midwifery & Allied Healthcare.
- Felix Teo under the supervision of Assoc Prof Swarup Mukherjee was awarded the Global Undergraduate Awards 2022 as a Highly Commended in the Category of Nursing, Midwifery & Allied Healthcare.
- 12 NIE and SSM student-athletes (and officials) attended the recent AUG22 at Ubon Ratchathani – Tan Christine (Fencing), Donovan Lee (Swimming), Ong Zi Meng, Ong Pang Zan (Wushu), Leslie Chen, Tan Zhi Sen, Hoo Kang, Tan Kang Yi, Low Engie (Basketball), Grayce Tan, Ckrystal Chin, Nur Fadzlyn Binte Mohd Zahrudin (Taekwondo).