

Completed Research: Latest Publication/Presentations by Ast/P Patricia Wong



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Scientific Publications and Presentations

Papers (Refereed)

1. **Wong P.**, Chia M., Tsou I., Wansiacheong G., Tan B., Wang J., Tan J., Kim C., Boh G. & Lim D. Effects of a 12-week school-based exercise training programme on aerobic fitness, body composition, blood lipids and c-reactive protein in adolescents with obesity. *Anal Acad Med.* (In review)
2. **Wong P.**, Boh G., Wang J. & Chia M. Impact of obesity on verbal memory performance among top academic achievers in Singapore. *AJESS.* (In review)
3. **Wong P.**, 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. *Adv Exerc Sports Physiol.* 13(1):1-6
4. **Wong P.** & Fournier P.A. (2005) Hydraulic freeze-clamping press fixation system for quick metabolic arrest in medium-sized carcasses. *Anal Biochem.* 341(2):376-378.
5. Duffield R., Pinnington H.C., Dawson B. & **Wong P.** (2004) The accuracy and reliability of a Cosmed K4b² portable gas analysis system. *J. Sci. Med. Sport.* 7(1):11-22.
6. Pinnington H.C., **Wong P.**, Tay J., Green D. & Dawson B. (2001) The accuracy and agreement in measures of $F_{E}O_2$, $F_{E}CO_2$ and V_E between the Cosmed K4b² portable respiratory gas analysis system and a metabolic cart. *J. Sci. Med. Sport.* 4(3): 324-35.
7. Green D.J., Watts K., Rankin S., **Wong P.**, O'Driscoll J.G. (2001) A comparison of the shuttle and 6 minute walking tests with measured peak oxygen consumption in patients with heart failure. *J. Sci. Med. Sport.* 4(3):292-300.
8. **Wong P.**, Khaze D.N., Mohamed T. & Fournier P.A. (2001) Muscle glycogen resynthesis during recovery from high-intensity exercise in fed rats: The roles of glycogen synthase and phosphorylase. 2001: A Sports Medicine Odyssey: Challenges, Controversies & Change, ACT, Australia, Sports Medicine Australia.

Conference Papers (Published Proceedings)

1. **Wong, P.**, Tsou, I., Wansiacheong, G., Chia, M., Wang, J., and Tan, B. Effects of a 12-week school-based exercise programme on functional capacity, lipid profiles and body composition of obese adolescents in Singapore. Proceedings of the 2007 Asia Pacific Conference on Exercise and Sports Science. Hiroshima University, Higashihiroshima City, Hiroshima Prefecture, Japan, 6-8 December 2007.
2. **Wong, P.**, Boh, G., Chia, M., and Wang, J. Impact of Obesity on Verbal Memory Performance among Top Academic Achievers in Singapore. Proceedings of the 2007 Asia Pacific Conference on Exercise and Sports Science. Hiroshima University, Higashihiroshima City, Hiroshima Prefecture, Japan, 6-8 December 2007.
3. Chia M., **Wong P.**, Singh S., Saw M. Developing Holistic Health in Youth through Physical Activity – a collection of school-based, research-evidence & plenary discussion. Proceedings of the Educating For Health Conference. Orchid Country Club, Singapore. 12 & 13 November 2007.
4. Chia M., **Wong P.**, Tan J., Singh G., Koh K.T. Managing health, exercise and physical activity in young people in Singapore schools. Proceedings of the Educating For Health Conference. Orchid Country Club, Singapore. 12 & 13 November 2007.
5. **Wong, P.** Anthropometry: Applications in Talent Identification. National Sports and Education Conference - Sport and Education in the new Economy. ITE College East, Singapore, 2-3 November 2007.
6. **Wong P.**, Boh G., Wang J. & Chia M. Cognitive Performance and Obesity: Memory Scores Difference between Obese and Normal-weight Adolescents among Top Academic Achievers in Singapore. Proceedings of the 14th Biennial School Nurses International Conference, 30 July to 3 August 2007.
7. Chng D., Tsou I., Wansaicheong G., Koh H.C., Chia M. and **Wong P.** (2005) C-reactive protein and functional capacity of obese and normal-weight male adolescents in Singapore. Proceedings of the Pre-SEA Games Scientific Congress, College of Human Kinetics, University of the Philippines Diliman, Quezon City, Philippines, 21-25 November 2005.
8. Fournier P.A., **Wong P.** and Ferreira L.D. (2004) Relative contributions of endogenous carbon sources to the replenishment of muscle glycogen stores during recovery from high intensity exercise. International Society of Sports Nutrition. Proceedings of the 1st Annual Meeting. Hyatt Regency Lake, Las Vegas Resort, Henderson, Nevada, 19-19 June 2004.
9. Ferreira L.D., **Wong P.** & Fournier P.A. (2003) Carbon sources for the replenishment of muscle glycogen stores in fasted rats recovering from a short sprint effort. Proceedings of the Exercise, Muscle and Metabolism Conference. Deakin University, Toorak Campus, Melbourne, Australia, 12-14 November 2003.
10. **Wong P.** and Fournier P.A. (2001) Muscle glycogen resynthesis during recovery from high-intensity exercise in fed rats: the roles of glycogen synthase and phosphorylase. Proceedings of the Australian Conference of Science and Medicine in Sport, Sports Medicine Australia, Perth, Australia, 23-27 October 2001.
11. Duffield R., Pinnington H.C., Dawson B. & **Wong P.** (2001) Accuracy and reliability of a Cosmed K4b² portable gas analysis system. Proceedings of the Australian Conference of Science and Medicine in Sport, Sports Medicine Australia, Perth, Australia, 23-27 October 2001.
12. **Wong P.**, Khaze D.N., Popovski S., Mohamed T. & Fournier P.A. (2001) The regulation of muscle glycogen resynthesis in fed rats during recovery from high-intensity exercise. In *Medicine and Science in Sports and Exercise*, Vol 33:5 Supplement. May 2001, Baltimore, Maryland, USA.

13. **Wong P.**, Mohamed T., Khaze D.N. & Fournier P.A. (2000) Glycogen resynthesis in the skeletal muscle after high-intensity exercise: modulation by dietary status. In M.W. Watson and E.A. Quail (Eds.), Proceedings of the Eleventh Annual Combined Biological Sciences Meeting. August 2000, Perth, Australia.

Scientific Papers (Presentations)

1. 2007 Asia Pacific Conference on Exercise and Sports Science. Hiroshima University, Higashihiroshima City, Hiroshima Prefecture, Japan. Poster Presentation. *Effects of a 12-week school-based exercise programme on functional capacity, lipid profiles and body composition of obese adolescents in Singapore*, 6-8 December 2007.
2. 2007 Asia Pacific Conference on Exercise and Sports Science. Hiroshima University, Higashihiroshima City, Hiroshima Prefecture, Japan. Poster Presentation. *Impact of Obesity on Verbal Memory Performance among Top Academic Achievers in Singapore*.
3. 2007 Educating For Health Conference. Orchid Country Club, Singapore. Invited Plenary Presentation. *Developing Holistic Health in Youth through Physical Activity – a collection of school-based, research-evidence plenary discussion*, 12 & 13 November 2007.
4. 2007 Educating For Health Conference. Orchid Country Club, Singapore. Invited Concurrent Presentation. *Managing health, exercise and physical activity in young people in Singapore schools*, 12 & 13 November 2007.
5. 2007 National Sports and Education Conference - Sport and Education in the new Economy. ITE College East, Singapore. Invited Presentation. *Anthropometry: Applications in Talent Identification*, 2-3 November 2007.
6. 2007 14th Biennial School Nurses International Conference, Singapore. Invited Symposium Presentation. *Cognitive Performance and Obesity: Memory Scores Difference between Obese and Normal-weight Adolescents among Top Academic Achievers in Singapore*, 30 July to 3 August 2007.
7. 2005 Pre-SEA Games Scientific Congress, College of Human Kinetics, University of the Philippines Diliman, Quezon City, Philippines. Slide Presentation. *C-Reactive Protein and Functional Capacity of Obese and Normal-Weight Male Adolescents in Singapore*, 21-25 November, 2005.
8. 2005 Seminar on Exercise and Sports Nutrition, Malaysian Dietitians' Association, Grand Seasons' Hotel, Jalan Pahang, Kuala Lumpur, Malaysia. Invited Speaker *Physical Activity, Exercise and Weight Loss: An Overview*, 16 September, 2005.
9. 2005 Seminar on Exercise and Sports Nutrition, Malaysian Dietitians' Association, Grand Seasons' Hotel, Jalan Pahang, Kuala Lumpur, Malaysia. Invited Research Presentation *FoodGlobe: Flexible Computerised Macro and Micro Nutritional Analysis Programme*, 16 September, 2005.
10. 2005 Seminar on Exercise and Sports Nutrition, Malaysian Dietitians' Association, Grand Seasons' Hotel, Jalan Pahang, Kuala Lumpur, Malaysia. Invited Research Presentation *Increased C-Reactive Protein Levels in the Presence of Normal LDL-Cholesterol in Obese Male Adolescents in Singapore*, 16 September, 2005.
11. 2005 Seminar on Exercise and Sports Nutrition, Malaysian Dietitians' Association, Grand Seasons' Hotel, Jalan Pahang, Kuala Lumpur, Malaysia. Invited Research Presentation *Vital Stats – An Educational Software for the Assessment of Human Morphology and Composition (Featuring O-Scale)*, 16 September, 2005.
12. 2004 International Society of Sports Nutrition Conference, Hyatt Regency Lake, Las Vegas Resort, Henderson, Nevada. Poster Presentation *Relative Contributions of Endogenous Carbon Sources to the Replenishment of Muscle Glycogen Stores During Recovery From High Intensity Exercise*, 16-19 June, 2004.

13. 2003 Exercise, Muscle and Metabolism Conference, Deakin University, Toorak Campus, Melbourne, Australia. Slide Presentation *Carbon Sources for the Replenishment of Muscle Glycogen Stores in Fasted Rats Recovering From a Short Sprint Effort*, 12-14 November, 2003.
14. 2001 48th Annual Meeting of the American College of Sports Medicine, Baltimore, Maryland, USA. Slide presentation *The Regulation of Muscle Glycogen Resynthesis in Fed Rats during Recovery From High-Intensity Exercise*, 30 May-2 June, 2001.
15. 2001 University of Colorado Health Sciences Center, Division of Endocrinology, Metabolism and Diabetes, Denver, USA. Invited Speaker *Skeletal Muscle Glycogen Resynthesis During Recovery From High-Intensity Exercise in Fed Rats*, 4 June, 2001.
16. 2001 Australian Conference of Science and Medicine in Sport, Sports Medicine Australia, Perth, Australia. Slide Presentation *Muscle Glycogen Resynthesis During Recovery From High-Intensity Exercise in Fed Rats: The Roles of Glycogen Synthase and Phosphorylase*, 23-27 October, 2001.
17. 2001 Australian Conference of Science and Medicine in Sport, Sports Medicine Australia, Perth, Australia. Poster Presentation *Accuracy and Reliability of a Cosmed K4b² Portable Gas Analysis System*, 23-27 October, 2001.
18. 2000 The 11th Annual Combined Biological Sciences Meeting, Perth, Australia: Poster Presentation *Glycogen Resynthesis in the Skeletal Muscle During Recovery From High-Intensity Exercise: Modulation by Dietary Status*, August 2000.
19. 2000 W.A. Exercise Physiology Interest Committee meeting: Invited Speaker *The Regulation of Glycogen Resynthesis in the Skeletal Muscle Following High-Intensity Exercise in Fed Rats*, November 2000.

Academic Contributions

Books

Tan P.Y., **Wong P.**, Ng J., Toh S.Y., Toh S.P. (Editors). *Hearty Delights – Exclusive Healthy Recipes from Renowned Hotel Chefs* (2005). Published by Singapore Heart Foundation.

Digital/IT Media

Chin M.K., Balasekaran G., Chia M., **Wong P.**, Lim D., Tan S. *Modified Problem-based Learning (PBL) and Action Learning in Teaching of Physical Activity and Lifestyle Behaviour: A Team Approach at NIE* (2007). Published by NIE.

Software Development

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| 2007 | <i>TAPS (alpha version)</i> Software for Windows Application
Talent Anthropometric Profiling System for Assessment of Human Morphology and Body Composition
Author: Patricia C.H. Wong, PhD
2007 Copyright Patricia C.H. Wong. |
| 2004 -2006
(Phase I) | <i>Sports Science in Sporting Success™ Project</i>
Phase I completed (2004-2006); Phase II on-going (from 2006). |
| 2006 – current
(Phase II) | Co-developer and content provider for Sports Physiology in this project designed as a Web-based resource and monitoring tool for use by Singapore schools and health-related public. |

- 2005 - 2007 ***Rey Auditory Verbal Learning Test: Computerised Assessment***
Developed by: Patricia C.H. Wong, PhD; Gerald Boh, MSc & Kenji Lee, BSc(Hons)
2005-2007 Copyright National Institute of Education
- Rey Auditory Verbal Learning Test: Computerised Assessment Marking System***
Developed by: Patricia C.H. Wong, PhD; Gerald Boh, MSc & Kenji Lee, BSc(Hons).
2005-2007 Copyright National Institute of Education
- 2003 - 2007 ***FoodGlobe nutritional analysis*** Software for Windows application
A flexible global macro- and micro- nutritional analysis programme
(1) FoodGlobe (Light Edition) includes data management, add-in database editor and complete compare function.
(2) FoodGlobe (Full Edition) includes data management, add-in & create database editor, RDI editor and complete compare and nutrient ranking functions.
Author: Patricia C.H. Wong, PhD
2003-2007 Copyright Patricia C.H. Wong
- 2004 – 2006 ***O-Scale Updated Edition***
An advanced physique assessment programme
Authors: William Ross, PhD & Patricia C.H. Wong, PhD
2004-2006 Copyright Rosscraft Innovations Inc., Canada
- 2003 - 2005 ***Vital Stats*** Software for Windows application
An educational software for the assessment of human morphology and composition.
Authors: Patricia C.H. Wong, PhD; Timothy R. Ackland, PhD; William D. Ross, PhD
2003-2005 Copyright Patricia C.H. Wong and Timothy R. Ackland
- 2003 – 2004 ***TemEasy (version 2.0)*** Software for Windows application
A software programme for instant calculations of TEM & TEM% and management of anthropometric data for unlimited subjects.
Authors: Patricia C.H. Wong, PhD and K.T. Lee, BSc (Hons)
2004-2005 Copyright Patricia C.H. Wong
- 2002 ***TemEasy (Version 1.0)*** Software for Windows application
Rosscraft/Turnpike Electronic Publications (TeP), Canada
Author: Patricia C.H. Wong
2002-2003 Copyright Patricia C.H. Wong