

## **Publications list**

### **Updated 10 March 2009**

#### Books

##### Books - Academic Book

1. Chia, M & Chiang, J (In-press). *Sport Science & Studies in the East: Issues, Reflections and Emergent Solutions*. Taipei: World Scientific.
2. Chia M, Leong LK & Quek J.J (2004). *Healthy, Well and Wise: Take Personal Responsibility in Daily Effort for a Life of Wellness (2nd Edition)*. Singapore: NIE.
3. Chia, M., Lee, K.S. & Teo-Koh S.M. (2002). *Maximal intensity exercise performance of boys with intellectual disability..* Singapore: NIE.
4. Chia, M., Leong L.K. & Quek, J.J. (2001). *Healthy, well and wise: take personal responsibility in daily effort for a life of wellness*. Singapore: NIE.

##### Books - Others

1. Chia, M & Wong, P (In-press). *The Essential Almanac for Personal Trainers*. Singapore: World Scientific.
2. Chia, M. (1998). *Anaerobic fitness of young people*. Exeter: University of Exeter, United Kingdom.
3. Chia, M (1991). *Influence of short term sprint training on sprint performance following a limited recovery duration after a fixed work treadmill sprint*. Leicester: Loughborough University United Kingdom.

##### Resource Material for School Uses

1. Chia, M. Wang, J., Chow, J.Y., Wong, P., Tan, J., Koh, M. & Lee, B. (2008). *Sports Science in Sporting Success (Website Resource)*. Singapore: NIE.
2. Chia, M., Leong, C. & Liau, A, (2008). *Perfect Match Health Education Upper Primary Teachers' Package*. Singapore: Pearson Education Asia.
3. Chia, M (2007). *Perfect Match Health Education Lower Primary Teachers Package*. Singapore: Pearson Education Asia.
4. Chia, M., Leong, L.K. & Quek, J.J. (2004). *Healthy, well & wise (CD-Rom of activities)*. Singapore: NIE.
5. Chia, M., Leong, L.K., Aziz, D & Sullivan, L (2001). *Treks- all aboard (CD-Rom of activities)*. Singapore: Longman Asia.

##### Books - School Textbook

1. Chia M (2008). *Perfect Match Health Education Book 3*. Singapore: Pearson Education Asia.
2. Chia M, Leong C & Liau Albert (2008). *Perfect Match Health Education Primary 6*. Singapore: Pearson Education Asia.
3. Chia M, Leong, C & Liau A (2008). *Perfect Match Health Education Primary 5*. Singapore: Pearson Education Asia.
4. Chia, M, Leong, C & Liau A (2008). *Perfect Match Health Education Book 4*. Singapore: Pearson Education Asia.

5. Chia M (2007). *Invest in Better Health Book 1 (5th Reprint)*. Singapore: Pearson Education Asia.
6. Chia M (2007). *Invest in Better Health Book 2 (5th Reprint)*. Singapore: Pearson Education Asia.
7. Chia M (2007). *Perfect Match Health Education Book 1*. Singapore: Pearson Education Asia.
8. Chia M (2007). *Perfect Match Health Education Book 2*. Singapore: Pearson Education Asia.
9. Chia M, Leong LK, Aziz D & Sullivan L (2001). *Treks All ABoard (5th Reprint) Book 1*. Singapore: Longman Asia.
10. Chia M, Leong LK, Aziz D & Sullivan L (2001). *Treks All Aboard (5th Reprint) Book 2*. Singapore: Longman Asia.
11. Chia M, Leong LK, Aziz D & Sullivan L (2001). *Treks All Aboard (5th Reprint) Book 3*. Singapore: Longman Asia.

#### Monograph

1. Chia, M., Mukherjee, S. & Lim, J. (2008). *Repeated sprint performance of youth athletes and healthy adults using cycle ergometry and a non-motorised treadmill*. Singapore: NIE.
2. Chia, M, Quek, J, Wang, J, Teo-Koh, SM & Gosian KK (2003). *The nexus of hours of computer use, physical activity and physical fitness of pupils in Singapore*. Singapore: NIE.
3. Chia, M., Teo-Koh, S.M., Quek, J.J., Gosian, K.K. (2002). *Impact of computer use on physical activity and physical fitness of young people*. Singapore: NIE.

#### Chapters

##### From Academic Book

1. Chia, M (In-press). Nature and promotion of physical activity among Singaporean youths. In Chia, M & Chiang, J (Eds.), *Sport Science & Studies in the East: Issues, Reflections and Emergent Solutions* (pp. To be advised). Taipei: World Scientific.
2. Chia, M (In-press). Beyond fitness and fatness: toward the holistic development of young people. In Chia, M & Chiang, J (Eds.), *Sport Science & Studies in the East: Issues, Reflections and Emergent Solutions* (pp. To be advised). Taipei: World Scientific.
3. Chia, M (In-press). Glycaemic index of Hawker Foods consumed by athletes in Singapore. In Chia, M & Chiang, J (Eds.), *Sport Science & Studies in the East: Issues, Reflections and Emergent Solutions* (pp. To be advised). Taipei: World Scientific.
4. Chia, M & Lim, J (In-press). Effect of different work-to-rest ratios on treadmill sprint performance in sedentary adults. In Chia, M & Chiang, J (Eds.), *Sport Science and Studies in the East: Issues, Reflections and Emergent Solutions* (pp. To be advised). Taipei: World Scientific.
5. Chia, M & Wangye, Y (In-press). Field validation of the OMRON pedometer using GT 1 accelerometer in children. In Chia, M & Chiang, J (Eds.), *Sport Science & Studies in the East: Issues, Reflections & Emergent Solutions* (pp. To be advised). Taipei: World Scientific.
6. Chia M, Quek JJ, Wang J (2008). Should PE teachers promote

lifelong physical activity or lifelong physical fitness: a critical review of the scientific evidence. In Aplin N (Ed.), *Perspectives on Physical Education and Sports Science in Singapore: An Eye on the Youth Olympic Games 2010* (pp. 46-55). Singapore: McGraw-Hill.

7. Chia, M. & Wangye Y. (2008). Every step counts: school physical activity during physical education and recess in a neighbourhood primary school in Singapore.. In de Vries, L. (Ed.), *Innovative Physical Education and Sports Case Studies* (pp. 82-100). Bangkok: Asia-Pacific Programme of Educational Innovation for Development (APEID), UNESCO. Thailand. Authors are joint principal contributors to the chapter.

8. Inbar, O. & Chia, M. (2008). Development of Anaerobic Performance: An old issue revisited. In Hebestriet, H & Bar-Or, O (Eds.), *Encyclopaedia of Sports Medicine: The Young Athlete* (pp. 27-38). Oxford: Blackwell Publishing. United Kingdom Authors are joint principal contributors to the chapter.

9. Chia, M. (2007). Fit to Play. In Nonis, K. & Daswani, S. (Eds.), *The Power of Movement – Enhancing Children’s Cognitive, Social & Emotional and Physical Development through Movement* (pp. 112-128). Singapore: Pearson Education Pte Ltd.

10. Chia, M. & Armstrong, N. (2007). Maximal intensity exercise. In Armstrong, N. (Ed.), *Paediatric Exercise Physiology* (pp. 99-117). Oxford: Churchill-Linvinstone, Elsevier Limited United Kingdom.

11. Chia, M., Armstrong, N., Welsman, J.R., Parsons, G. & Sharpe, P. (1997). Exercise performance of young people in relation to thigh muscle volume.. In Armstrong, N., Kirby, B.J. & Welsman, J.R. (Eds.), *Children and Exercise XIX, Promoting Health and Well-Being* (pp. 297-300). Exeter: Spon. United Kingdom.

### Reviews

1. Chia, M (2008). [Review of Health promoting school: sustainability and leadership]. *The Open Education Journal*, TBA.

2. Chia, M (2008). [Review of Association between progression of underweight and overweight status and overall physical fitness improvements in Japanese male youths: a two-year follow-up study]. *Journal of Sports Science and Medicine*, TBA.

3. Chia, M (2008). [Review of Knowledge transfer: how do high performance coaches access the knowledge of sport scientists?]. *International Journal of Sports Science & Coaching*, TBA.

4. Chia, M (2008). [Review of Journal paper Plasma endotoxin and immune responses during a 21- km road race under a warm and humid environment]. *Annals Academy of Medicine*, TBA.

5. Chia, M (2008). [Review of The Disability models in the perspective of parents, teachers, and special needs educators: a qualitative data analysis]. *The Open Education Journal*, TBA.

6. Chia, M (2008). [Review of Human thermoregulation and measurement of body core temperature in exercise and clinical settings]. *Annals Academy of Medicine*, TBA.
7. Chia, M (2007). [Review of Accuracy of visual ratings on the kinematics of the soccer kick using different types of rating scales]. *International Journal of Sports Science and Coaching*, TBA.
8. Chia, M (2007). [Review of The Effect of Pre-test Carbohydrate Ingestion on the Anaerobic Threshold, as Determined by the Lactate-Minimum Test]. *Applied Physiology, Nutrition and Metabolism*, TBA.
9. Chia, M (2007). [Review of Effect of a health-related physical fitness intervention programme on the cardio-respiratory fitness of secondary school boys. Asian Journal of Exercise and Sports Science.]. *Asian Journal of Exercise and Sports Sciences*, TBA.
10. Chia, M (2006). [Review of Rethinking the Hamstring to Quadriceps Ratio: An Investigation Comparing the Conventional and Functional Methods of Assessment.]. *International Journal of Sports Science and Coaching*, TBA.
11. Chia, M (2006). [Review of Should we allow performance enhancing drugs in sport?]. *International Journal of Sports Science and Coaching*, TBA.
12. Chia, M (2006). [Review of Global perspectives on health promotion effectiveness]. *Journal of Health Education and Health Promotion*, TBA.
13. Chia, M (2006). [Review of Effect of training on morphological, physiological and biochemical variables of young Indian soccer players]. *International Journal of Sports Science and Coaching*, TBA.
14. Chia, M (2006). [Review of Implementing national population based action on physical activity challenges for action and opportunities for international collaboration]. *Health promotion and Education*, TBA.
15. Chia, M (2005). [Review of A comparison of cardiorespiratory fitness and blood lipid profile among inactive people, walkers and runners in elderly Japanese Men.]. *Asian Journal of Exercise and Sports Sciences*, TBA.

16. Chia, M (2005). [Review of Framework for evaluating community-based physical activity promotion programs in Latin America.]. *Health Promotion and Education*, TBA.
17. Chia, M (2003). [Review of Effects of oxygen enriched water on physiological variables and energy metabolism during endurance exercise]. *Asian Journal of Exercise and Sports Sciences*, TBA.
18. Chia, M (2003). [Review of Using Different Testing Instruments to Measure the Endurance of Adolescent Rowers and Swimmers]. *Asian Journal of Exercise and Sports Sciences*, TBA.
19. Chia, M (2003). [Review of Boys & Girls Activity Levels During English Physical Education Lessons]. *European Physical Education Review*, TBA.
20. Chia, M (2003). [Review of Impact of physical education lessons on academic achievement in Israeli schools]. *European Journal Of Physical Education*, TBA.

#### Journal Articles (i) Refereed

1. Aziz, A.R., Mukherjee, S., Chia, M.Y.H., & Teh, K.C. (In-press). Validity of the running repeated sprint ability test among playing positions and level of competitiveness in trained soccer players. *International Journal of Sports Medicine*, 29, 1-6.
2. Chia, M (In-press). Play re-considered, resurrected and re-positioned in children- case study results from Singapore. *Acta Kinesiologica*, 4, To be advised.
3. Chia, M (In-press). Pitfalls of physical inactivity and innovative intervention programmes to reduce physical inactivity and increase physical activity among Singaporean youths. *Acta Kinesiologica*, 3, To be advised.
4. Chia, M & Lim, JM (In-press). Effect of Fatigue On Mass Exponents and Power In All-Out Intensity Repeated Sprints on a Non-Motorised Treadmill in Sedentary Adults. *Asian Journal of Exercise and Sports Science*, 4, To be advised.
5. Chia, M, Wong, P, Balasakaran, G, Tan, SK, Kunalan, C & Chiang, J (In-press). Motion sensor output of children and adolescents walking and running to three treadmill speeds. *Acta Kinesiologica*, 5, To be

advised.

6. Qichen H, Chia M, Schmidt G, Moochala S (2009). Effects of training status and different treadmill exercises on the immune function of red blood cells in trained and untrained subjects. *Biology of Sport*, 4, 43-48.

7. Chia M & Aziz R (2008). Pitfalls of allometric scaling. *Annals Academy of Medicine*, 37, 989.

8. Chia, M (2008). A health dilemma- physical activity or physical fitness. *Intitut Sukan Negara Bulletin National Sports Institute of Malaysia*, 1, 5-12.

9. Chia, M (2008). Physical inactivity among children and adolescents in Singapore- a paradoxical issue. *Acta Kinesiologica*, 2, 7-15.

10. Chia, M & Aziz AR (2008). Modelling maximal oxygen uptake in athletes: allometric scaling versus ratio-scaling in relation to body mass. *Annals Academy of Medicine*, 37, 300-306.

11. Chia, M & Lim JM (2008). Concurrent validity of power output derived from the non-motorised treadmill test in sedentary adults. *Annals Academy of Medicine*, 37, 279-285.

12. Wang, C. K. J., Lim, B. S. C., Aplin, N. G., Chia, M., McNeill, M., & Tan, W. K. C. ( 14, 51-70. (2008). Students' Perceived Purposes of Physical Education in Singapore: Perspectives from a 2 x 2 Achievement Goals Framework. *European Physical Education Review*, 14, 51-70.

13. Wong, P., Chia, M., Tsou, I., Wansiacheong, G., Tan, B., Wang, J., Tan, J., Kim, C., Boh, G., & Lim, D (2008). Effects of a 12-week Exercise Training Programme on Aerobic Fitness, Body Composition, Blood Lipids and C-Reactive Protein in Adolescents with Obesity. *Annals Academy of Medicine*, 37, 286-293.

14. Aziz, A.R., Mukherjee, S., Chia, M., & Teh, K.C. (2007). Relationship between measured maximal oxygen uptake and aerobic endurance performance with running sprint ability in young elite soccer players. *Journal of Sports Medicine and Physical Fitness*, 47(4), 401-407.

15. Chia, M (2007). PRIDE for PLAY: personal responsibility in daily

effort for participation in lifelong activity for youths. A Singaporean context. *Journal of Sports Science and Medicine*, 6, 374-379.

16. Chia, M, Aziz, R, Tan, F & Teh, KC (2007). Oxygen uptake plateau occurrence in trained athletes. *Biology of Sport*, 24, 13-19.

17. Lim, J & Chia, M (2007). Reliability of power output derived from the non-motorised treadmill test. *Journal of Strength & Conditioning Research*, 21, 993-996.

18. Parizkova J., Chin MK, Chia M & Yang, M. (2007). An international perspective on obesity, health and physical activity: current trends and challenges in Asia and China. *Journal of Exercise Science and Fitness*, 5, 7-23.

19. Weber C, Chia, M & Inbar, O (2007). Does power indicate capacity? An examination of the Wingate Anaerobic Test and the maximal accumulated oxygen deficit. *International Journal of Sports Medicine*, 28, 1-8.

20. Wong, P. C. H., Chng, D., Koh, H. C., Tsou, I., Wansaicheong, G., Chia, M., Lim, D., & Tan, B. (2007). C-reactive protein and functional capacity of obese and normal-weight male adolescents in Singapore. *Advances in Exercise and Sports Physiology*, 13(1), 1-6.

21. Wong, P., Boh, G., Wang, J., & Chia, M. (2007). Relationship between Obesity and Verbal Memory Performance among top academic achievers in Singapore. *Asian Journal of Exercise and Sports Science*, 4(1), 47-55.

22. Chia, M (2006). Development, determinants and recovery from maximal anaerobic exercise in paediatric subjects.. *Asian Journal of Exercise and Sports Sciences*, 3, 8-16.

23. Chia, M (2006). Aerobic energy contribution to maximal intensity exercise in children. *Biology of Sport*, 23, 117-125.

24. Mukherjee, S & Chia, Y.H.M (2006). Evaluation of the Lactate Pro blood lactate analyser involving multiple tester approach. *The Asian Journal of Exercise and Sports Science*, 3, 55-60.

25. Wang, C. K. J., Chia, M., Quek, J. J., & Liu, W. C. (2006). Patterns of Physical Activity, Sedentary Behaviours and Psychological Determinants among Singaporean School Children. *International*

*Journal of Sport & Exercise Psychology*, 4, 227-249.

26. Weber, C, Chia, M & Inbar, O (2006). Gender difference in anaerobic power of the arms and legs- a scaling issue. *Medicine & Science in Sport & Exercise*, 38, 129-137.
27. Aziz R, Chia, M, & Teh KC (2005). Measured maximal oxygen uptake in a multi-stage shuttle test and treadmill run test in trained athletes. *Journal of Sports Medicine and Physical Fitness*, 45, 306-314.
28. Chia, M (2005). Allometrically-adjusted isokinetic leg extension torque of male and female adults. *Biology of Sport*, 22, 163-170.
29. Chia, M (2005). Extent of oxidative energy contribution to all-out intensity exercise in adolescents. *International Journal of Asian Society for Physical Education & Sport*, 2, 1-5.
30. Chia, M (2005). Lower limb muscle strength of Chinese adults expressed allometrically in relation to body mass. *International Journal of Asian Society for Physical Education & Sport*, 2, 6-10.
31. Chia, M, Aziz, R Tan, F & Teh, KC (2005). Examination of the performances of youth soccer players in a 20-metre multistage shuttle run test and a treadmill run test. *Advances in Exercise and Sports Physiology*, 11, 95-101.
32. Chia, M, Wang, J & Quek JJ (2005). Measures of reliability and validity of school-based pedometer step count of Singaporean children. *Asian Journal of Exercise and Sports Science*, 1, 17-24.
33. Tan, F., Aziz, R., Teh K.C. & Chia, M. (2005). Prediction of change in cardiorespiratory fitness by the stair-climb test after 10 weeks of aerobic training. *Advances in Exercise and Sports Physiology*, 11, 1-7.
34. Chia, M (2004). Performances of men and women in repeated cycle sprints separated by limited recovery intervals. *Asian Journal of Exercise and Sports Science*, 1, 1-8.
35. Chia, M (2004). Gender differences in maximal intensity exercise. *Journal of Physical Education and Recreation*, 10, 15-21.
36. Chia, M (2004). High intensity cycle performances of adolescent boys and girls expressed in relation to muscle mass.. *Biology of Sport*,

21, 35-40.

37. Chia, M., Wang, J. & Quek J.J. (2004). Practising appropriate ethics in exercise and sport science research. *Journal of Physical Education and Recreation*, 10, 50-53.

38. Quek, J.J & Chia, M. (2004). Velocity-specific torque of Singaporean adults.. *Asian Journal of Exercise and Sports Science*, 1, 75-84.

39. Tan, F., Aziz, R., Teh, K.C. & Chia, M. (2004). Reliability of the stair-climb test for cardiorespiratory fitness. *Advances in Exercise and Sports Physiology*, 10, 77-83.

40. Wang,C.K.J., Quek,J.J., Chia,Y.H.M., Chia,T.F. & Mok, C. F. J. (2004). Healthtrek Information Tracking System (HITS): Examining the Effectiveness of a Portable Health-Enabling Device in Adults and Children. *International Journal of Asian Society for PE & Sport*, 2, 53-57.

41. Chia, M (2003). Exercise characteristics of male and female Physical Education teacher-trainees in Singapore. *Biology of Sport*, 20, 43-45.

42. Chia, M. (2003). Wingate Anaerobic Test power of boys and girls expressed in relation to lower limb muscle mass as determined using dual X-ray absorptiometry. *Advances in Exercise and Sports Physiology*, 7, 55-59.

43. Chia, M. & Wang, J. (2003). Fat, unfit and dissatisfied: relationships among perceived physical self-worth, body weight satisfaction and physical fitness among primary school children. *ACHPER Healthy Lifestyles Journal*, 50, 14-19.

44. Chia, M., Tan, S., Tan A. & Tan S.M. (2003). Weighing in the heavy school bag carried by pupils. *Journal of Physical Education and Recreation*, 9, 36-43.

45. Zhao, B., Moochhala, S.M., Tam, S-Y., Lu, J., Chia, M., Bryne, C., Hu, Q., Lee, L.K.H. (2003). Relationship between angiotensin-converting enzyme ID polymorphism and VO<sub>2</sub>max of Chinese males. *Life Sciences*, 73, 2625-2630.

46. Chia, M (2002). Thermoregulation in young people: implications

for the PE teacher, sports trainer and activity organiser. *Journal of Physical Education & Recreation*, 8, 19-23.

47. Chia, M (2002). Maximal intensity exercise performance of young people. *Journal of Physical Education and Recreation*, 8, 72-79.

48. Chia, M (2002). Role of exercise in the management of Type II diabetes. *Journal of Physical Education and Recreation*, 8, 80-82.

49. Chia, M. (2002). Using the Wingate Anaerobic Test for measuring the maximal lower limb power of boys with Intellectual Disability. *Advances in Exercise and Sports Physiology*, 8, 51-56.

50. Chia, M. (2002). Do levels of physical activity among pupils in primary and secondary school explain the number of hours of computer use?. *Journal of Physical Education & Recreation*, 8, 44-50.

51. Chia, M. (2002). Sprint performances of girls and women. *Journal of Physical Education & Recreation*, 7, 55-60.

52. Chia, M. (2002). Applying exercise and health sciences in sports and Physical Education. *Journal of Physical Education & Recreation*, 7, 42-46.

53. Chia, M. & Quek J.J. (2002). Log-linear power of boys and girls. *Journal of Physical Education and Recreation*, 8, 67-71.

54. Chia, M. & Quek, J.J. (2002). Drinking after exercise: are you engaged in prudent practice?. *Journal of Physical Education and Recreation*, 8, 57-61.

55. Chia, M. & Wong J. (2002). Small backs need minding. *ACHPER Healthy Lifestyles Journal*, 49, 14-18.

56. Chia, M., & Quek, J.J. (2002). Efficacy of Oto PowerStretch apparatus for conditioning of abdominal muscle strength and endurance. *Journal of Physical Education and Recreation*, 8, 62-66.

57. Chia, M., & Wang, J. (2002). Physical activity, exercise & health of the mind in Young People. *Journal of Physical Education & Recreation*, 8, 64-67.

58. Chia, M., Lee, K.S. & Teo-Koh, S.M. (2002). High intensity cycling performance of boys with and without intellectual disability. *Journal of Intellectual & Developmental Disability, 27*, 33-39.
59. Chia, M., Wang, J., & Quek J.J. (2002). Peak V02 and the Wingate Anaerobic Test data of Physical Education trainee teachers in Singapore and the validity of field aerobic and anaerobic performance tests. *Advances in Exercise and Sports Physiology, 8*, 57-62.
60. Chia, M., Wang, J., Teo-Koh, S.M., Quek, J.J. & Gosian, K.K. (2002). Relationships between hours of computer use, physical activity and physical fitness among children and adolescents. *European Journal of Physical Education, 7*, 136-155.
61. Chia, YHM, Lee, KS & Teo-Koh, SM (2002). Reliability of the Wingate Anaerobic Test for Adolescent Boys with Intellectual Disability. *Biology of Sport, 19*, 51-62.
62. Armstrong, N., Welsman, J. & Chia, M. (2001). Short-term power output in relation to growth and maturation in 12 to 17-year-olds.. *British Journal of Sports Medicine, 35: 118-124, 35: 118-124.*
63. Chia, M (2001). Power Recovery in the Wingate Anaerobic Test in Girls and Women Following Prior Sprints of a Short Duration. *Biology of Sport, 18*, 45-53.
64. Chia, M (2001). Using information & communications technology in Physical Education in Singapore. *Journal of Teaching and Learning, 22*, 23-33.
65. Chia, M (2001). Asthma triggered off by exercise in children in Singapore. *Singapore General Hospital Proceedings, 10*, 10: 53-60..
66. Chia, M & Quek, J.J. (2001). What PE teachers, coaches and sports trainers should know about growing and developing young people. *Journal of Teaching and Learning, 21*, 63-71.
67. Chia, M. & Quek, J.J. (2001). Young people and exercise-induced asthma. *Saudi Journal of Disability and Rehabilitation, 6*, 283-289.
68. Chia, M. & Quek, J.J. (2001). Physical activity, physical fitness and health: distilling guidelines for young people. *Journal of Physical Education & Recreation, 7*, 26-30.

69. De Ste Croix, M.B.A., Chia, M., Welsman, J. & Armstrong, N. (2001). Changes in short-term power output in 10 to 12-year-olds. *Journal of Sports Science*, 19, 141-148.
70. Aziz R., Chia, M. & Teh, KC. (2000). Relationship of maximal oxygen uptake and repeated sprint performance of Singapore national games players.. *Journal of Sports Medicine and Physical Fitness*, 40: 195-200., 40: 195-200..
71. Chia, M (2000). Assessing young people's exercise using anaerobic performance tests. *European Journal of Physical Education*, 5, 231-258.
72. Chia, M (2000). Physical education and information and communications technology. *Media Asia*, 27, 94-98.
73. Chia, M (2000). Suitability of resistance training and trainability of strength in young people.. *Journal of Teaching and Learning*, 20, 20, 71-77..
74. Chia, Teo-koh, S.M., Tan, J., Quek, J.J. (2000). Critical review of the use of information and communications technology in physical education. *Computer Education*, 96, 22-26.
75. Chia, M., Armstrong, N. & Childs, D. (1997). The Assessment of Children's Anaerobic Performance using modifications of the Wingate Anaerobic Test. *Pediatric Exercise Science*, 9, 80-89.

#### Journal Articles (ii) Non-refereed

1. Chia, M (2001). What will you have to drink? Implications for the physically active.. *Review of Educational Research and Advances for Classroom Teachers*, 20, 20: 49-54..
2. Chia, M (2001). Understanding and dealing with asthma in young people. *Review of Educational Research and Advances for Classroom Teachers*, 1, 43-48.
3. Chia, M (2000). Rethinking Trim and Fit programme strategies... Weighing the scientific evidence. *Review of Educational Research and Advances for Classroom Teachers*, 2: 37-42., 37-42.

4. Chia, M & Tan, S (2000). Weight training in primary schools: any cause for concern?. *Review of Educational Research and Advances for Classroom Teachers*, 2, 2, 35-46..

Conference Papers published in proceedings

1. Chia M (2008). Beyond fitness and fatness. In Chiang J & Chia M (Eds.) *2008 ACESS Conference in Sports Science* (pp. 65-67). Taipei: Chinese Culture University.

2. Chia, M (2008). Resurrecting free play: implications for sport and physical education Keynote lecture. In Kuo, CH (Ed.) *International Conference: Trends in PE, Sport, Health and Leisure* (pp. 5-10). Chiayi: Wufeng Institute of Sport.

3. Wang, C. K. J., Aplin, N., Chia, M., & Pyun, D. Y. (2008). Promoting Intrinsic Motivation in Physical Education: A Singapore Perspective.. In K. Y. W. Ho (Ed.) *The 16th Biennial Conference of the International Society for Comparative Physical Education and Sport Abstract Book* (pp. 83). Macau: University of Macau..

4. Wang, C. K. J., Lim, B. S. C., Aplin, N. G., Chia, M., McNeill, M., & Tan, W. K. C. (2008). Students' Attitudes and Perceived Purposes of Physical Education in Singapore: Perspectives from a 2 x 2 Achievement Goals Framework. In P. Heikinaro-Johansson, R. Telama, & E. McEvoy (Eds.) *AISEEP World Congress 2008 Proceedings* (pp. --). Victoria: University of Queensland.

5. Quek, JJ & Chia M (2005). National Physical Fitness Award in Singapore Schools. In Taiwan Normal University (Ed.) *2005 Asian Conference on Physical Fitness and Promotion Strategies* (pp. 23-25). Taiwan: Taiwan Normal University.

6. Chia, M., Wang, J. & Quek, J.J. (2004). Relationships between hours of computer use, physical activity and physical fitness of pupils in schools in Singapore. In Chin, M.K. (Ed.) *International Conference for Physical Educators* (pp. 132-138). Hong Kong: Hong Kong Institute of Education.

7. Chia, M (2001). Repeated cycle sprint performance of girls and women. In Brians, P (Ed.) *Pediatric Work Physiology Conference* (pp. 16-21). Corsondok: Belgium.

8. Chia, MYH, Armstrong, N., De Ste Croix, MBA & Welsman, JR (2000). Longitudinal changes in Wingate Anaerobic Test determined peak and mean power in 10 to 12- year-olds. In Rowland T (Ed.)

*Pediatric Work Physiology Conference* (pp. 272-275). New York: Human Kinetics.

9. Chia, M., Armstrong, N., Welsman J.R., Winsley, R.J., Parsons, G. & Sharpe, P. (1997). Exercise Performance of Young People in Relation to Thigh Muscle Volume. In N. Armstrong, B.J. Kirby, J.R. Welsman (Ed.) *Children and Exercise XIX, Promoting Health and Well-Being* (pp. 297-300). Exeter: Spon.

10. Chia M (1996). Coaching young athletes. In Smith G (Ed.) *Coaching young people in Tayside* (pp. 35-42). Dundee: Dundee University.

11. Chia, M (1996). Physical Activity and physical fitness of young people in the UK. In Grey H (Ed.) *Association of Cystic Fibrosis Annual Conference* (pp. 68-75). Haddock: ACF Publishers.

#### Conference Papers (No Proceedings)

1. Gupta, N., Balasekaran, G., Chia Y. H., Lim M. S., & Govindaswamy, V. V. (2008, May). *Comparison of Skinfold Measurement and Bioelectric Impedance with Dual Energy X-Ray Absorptiometry among Singaporean Chinese*. Paper presented at 55th Annual national meeting of the American College Sports Medicine, New Orleans, USA., Indiana, Indianapolis.

2. Wang, C. K. J, Chia, Y. H. M, Quek, J. J., Wong, C. H. P., Govindasamy, B., & Kunalan, C. (2008, May). *Physical activity patterns and psychological determinants of physical activity among Singaporean primary, secondary, and junior college students*. Paper presented at 7th Annual Conference of the International Society for Behavioural Nutrition and Physical Activity, Banff.

3. Chia M (2007, January). *Role of Play in schools*. Paper presented at Sport and Education in the New Economy, Singapore.

4. Chia, M, Wong, P, Singh, S & Saw, M (2007, November). *School-based evidence for PRIDE for PLAY*. Paper presented at Educating for Health Conference, Singapore.

5. Chia, M, Wong, P., Tan, J., Singh, G., & Koh, K. T. (2007, November). *Managing Health, Exercise and Physical Activity in Young People in Singapore Schools*. Paper presented at Educating for Health Conference, Singapore.

6. Wang, C. K. J., Chia, Y. H. M., Quek, J. J., & Liu, W. C. (2007, December). *Physical Activity, sedentary behaviors and psychological determinants of physical activity among Singaporean school children.*. Paper presented at Asia-Pacific Conference on Exercise and Sports Science, 6-8 December, Higashi-Hiroshima City.

7. Wong, P., Boh, G., Wang, J., Chia, M. (2007, July). *Cognitive Performance and Obesity: Memory Scores Difference between Obese and Normal-weight Adolescents among Top Academic Achievers in Singapore*. Paper presented at 14th Biennial School Nurses International Conference, Singapore.

8. Wong, P., Tsou, I., Wansaicheong, G., Chia, M., Wang, J., & Tan, B. (2007, December). *Effects of a 12-week School-based Exercise Programme on Functional Capacity, Lipid Profiles and Body Composition of Obese Adolescents in Singapore*. Paper presented at Asia Pacific Conference on Exercise and Sports Science, Hiroshima.
9. Chia M & Lim J (2006, January). *Repeated sprint performance of untrained male and female adults using various work-to-rest ratios*. Paper presented at Sports Science Conference, Kota Bahru.
10. Chia, M (2006, January). *Enhancing physical activity through play*. Paper presented at 1st Singapore Heart Foundation-National Institute of Education National Seminar 2006 'Hearty Children-Sturdy Future-managing obesity in schools.', Singapore.
11. Mukherjee, S., & Chia Y.H.M. (2006, July). *Reliability of running sprint ability test performance measures in amateur and professional team games players*. Paper presented at 6th Sports Science Asia Conference, Kelantan.
12. Chia M (2005, January). *Sensitive ages for physical fitness development*. Paper presented at Asian Conference of Sports Science, Qingdao.
13. Chng, D., Tsou, I., Wansaicheong, G., Koh, H. C., Chia, M., & Wong, P. (2005, November). *C-Reactive Protein and Functional Capacity of Obese and Normal-weight Male Adolescents in Singapore*. Paper presented at Pre-SEA Games Scientific Congress, Quezon.
14. Hu, Q.C., Chia, M., Mochhala, S., Schmidt, G., Koh, H.C. & Lim, D (2005, January). *Effects of training status and different treadmill exercises on the activity of complement receptor type 1 of erythrocytes*. Paper presented at ACSM Annual Conference, Denver.
15. Chia, Y. H. M., Wang, C. K. J., & Quek, J. J. (2004, July). *Relationships between hours of computer use, physical activity and physical fitness of pupils in schools in Singapore*. Paper presented at International Conference for Physical Educators (ICPE 2004), Hong Kong.
16. Hu, Q.C., Chia, M., Mochhala, S., Schmidt, G., Koh, H.C. & Lim, D. (2004, January). *Effect of different treadmill exercises on immune adherence of erythrocytes and granulocytes*. Paper presented at Pre-Olympic Conference, Greece.
17. Wang, C. K. J., Chia, Y. H. M., & Quek, J. J. (2004, July). *Patterns of physical activity and sedentary behaviours among Singapore school children*. Paper presented at II International Conference for Physical Educators (ICPE 2004), Hong Kong.
18. Wang, C. K. J., Quek, J. J., & Chia, Y. H. M. (2004, April). *Step With It! Singapore: A health promotion initiative among school children*. Paper presented at Singapore Gateway Event to the 18th World Conference on Health Promotion & Health Education, Singapore.
19. Quek, J. J., Chia, M., Wang, J., Chia, T. F., & Mok, J. (2003, March). *Healthtrek Information Tracking System (HITS): Pilot study of a portable health-enabling device for adults and children..* Paper presented at 4th ICHPER, Bangkok.
20. Chia, M., & Wang, J. (2002, November). *Fat, unfit, and dissatisfied: Relationships among perceived physical self-worth, body weight satisfaction and physical fitness among primary children..* Paper presented at Health Promotion Board Scientific Symposium on "Promoting Women's Health, Singapore.

21. Quek, J. J., Chia, T. T., Chia, M., Wang, J., & Mok, C. F. J (2002, September). *HealthTrek Information Tracking System (HITS) - A world's first in the promotion of healthy living*. Paper presented at NIE e-festival, Singapore.
22. Wang, J., Chia, M., Quek, J. J., Chia, T. F., & Mok, J. (2002, November). *Healthtrek Information Tracking System (HITS): Pilot Study of a portable health-enabling device for Adults and Children*. Paper presented at Health Promotion Board Scientific Symposium on "Promoting Women's Health, Singapore.
23. Chia, Y.H.M., Lee, KS & Teo-Koh, S (2000, November). *Exercise performance of young people with intellectual disability*. Paper presented at MINDS-ESCAP Millennium Symposium on Intellectual Disability, Singapore.

#### Patents/Licenses

1. Chia, M. & Lee, D. (2006). Multiple sprints manager (MSM). *Patent No.T03/12344B in Class 9*.
2. Chia, M., Wang, J., Chow, J.Y., Wong, P., Tan, J., Koh, M. & Lee, B. (2005). Sports Science in Sporting Success. *Patent No.T03/15772Z*.

#### Workshops & Seminars

1. Chia, M (2008, December). *Child's play and holistic physical education*. Taiwan.
2. Chia, M (2008, December). *Young and restless: are young people active and fit?*. Taiwan.
3. Chia, M (2008, November). *Physical activity and physical fitness of youth*. Taiwan.
4. Chia, M (2008, November). *Young, fit and active: issues and solutions*. Taiwan.
5. Chia, M (2007, September). *Role of physical activity and exercise in schools*. Singapore.
6. Chia, M (2006, February). *Exercise physiology in athlete training*. Singapore.
7. Chia, M (2006, September). *Physiological effects of eating disorders*. Singapore.
8. Chia, M (2005, November). *Glycaemic index, protein and hydration for athletes*. Singapore.
9. Chia, M (2005, September). *What health education teachers should know about exercise and physical activity*. Singapore.
10. Chia, M (2005, May). *Hydration for exercise in the heat*. Singapore.
11. Chia, M (2004, May). *Glycaemic index of Singaporean foods*. Singapore.
12. Chia, M (2002, August). *TAF workshop for parents*. Singapore.
13. Chia, M (2001, May). *Children in health and disease-physiological differences between children and adults*. Singapore.
14. Chia, M (2000, October). *Health and wellness*. Singapore.
15. Chia, M (1999, January). *Exercise and Health*. Singapore.
16. Chia, M (1999, January). *Staying sports-injury free*. Singapore.
17. Chia, M (1998, October). *Why exercise- benefits, risks and*

*myths*. Singapore.

#### Other Publications

1. Chia, M & Balasekaran, G (2008). *Physical activity and training monitoring system*. Singapore: Self.

2. Chia, M. Tan, J & Yow CN (2007). *Physical Education & Sports Science Almanac (AG Handbook)*. Singapore: PESS.

3. Chin, M.K., Balasekaran, G., Chia, M., Wong, P., Lim, D., & Tan, S. (2007). *Modified Problem-based Learning (PBL) and Action Learning in Teaching of Physical Activity and Lifestyle Behaviour: A Team Approach at NIE*. Singapore: Physical Education and Sports Science, National Institute of Education.

4. Chia, M (2005). *Preventing Sports Injury (CD-Rom)*. Singapore: PESS.