



9th Asian-South Pacific Association of Sport Psychology International Congress 2022

9-11 AUGUST 2022

**BORNEO CONVENTION CENTRE KUCHING
KUCHING, SARAWAK, MALAYSIA**



Message from the President of ASPASP

President

Asian South-Pacific Association of Sports and Exercise Psychology



Greetings to all.

On behalf of the ASPASP, it is my absolute pleasure to welcome all of the participants to the 9th Asian South Pacific Association of Sport Psychology International Congress 2022, hosted by the beautiful city of Kuching, in Malaysia.

The main aim of this congress is to provide avenues for the establishment of collaborative networking amongst the sport and exercise psychology community within the Asia Pacific regions and beyond. It also aims to amplify our expected role in meeting the psychological and mental health needs of athletes and non-athletes, as well as sharing the latest in research findings and its possible future applications.

This congress also hopes to provide a platform for discussing the future direction of sport science, specifically in the field sports and exercise psychology. In addition, we will be having speakers, presenters, and participants from all over the Asian South-Pacific region which span the whole of Asia, Australasia and the South-Pacific Islands showcasing their related works from their respective countries.

My sincere appreciation to the Sarawak Sports Psychology Association, UITM Sarawak, Sarawak Convention Bureau, Sarawak Sports Corporation and Malaysian Convention and Exhibition Bureau for their generosity and cooperation in making this congress a reality. I am confident this will be the start of a healthy relationship between ASPASP and Sarawak, in developing the future of sports and exercise psychology in Malaysia and beyond.

Finally, I sincerely hope that you will have a memorable and fruitful congress. Enjoy the wonderful hospitality, the culinary delights, and the cultural beauty of Kuching.

Thank You

Prof. Dr. Young-Ho Kim

President

Asian South-Pacific Association of Sports and Exercise Psychology





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Message from Chair of 9th ASPASP Int. Congress 2022 Vice President

Sarawak Sports Psychology Association



Greetings and salutations to all.

On behalf of the ASPASP and SASPA, it is our great pleasure to host the 9th Asian South-Pacific Association of Sport Psychology International Congress 2022 in Kuching, Malaysia. This congress aims to share current research findings, good practices and provide opportunities for collaboration and networking with colleagues, fellow counterparts and students within the Asian-South Pacific regions. It also aims to amplify our expected role in meeting the psychological and mental health needs of athletes and non-athletes, and practitioners to share their best practices and challenges within the sports and exercise psychology disciplines.

In addition, this congress hopes to provide a unified platform for all parties to discuss and innovate future directions and challenges in the ever-challenging environment. We all need to solidify, nurture and rejuvenate our communities and have an optimistic perspective for the future. This congress also showcases workshops in related areas to provide opportunities for continuous professional development (CPD) for sports and exercise psychology practitioners, educators, researchers and others. The congress also supports Sarawak effort to play an active role in the social development of the state — towards building a healthy, sustainable and disciplined society through sports.

Finally, we look forward to welcoming you all to Kuching, Sarawak in August 2022.

Best Regards,
Dr. Chin Ngien Siong
9th ASPASP Congress





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CONGRESS REGISTRATION PRICING

* EARLY BIRD PRICING DUE ON THE 30TH OF MAY 2022

INTERNATIONAL DELEGATES USD 360 EARLY BIRD USD 300	EMERGING COUNTRY DELEGATES USD 260 EARLY BIRD USD 240	INTERNATIONAL STUDENTS USD 220 EARLY BIRD USD 180	LOCAL STUDENTS RM 250 EARLY BIRD RM 200
LOCAL DELEGATES RM 600 EARLY BIRD RM 500	INTERNATIONAL PRESENTER USD 360 EARLY BIRD USD 300	LOCAL PRESENTER RM 600 EARLY BIRD RM 500	

Registration fees includes the following:

- Admission to all sessions
- Congress materials
- ID Card and Lanyard
- Congress T-shirt
- Lunch and coffee breaks
- Transportation - Official Hotel to Congress Venue (via Versa)

* For additional presentation submissions, please go to the **ABSTRACT SUBMISSION** navigation tab and click on the **EXTRA SUBMISSIONS** dropdown on the official congress website (WWW.ASPASP.com.my)



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Call for papers

The congress provides a platform for academicians, researchers, practitioners, participants and students to share their invaluable findings in a globalized settings. The congress invite submissions to the following themes but are not limited to:

Applied sport and social psychology
Health and exercise psychology
Counselling and clinical psychology in sport
Motor control and learning
Data mining in sport

Submission & instruction

All submissions should be written in English and checked for correct grammar.

Abstract

Please kindly refer to the abstract template. The deadline for abstract submission is **28th February 2022**.

Abstract Template (MS Word)

Abstract Title

First Author^{1[0000-1111-2222-3333]} and Second Author^{2[1111-2222-3333-4444]}

¹ University Malaya, Kuala Lumpur 50603, Malaysia

² Harvard University, Cambridge, MA 02138, USA

Jael@gmail.com

Abstract. The abstract should summarize the contents of the paper in short terms, i.e. 150-250 words in a single paragraph. The abstract is a single paragraph without indentation, without tables, figures, subheadings, indentation or references. The abstract should contains the introduction, purpose, methods, results and conclusion. It should be single-spaced in 9-point Times New Roman. Paragraphs are justified (straight-edged) on both left and right. Do not include bullets or lists in the abstract. The abstract should be submitted in the format of MS Word (.doc or .docx) document. Keywords should be given leaving one-line space below this text.

Keywords: First Keyword, Second Keyword, Third Keyword.



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Paper submission

Full papers must contain original research which have not been published previously or accepted for publication and under current review. Papers shall consist of not more than 14 pages in length which includes abstract, figures, tables and references and comply with the format provided for preparation of the manuscripts. Papers will be peer-reviewed and evaluated based on originality, content, correctness, relevance to congress and readability. All papers will be published in proposed Springer series Lecture Notes.

The paper template will be uploaded at a later date.

The deadline for full paper submission is 31st March 2022.

Oral presentation instruction

All oral presentation should be presented in English. Oral presentations are 12 minutes with 3 minutes for discussion (15 minutes for Q & A.). All oral presentation should be presented in English. The oral abstract should include the introduction, purpose, methods, results and conclusion. All presenters are required to bring their PowerPoint presentation in a USB memory two hours before their presentation to have it pre-loaded in the session computers.

Poster presentation instruction

All posters should be presented in English. The poster abstract should include the introduction, purpose, methods, results and conclusion.

The poster format will be A0 (118.9 cm x 84.1 cm). Poster should be printed and brought by each author to the congress. The Secretariat will provide the materials for attaching the poster. The poster will be exhibited during the congress. A number will be allocated for each poster according to the sessions. Authors are expected to be at their poster during the poster session. The organising committee will not be responsible for posters that are not removed on time.

Important notice about publication

Authors whose abstracts have been accepted as oral or poster presentations should submit their final paper for the congress publication before 31 March 2022.

Symposium

The word limit for abstract is 250 words which should include the introduction, purpose, methods, results and conclusion. The symposium should cover a specific coherent topic related to either one of the themes of the congress. Each symposium should consist of five presenters representing at least three different countries. Presenters should submit their own abstracts separately before a symposium presentation can be proposed. All presenters are required to be present during the symposium. The duration of the symposium is 75 minutes.

Awards

Best Oral Papers

Best Poster Papers

Best Paper Awards

Atsushi Fujita Research Student Scholarship Award

Young Scholar Research Grants



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Visa Information

Kindly visit the official Malaysian Immigration Website for the latest information regarding entry visa to Malaysia. Visa requirements by country and visa fee can be obtained from the website.

e VISA

eVisa is a hassle-free online platform that simplifies the visa application process by issuing electronic visas to Foreign Nationals wishing to enter Malaysia. Applications can be made online through I-Visa System (<https://www.ivisa.com/>)

eVISA nationality eligibility:

1. China
2. India
3. Sri Lanka
4. Nepal
5. Myanmar
6. Bangladesh
7. Pakistan
8. Bhutan
9. Serbia
10. Montenegro

Where to Apply

You may apply for an eVISA anywhere in the world except Malaysia and Singapore.

Note: The list of countries will expanded as more countries are added in stages.

How Long Do eVISAs Remain Valid?

eVISA bearers are allowed to stay in Malaysia for no more than 30 consecutive days per entry. This is largely dependent upon the type of eVISA that you have.

How Do I Get Started?

- First time applicants may click here then select "I'm New" to begin the application process.
- Registered users may select the "Returning User" option to log in to their account.

What Documents are Needed to apply For eVISA?

You are required to scan and upload the following documents to attach with your application:
A recent passport-sized photo as stipulated in the Guidelines on the eVISA application website.
The information page of your passport as shown in the Sample on the eVISA application website.
A valid and authentic return flight ticket.

Birth Certificate of applicants who are minors.

Additional documentation is subject to the requirements of the country you are applying from.



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What is The Approval Process?

- Your application is subject to approval by the Immigration Department of Malaysia or the Malaysian Representative that you applied from.
- Please be informed that you may be required to produce supporting documentation for verification purposes or attend an interview at the Consulate General of Malaysia / High Commission of Malaysia / Embassy of Malaysia.

How Will I Be Contacted Regarding My eVISA Application?

You will be contacted via e-mail. You are advised to check you inbox regularly.

Do I Have to Print Out My eVISA?

- Yes. Your eVISA will be e-mailed to you in an A4-sized printout format. You are required to print it out accordingly.
- Kindly take note that your eVISA is an extremely important document.
- You will be required to produce it at all entry checkpoints into Malaysia.

What Documents Are Needed at Entry Checkpoints Into Malaysia?

You will be required to produce the following documents:

Print out of your eVISA.

Proof of sufficient funds (Cash / Traveller's Cheques / Debit or Credit Card(s)) to cover your expenses while in Malaysia.

A valid and authentic return ticket.

Proof of accommodation.

Click the link for more information.

<http://www.klia2.info/trips/malaysia/malaysia-visa-information/#types-of-visa>



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ASPASP International Speakers



Science Before Our Eyes: Explorations into Contexts with Sensitivity

Prof. Dr. Robert Schinke, EdD, ISSP-R, CSPA

President of the International Society of Sport Psychology

School of Kinesiology and Health Sciences

Laurentian University Teaching Fellow in Graduate Student Mentoring

Co-Editor- International Journal of Sport and Exercise Psychology

Editor- Journal of Sport Psychology in Action

Fellow- International Society of Sport Psychology, Association for Applied Sport Psychology



EXERCISE PSYCHOLOGY

Prof. Dr Jennifer Etnier

University of North Carolina Greensboro, USA



MOTOR LEARNING

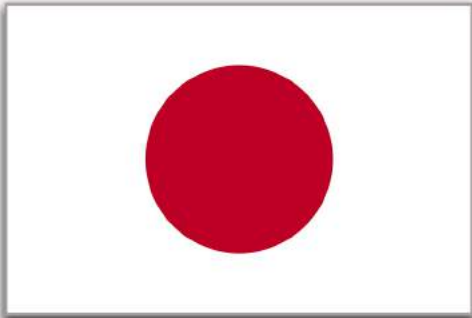
Prof. Dr Claudia Voelcker-Rehage

University of Munster, Germany



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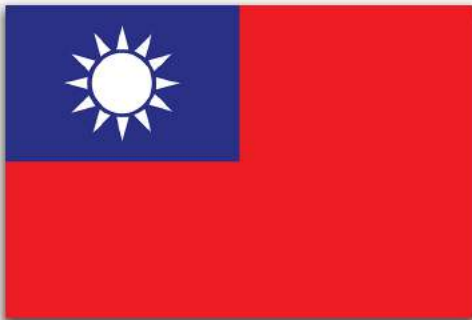
Asia and South Pacific
Invited Speakers



SPORTS PSYCHOLOGY

Assoc. Prof. Dr Moe Machida-Kosuga

Osaka University of Health and Sport Sciences, Japan



EXERCISE PSYCHOLOGY

Prof. Dr Tsung-Min Hong

National Taiwan Normal University, Taiwan



MOTOR LEARNING

Assoc. Prof. Dr Yin Hwa Kee

National Institute of Education, Nanyang Technological University, Singapore



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Malaysian Speakers



**PROF. DR. LOW WAH YUN
@ SARINAH LOW BINTI ABDULLAH**

Deputy Executive Director (Research & International) Asia-Europe Institute, University of Malaya
PhD, Psychology, Surrey University, Surrey, UK
M.Sc., Perubatan Klinikal Psikologi, University Of Surrey, England
Ba(Hons) (1982), Psychology, Universiti Kebangsaan Malaysia (UKM)

ASSOCIATE PROF. DR. LIM BOON HOOI

Phd (UM), 2011, M.Sc (UPM) 2003, Bac Sports Sci (UM) 1999.
Senior Lecturer, Centre for Sports & Exercise Sciences, University of Malaya

Specialization:

Performance and Perception (Relaxation Skills),
Sport Psychology Intervention (Anxiety in Sport)

ASSOCIATE PROF. DR. GARRY KUAN

Exercise and Sports Science Programme, Universiti Sains Malaysia
BSc. (Hons) (UMS), MSc. Sports Science (USM), Ph.D Sport Psychology (VU Australia),
Post-doctoral Human Factors (Brunel, UK), Adv. Dip. Violin Performance (London, UK).

Specialisation:

Sport Psychology, Sports Science, Neuro-Psychophysiology, Executive Function, Music Therapy



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TENTATIVE PROGRAM

Please kindly note that this is a preliminary program that might be subjected to some changes. This program is based on Malaysia time zone (GMT +8)

Time / Day		Monday, 8 August 2022			
14:00 pm – 15:30 pm		Symposia			
15:30 pm – 16:45 pm		Workshops			
Time / Day		Tuesday, 9 August 2022			
08:00 am – 09:00 am		Registration			
09:00 am – 10:30 am		Opening ceremony ASPASP INT. CONGRESS 2022			
10:30 am – 11:00 am		Tea Break			
11:00 am – 11:40 am		Keynote Address 1			
11:40 am – 12:20 pm		Keynote Address 2			
12:20 pm – 13:00 pm		Keynote Address 3			
13:00 pm – 14:00 pm		Lunch			
		Parallel Sessions			
		Room 1	Room 2	Room 3	Room 4
14:00 pm – 15:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
15:00 pm – 16:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
16:00 pm – 17:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
17:00 pm – 17:30 pm		Tea Break			
		End of Day 1			
Time / Day		Wednesday, 10 August 2022			
08:00 am – 08:40 am		Keynote Address 4			
08:40 am – 09:20 am		Keynote Address 5			
09:20 am – 10:10 am		Poster Sessions			
10:10 am – 10:30 am		Tea Break			
		Parallel Sessions			
		Room 1	Room 2	Room 3	Room 4
10:30 am – 11:30 am	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
11:30 am – 12:30 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
12:30 pm – 13:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
13:00 pm – 14:00 pm		Lunch			
14:00 pm – 14:40 pm		Keynote Address 6			
		Parallel Sessions			
		Room 1	Room 2	Room 3	Room 4
14:45 pm – 15:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
15:00 pm – 16:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
16:00 pm – 17:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
17:00 pm – 17:30 pm		Tea Break			
		End of Day 2			



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TENTATIVE PROGRAM

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Time / Day	Thursday, 11 August 2022			
08:00 am – 08:40 am	Keynote Address 7			
08:40 am – 09:20 am	Keynote Address 8			
09:20 am – 10:10 am	Poster Sessions			
10:10 am – 10.30 am	Tea Break			
Parallel Sessions				
	Room 1	Room 2	Room 3	Room 4
10:30 am – 11:00 am	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
11:00 am – 12:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
12:00 pm – 13:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
13:00 pm – 14:00 pm	Lunch			
Parallel Sessions				
	Room 1	Room 2	Room 3	Room 4
14:00 pm – 15:00 pm	Oral Presentation	Oral Presentation	Oral Presentation	Oral Presentation
15:00 pm – 15:40 pm	Keynote Address 9			
15:45 pm – 17:00 pm	Closing Ceremony			
17:00 pm – 17:30 pm	Tea Break			
	End of Congress			