

第240回スポーツサイエンス研究会

日時 2024年10月7日(月) 13:30 より

場所 早稲田大学所沢キャンパス 100号館 第一会議室

演題 Participation in Sports Can Enhance Well-being? A Critical Reflection and Recommendations

演者

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抄録

Content

Past studies showed that participation in sports can enhance individuals' health and well-being. However, studies also showed that people are getting depressed and anxious after the COVID-19 pandemic. The death and suicide cases, especially youth, are on an upward trend globally. Many lack access to medical assistance or attention. Given the emerging human behaviors and the complexity of the sporting environment after the global pandemic, we cannot assume that participation in sports will automatically enhance participant's well-being. This presentation will focus on four parts: 1) highlight the impacts of COVID-19 pandemic on human health and well-being, 2) the roles of sports and benefits of sports participation, 3) the gaps and the solutions, and 4) recommendations in facilitating values and life skills development in sports program intentionally and evaluate its effectiveness to achieve the intended outcome.

Biography

Dr. Koh is an Associate Professor at the Physical Education and Sports Science Academic Group, National Institute of Education, Nanyang Technological University, Singapore. Koon Teck's research areas are in sports coaching and pedagogy, particularly in developing values and life skills in sports and PE lessons. A free mobile application (<https://apps.apple.com/app/id1540244000>) was developed to support coaches and PE teachers to be reflective and effective practitioners in this field. Dr. Koh has published more than one hundred publications, including peer-reviewed journal articles, books, book chapters, and professional articles. He has also delivered more than thirty keynote addresses and invited talks.

