

Singapore Sports Institute Annual Symposium 2014
New Frontiers in Elite Sports Performance

10 Nov 2014 Monday		
8:00	Registration	
9:05	Welcome Speech by Chairman, SportSG	
9:10	Keynote Address	
	<p>Global Trends on Sports Science Contribution to Elite Sports A/Prof Iñigo Mujika (University of the Basque Country, Spain)</p> <p>Session Chair: Prof Kristin Wood</p>	
10:30	Tea break	
11:00	Plenary Session (Sports Science)	
	<ul style="list-style-type: none"> Neuroscience in Coaching: How Understanding The Brain Improves Coaching Performance Mr Marcel Daane (The Body Brain Performance Institute Pte. Ltd.) A Longitudinal Study of Overreaching in Elite Female Chinese Wrestlers Dr He Zihong (Biology Center, China Institute of Sport Science) Training-induced Adaptations in the Vascular System – Can They Enhance Performance? Prof Tim Cable (Director of Sports Science, Aspire Academy) <p>Session Chair: A/Prof Fabian Lim</p>	
12:45	Lunch	
14:00	Plenary Session (Sports Technology & Innovations)	
	<ul style="list-style-type: none"> Sports Wearables in the 21st Century Dr Donny Soh (9 Degrees Freedom Pte. Ltd.) Air-Drone for Active Sports Training & Monitoring Prof. Narasimman Sundararajan (School of Electrical & Electronic Engineering, NTU) <p>Session Chair: A/Prof Daniel Lim</p>	
15:20	Tea Break	
15:50	Hands-on Breakout Sessions (Sports Science)	
	<table border="0"> <tr> <td> <p>Role of Nitrate in Sports Performance Enhancement: Preparing High-Nitrate Foods</p> <ul style="list-style-type: none"> Sports Nutrition Team (Singapore Sports Institute) <p>Session Chair: Dr Kirsty Fairbairn</p> </td> <td> <p>Evaluating the Perception & Action of Ten-Pin Bowlers</p> <ul style="list-style-type: none"> Sports Biomechanics Team (Singapore Sports Institute) <p>Session Chair: Dr Marcus Lee</p> </td> </tr> </table>	<p>Role of Nitrate in Sports Performance Enhancement: Preparing High-Nitrate Foods</p> <ul style="list-style-type: none"> Sports Nutrition Team (Singapore Sports Institute) <p>Session Chair: Dr Kirsty Fairbairn</p>
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17:30	End of Programme	

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11 Nov 2014 Tuesday	
8:30	Registration
Keynote Address	
9:00	<p>Emerging Biological Solutions for Sports Injuries Dr Patrick Goh (Orthopaedics International, Singapore)</p> <p style="color: red;">Session Chair: A/Prof Denny Lie</p>
9:45	Tea break
Plenary Session (Sports Medicine)	
10:15	<ul style="list-style-type: none"> • Sports Medicine System in HKSI Dr Raymond So (Director of Elite Training Science and Technology, Hong Kong Sports Institute) • Prevention of Injury in Sport Ms Saeko Takahashi (Physiotherapist, Japan Institute of Sports Sciences) • Enhancing Clinical Assessment With Sports Specific Functional Screening Ms Yeo Hwee Koon (Physiotherapist, Singapore Sports Institute) <p style="color: red;">Session Chair: Dr Noreffendy Bin Ali</p>
12:15	Lunch
Plenary Session (Analytics & Coaching)	
14:00	<ul style="list-style-type: none"> • Using Video Analysis for Elite Sport Analysis, Athlete Screening, Talent Identification, and Coach/Referee Education Mr Amman Benoit (High Performance Sports Analytics, Singapore Sports Institute) • Use of Social Network Analysis (SNA) to Drive Interventions in Team Sports Ms Eesha Shah (Psychologist, Singapore Sports Institute) • The Future of Coaching in Singapore Mr Troy Engle (Director of Coach Development, Singapore Sports Institute) <p style="color: red;">Session Chair: Mr Tan Wearn Haw</p>
15:45	Presentation of Token of Appreciation & Closing Speech by Chief, SSI
16:00	Tour of Sports Hub
17:30	End of Programme