

## FOREWORD

First and foremost, I congratulate Michael Chia and Jasson Chiang for their foresight in galvanising the enlightened minds of sport scientists, academic intellectuals and young researchers of sport from Asia and encouraging their expert contribution to this sport science and studies tome, which represents, apparently a first foray into sport science by the international publishing house. This is indeed an important milestone for sport in Asia. Sport in Asia is experiencing an unparallel *renaissance* of sorts with the Olympic Games held in Beijing, China in 2008, the World Student Games hosted in Kaohsiung, Taiwan in 2009 and the Inaugural Youth Olympic Games anchored in Singapore in 2010, just to name a few.

Sport science and studies encompasses the disciplines of sport or exercise physiology, psychology, motor control, biomechanics, medicine, management, history, sociology and philosophy. International comparisons of elite sport performance provides persuasive evidence, which suggest that the use of sport science and studies knowledge at all levels of training, competition and recovery, improves medal tallies and promotes the understanding of universal issues in sport, exercise or health. Sport is multi-faceted and is used by governments of many countries in many contexts- as a people builder in nation building, as a neutral medium to forge relations among different races and cultures, as an avenue for the population to adopt healthy lifestyles throughout the lifespan and of course as a celebration of human physical talents.

Scientific wisdoms suggest that sport science and studies information can also be employed at the recreational and health-promoting levels so that all can better reap the benefits of their sporting engagements and stay sport-injury-free, thereby enjoying a better quality of life all round. As more people enjoy sport as leisure, there are also opportunities for sport science and studies to contribute to the economic well-being of nations and to generate jobs, thereby providing another dimension for sport science and studies in society.

Whilst sport science and studies is more established in the West, because of a longer sport history, the transfer of sport science and studies knowledge from West to East is fraught with challenges and difficulties because of the diversity

of cultures, languages, ethos and environments. Since many of the chapter contributors are sport scholars based in Asia with regular academic sojourns to the West, they are in a unique position to juxtapose research findings, and blend the best knowledge from the East and the West. This is a key and unique characteristic of *Sport Science and Studies in Asia* that differentiates it from others. *Sport Science and Studies in Asia* brings sport and sporting issues in the region to a sharper focus.

*Professor Lee Sing Kong*  
*Director*  
*National Institute of Education*  
*Singapore*