

Getting To Know Our Students

Louise Khng, Master of Science (Exercise and Sport Studies) graduate



Louise Khng
is the recipient of the
Coach of the Year
award at the
Singapore Sports
Awards 2020.

Please share with us your professional life's journey thus far and at which point in your career did you aspire to pursue a graduate degree?

I graduated with a Bachelor of Applied Science (Sport Coaching) from Deakin University in Melbourne and have worked in roles related to the sporting industry since then. I have also done various floorball coaching for schools, clubs and even a boys' youth team in Melbourne, when I was studying there.

I decided to apply for the Master of Science (Exercise and Sport Studies) programme when I was working as a Lecturer at the Institute of Technical Education (ITE), before moving to Nanyang Polytechnic (NYP) as a Lecturer for Sport & Wellness Studies. As I was still teaching, I wanted to further enhance my knowledge in the related sporting fields and apply the knowledge to develop and augment the curriculum.

How do you think the programme has been beneficial to your career?

The MSc (ESS) programme complemented my undergraduate degree and consequently expanded my knowledge in the subject areas, which made me a better lecturer (in my previous employment) and a better coach. In particular, courses on sport injury and rehabilitation, as well as sports psychology, helped me to obtain an in-depth knowledge on the subject to better manage these aspects of coaching.

How was your experience at NIE?

I had a positive learning experience with the lecturers as they promoted a collaborative culture during lessons. This approach enabled the learners to engage in holistic discussions and made it easier for us to approach them for any assistance.

Did you encounter any difficulties while having to balance studies with other aspects of your life, such as work and floorball commitments?

I won't deny that it was tough because I would spend weekends marking assignments and preparing for lessons to be delivered the following week, and sometimes attending club training on weeknights, when I was still actively playing then. The challenge came when deadlines for assignments or test dates were approaching. Hence, time management and prioritising the various tasks required for completion were very important.

Congratulations for winning the Coach of the Year award at the Singapore Sports Awards 2020! What motivated you to take on a coaching role in the national team?

The floorball community is a close-knit community and I really wanted to 'give back' and pass on whatever knowledge I had to the current generation of players. Additionally, I wanted to contribute my time and experience to assist in raising the floorball standards and develop holistic players and team.

Would you recommend the MSc (ESS) programme to your colleagues?

I would recommend this programme to those who are looking to enhance their knowledge in this subject matter, so that it may enable them to apply the knowledge in their sports-related fields.