

SINGAPORE SPORTS CONFERENCE
Saturday, 8 March 2008 & Sunday 9 March 2008
Republic Polytechnic

PRACTICAL SESSIONS

[Game Play! by Dr Thomas Browne](#)

Game Play! Is an innovative method to introduce games to a wide age group employing core skills, strategies and tactics by embracing generic components, which are prerequisite in mastering “FUNdamentals” of many games. The session also promotes intelligent thinking, decision making whilst challenging participant physically. Many modifications will be modelled to suit a wide range of ability in a fun and supportive learning environment.

Presenter: Dr Thomas Browne Assistant Professor, National Institute of Education

[Triathlon Tryout by Trizen](#)

Learn more about the rigorous training a triathlete has to undertake when preparing for a competition. Participants to this practical session will get insights on the proper training method for triathlon, proper equipments needed and transition training.

Presenter: Trizen

[Improve your endurance through running](#)

Applying Principles of Training to your running programme for better results. A better understanding of how the body adapts to various forms of endurance training might motivate people to take better care of their cardiovascular system. Come and see how the principles apply and learn about the wonderful adaptations that take place at the cardio-vascular-respiratory-muscular levels.

Presenter: Mr C Kunalan, Assistant Professor, National institute of Education

Sports Massage

The sport industry in Singapore has been growing and expanding at a fast pace with the ever growing number of people taking part in sports, combined with the increasing competitiveness and intensity of physical exercise. Along with this trend, the demand for sports and therapeutic massage has also increased and is now becoming more and more recognized as a skill, which may help recovery and enhance performance.

Presenter: Timothy Mah, Certified Athletic Trainer, Specializing In Injury Prevention And Management

A Closer Look at Agility Training

The ability to move rapidly from one point to another is often critical for success in most ball and racquet sports. To achieve this, the athlete/player must be effective in accelerating over short distances, decelerating and changing their momentum in the desired direction.

This ability to change direction rapidly in a coordinated and controlled manner is termed as agility. This session will provide the participants with a structured approach in embarking on an agility-training programme. If you are an athlete who is trying to improve your individual skills to be quicker on the field, court or pitch, this session is for you.

Presenter: Chin Chih Yung, Strength & Conditioning Coach, Sports Medicine & Sports Science Division, SSC

Instant Strength

Strength is one of the foundations in physical preparation for most sports.

The ability to exert sufficient and sometimes great force at the precise time is often critical for success in many sports.

Weight training has been used extensively to enhance the athletes' strength. However, even before the athlete touches the dumbbell or does a push up, he or she is seldom taught the "secrets" to attaining greater force production instantly.

This session will teach the participants these "secret" methods to "switch on" their strength abilities and provide them with some challenging exercises to practice their newly acquired skill of strength.

This session contains useful information for both seasoned weight-training participants and absolute beginners at strength training.

Presenter: Chin Chih Yung, Strength & Conditioning Coach, Sports Medicine & Sports Science Division, SSC

[Sport Photography](#)

Find out more on more on the unique features that you need to take note when taking sports photos. Learn from the expert in this practical session.

Presenter: Leslie Tan, Photojournalist

[Sport Journalism](#)

Get that pen and keyboard of yours sharpened to churn out good articles that bring out the essence of sports events coverage. What are the ABCs of good event writing and reporting?

Presenter: Laura Reid, Website Editor For The Singapore National Olympic Council

[Adventure tryouts](#)

Want to know what it means to scale that wall, abseil down from great heights? You have an opportunity to try that at one of the latest facilities located at Republic Polytechnic. It boasts components of rope elements, abseiling and rock climbing.

Presenter: Republic Polytechnic's adventure facilitators

[Sports Coaching on Soccer](#)

This practical session will touch on coaching a soccer team and will touch on sports coaching methodology and pedagogy. Mr Dawood will also give insights on soccer techniques, the administrative aspects of coaching and the safety and medical considerations that coaches need to take note off during training.

Presenter: Wahid Dawood, Management Consultant And Certified Trainer & Clive Fernandez (Business Consultant)

[Scuba Diving](#)

Mei Kay will introduce the essential equipment required in SCUBA (Self-Contained Underwater Breathing Apparatus) diving and the general diving sciences behind SCUBA. It will provide essential information to workshop participants who hope to embark into this sport. With more people venturing into this sport, this has brought about some negative impact to the underwater environment. How can we become more responsible divers and do our part in the area of marine conservation? Come and have a practical session on scuba diving as well.

Presenter: Lee Mei Kay, Certified SCUBA Diving Instructor With NAUI (National Association Of Underwater Instructor)

[Energise!](#)

Have you ever wondered how much energy you use to live a typical day? How active are you? Come learn and experience interesting methods of measuring human energy expenditure and physical activity levels in both indoor and outdoor settings!

Presenter: Koh Han Chow, (Head, Sports Science Laboratories)

[Enhancing Sports With Augmented Feedback From Sports Science](#)

Sports activities can be enhanced with augmented feedback from sports science. Such processes are often assumed to be sophisticated and the results challenging to interpret. With the advancement in technology, can the masses experience meaningful and simple feedback for their daily sports performance? Come and see what is the available current sports science 'toys' available as well as what the future may offer.

Presenter: Dr Alex Ong (TDC Manager, Ergonomics & Ergogenics)

[Pilates Matwork - Principles & Applications](#)

This session includes both theory and practical in the 2-hour session - 1st hour theories with some practical try outs of various exercises, followed by 1hr mat class. The session will also cover the background of pilates and it can help in correcting posture, reducing and preventing lower back pain, and application to various sports.

Presenter: Kristy Housley, Country Manager Of California Fitness' Group X

[How to create a DIY Sports drink in our Sports Kitchen](#)

Athletes are recommended to drink 1/2 to 3/4 cup every 15-20 minutes during exercise; in long endurance training or events in order to stay hydrated. Athletes, to replenish lost fluid and sodium, often use sports drinks.

Learn to make your own customised sports drinks at this practical session

Presenter: Chan Yong Jiet, Nutritionist, Academic Associate at Republic Polytechnic, School of Health and Leisure