

Getting To Know Our Students

Julian Lim, Masters by Research graduate



Julian Lim
is currently working as a performance specialist at EXOS and is a Master of Science (Research) graduate of Physical Education and Sports Science (PESS) Academic Group.

What are you currently working as?

I am currently working as a performance specialist at EXOS. I have always been interested in sports and how one can prepare themselves physically to improve their sports performance. This led me to enrol myself in a sports science degree to gain more insight in this unique and emerging area of science. However, in the realm of high performance, a postgraduate qualification is necessary to specialise in a specific domain of sports science and be experts in the field.

What attracted you to a higher degree programme at NIE?

I was enrolled in the Master of Science (Research) programme at NIE. What attracted me were the programme's flexibility and knowledge of the academic professors. I was able to infuse the research investigation into my current work, while having the expert and committed guidance of my research supervisor.

What was your research on? Did the research yield the desired outcome that you hoped for?

My research was on looking into the efficacy of using complex training (postactivation potentiation) in improving sprint performance of our national track and field athletes. This was a novel way of looking at various training exercises that could improve their sprints, both in training and competition. The results helped to shape their training programme to make it more effective and efficient. The research was also successfully published in an academic journal which contributes back to the wider scientific literature on the topic; 13 citations and counting!

How would you describe your interactions with NIE faculty members?

My supervisor and coursework professors were instrumental in guiding the whole academic learning and research investigation. From research design to manuscript publication, they were always just a call / text / email away to offer a guiding hand.

What was the best part of being a student at NIE?

Other than the expertise of academic professors to tap on, it has to be the NIE student card (just kidding).

Has the programme been beneficial to you in bringing forth changes in your organisation?

The masters programme at NIE has given me many insights in the area of sports science research. The knowledge and expertise of academic professors have empowered me to bridge the gap between the science and application in the field of strength and conditioning. This has made an impact in the physical preparation of the national athletes.