

# Sports Science Workshops, Performance Testing and Athlete Services in TP



<https://virtualcampus.tp.edu.sg/specialist-services/meet-the-team/aboutus/>



Guided  
Learning  
Projects

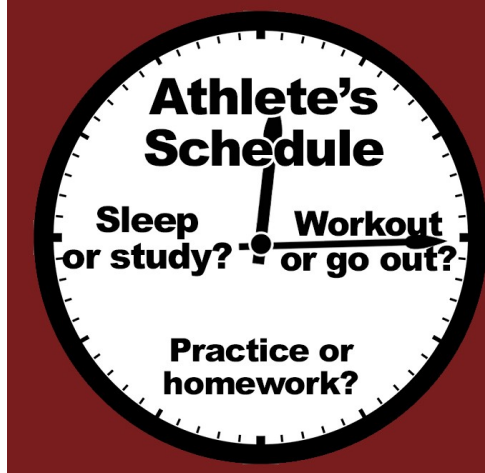
# Athletes Well-Being

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[https://knilt.arcc.albany.edu/File:Student\\_athlete\\_cartoon.jpg](https://knilt.arcc.albany.edu/File:Student_athlete_cartoon.jpg)

# Athletes Well-Being



The prescription, monitoring and adjustment of external and internal loads to optimally configure training, and competition to increase performance and minimize risk of injury.



There is always life after athletics. A total athlete wellness program must look to assisting athletes as they prepare for post athletic success.

Mental health can be thought of in terms of a spectrum. We can move along this spectrum over time based upon many factors in life. Managing your mental health is about taking care of stressors, personal situations, and life events. Mental health and well-being are connected and can enhance performance.

Life skills refers to the skills you need to make the most out of your everyday life. More specifically life skills are required to deal with the challenges of life and are connected to well being.

# Guest Speakers (SS Workshops 2022)



**Kingsley Tay**

TP Alumni (Volleyball)

NYSI S&C Coach

Team Singapore Beach  
Volleyball Athlete

2015, 2019 & 2022 SEA  
Games



**Pang Qing Liang**

TP Alumni (Archery)

Coach of the Year 2020  
(SDSA)

Coach of World Ranked  
Singapore Archer in  
Paralympics Games



**Winnie Loh**

Senior Lecturer in ASC  
(majoring in Nutrition)

Masters in Nutrition and  
Dietetics, Flinders  
University

> 10 yrs clinical working  
experiences

# Sports Science Workshops, Performance Testing and Athlete Services AY2022

## AY2021

Needs Analysis, Content Development, Publicity (Website Development)

Pilot Run of:

- Fitness Testing
- Mental Skills Questionnaire
- Foam Rolling WS
- Video Analysis

## Jun and Jul 22

4 Workshops Topics – Strength & Conditioning, Mental Skills Training, Nutrition, Myofascial Release (Jul)

Audience/ Mechanism:

- Sports Leaders
- Through Sports Leaders Camp (Local and Overseas)

## Jul to Sept 22

4 Workshops Topics – Strength & Conditioning, Mental Skills Training, Nutrition, Myofascial Release

Audience/ Mechanism:

- Athletes
- Execo to make appointment with Staff IC directly
- Office hours during Flex Week/ Vacation
- S&C (WK), MST (SH), Nutrition and Myofascial Release (CW)

## Oct, Nov 22 and Jan 23

Athlete Services:

- Ice-bath
- Sports Massage

Audience/ Mechanism:

- Athletes
- Through referral from Advisors
- PO/ITQ for professional services
- Procurement and Appointment (Sheena)
- Ice-Bath (Temp Staff)

# Staff IC and Contact



<u>Area</u>	<u>Staff Contact</u>
Nutrition Workshop	Ms Woo ( <a href="mailto:charis_woo@tp.edu.sg">charis_woo@tp.edu.sg</a> )
Mental Skills Workshop	Ms Pang ( <a href="mailto:senghui@tp.edu.sg">senghui@tp.edu.sg</a> )
S&C Workshop	Mr Koh ( <a href="mailto:koh_wen_kiat@tp.edu.sg">koh_wen_kiat@tp.edu.sg</a> )
Myofascial Release Workshop	All Advisors
Athletes Well - Being Support	Ms Pang ( <a href="mailto:senghui@tp.edu.sg">senghui@tp.edu.sg</a> )
Guided Learning Project	Ms Pang ( <a href="mailto:senghui@tp.edu.sg">senghui@tp.edu.sg</a> )
Appointment Booking for Sports Massage/ Physio Services	Coordinator: Ms Sheena ( <a href="mailto:sheena_wang@tp.edu.sg">sheena_wang@tp.edu.sg</a> )
S&C Equipment Loan	<b>Booking is only through Advisors</b>

# SS Workshop Feedback

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