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ISBN 978-89-8444-499-7 [93690]



8th International Seminar on Sports and Exercise Psychology 2020

Date: 21 – 22 December 2020

Proudly organized by

Department of Sport Science, Seoul National University of Science and Technology.

Scientific sections:

Sport psychology / Performance psychology
Health and exercise psychology
Motor control and learning / Motor development

Format:

Keynote: 30 mins. (including Q&A)
Invited Presentation: 20 mins. (including Q&A)
Oral Presentation: 10 mins. (including Q&A)
Poster Presentation: The presenters send the one-page ppt-formatted poster slide to the organizer at first. Then, the presenter will present their work in the designated time with 5 mins. brief summary (including Q&A). The organizer will prepare your poster in online.

Important Date:

Open abstract / full paper submission: November 10, 2020
Abstract / full paper submission deadline: December 10, 2020
Notification for abstract / full paper acceptance: December 18, 2020

Registration: Free

Submission:

Email: eostm2000@naver.com with your name, affiliation, country.

Keynote speakers



Prof. Youngho Kim
(Taiwan)



Prof. Frank Lu
(Taiwan)



Prof. Kaori Araki
(Japan)



Assoc. Prof. Garry Kuan
(Malaysia)



Prof. Naruepon
Vongjaturapat
(Thailand)

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Seminar Information

1. Seminar Venue

Department of Sport Science,

MooGungKwan (Building #57) 207

Seoul National University of Science and Technology

232 Gongneung-ro, Nowon-gu, Seoul, 01811, KOREA

2. ZOOM Address

<https://seoultech.zoom.us/j/5743356562>

2. Date and Hours

10:00~18:20, December 21- 22, 2020

Welcome Address

Greeting from South Korea!

In light of on-going developments with COVID-19 and after thoughtful discussions with the organizing committee and the founders of the ISSEP, the 8th ISSEP has been decided a free, virtual online conference on Monday, 21 and Tuesday, 22 December 2020. The Seminar will be hosted by Department of Sport Science, Seoul National University of Science and Technology and held in the virtual function room located in the SEOULTECH campus.

I believe this is the safest approach for the well-being of our audience and we are excited that a virtual event makes it possible to broaden the learning opportunities and engagement with sport and exercise psychology in our region.

Students and colleagues from difference countries will be able to participate virtually in vital conversations around fundamental and advanced knowledge in sport and exercise psychology. Especially, networking and mutual understanding are a cornerstone of the 8th ISSEP and attendees will be able to partake in interactive and engaging experiences through a new dynamic virtual conference platform.

I am delighted that the Organizing and Scientific Committees have obtained tremendous support from our keynote speakers, invited speakers, presenters and all attendees, thus enabling us to successfully convert the congress to a virtual one. With all of you I am sure this conference would be an exciting and illuminating one for all.

I welcome you to the 8th International Seminar on Sport and Exercise Psychology, which is our very first virtual conference in December 2020. See you then and stay safe!

Professor Youngho Kim

Chair of the 8th ISSEP 2020

Scientific Review Board

1. YoungHo Kim, Seoul National University of Science and Technology, **KOREA**
2. Naruepon Vongjaturapat, Burapha University, **THAILAND**
3. Frank Jing-Horng, Lu, Chinese Culture University, **TAIWAN**
4. Kaori Araki, Sonoda Women's University, **JAPAN**
5. Garry Kuan, Universiti Sains Malaysia, **MALAYSIA**
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7. Jean Hwang, Chonbuk National University, **KOREA**
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9. Jonghwa Lee, Seoul National University, **KOREA**
10. Chatkamon Singnoy Burapha University, **THAILAND**
11. Chin Ngien Siong Institute of Teacher Education Batu Lintang Campus, **MALAYSIA**

ISSEP 2020 Scientific Program

Time	Activity
December 21	
10:00-10:10	Opening <div style="text-align: right;">Youngho Kim</div>
10.15–10.45	Keynote 1 Visualized Imagery is More Effective in Enhancing Athletic Performance: Evidence from Recent Research <div style="text-align: right;">Frank Jing-Horng Lu, Ko-Hsin Chang, & Hong-Yu Liu</div>
10.50-11.10	Invited speaker 1 Long-term and Short-term Effects of Sub-Concussion on Eye-movement and Cognitive Functions <div style="text-align: right;">Ji-Hang Lee, & In-Bum Park</div>
11:15-11:35	Invited speaker 2 Mental Toughness and Coping Strategies of Thailand's athlete <div style="text-align: right;">Chatkamon Singnoy</div>
11:40-12:10	Keynote 2 Developing Effective Internet-Delivered Sport, Exercise, and Performance Psychology Services <div style="text-align: right;">Kaori Araki</div>
12:10-13:30	Break Time
13:30-13:40	Oral Presentation 1-1 The Influence of Psychological Capital and Job Burnout of Chinese Football Referees on Their Penalty Behaviors <div style="text-align: right;">Puri Jia, & Jean Hwang</div>
13:40-13:50	Oral Presentation 1-2 The Component of Mental Toughness for Professional Golfers: Qualitative Research <div style="text-align: right;">Wimonmas Prachakul, & Pongsarun Pattanachote</div>
13:50-14:00	Oral Presentation 1-3 Sportspersonship Orientations and Expectancy-Value Components: A Study of Adolescent Field Hockey Players <div style="text-align: right;">Kanagarajah Rarujanai, Teo Eng Wah, Chin Ngien Siong, & Arthur Ling</div>
14:00–14:10	Oral Presentation 1-4 The Relationship among Basic Psychological Need, Achievement Goal Orientation, and Flow in Elite Tennis Athletes in University <div style="text-align: right;">Seonghun Kim, & Jean Hwang</div>
14:10–14:10	Oral Presentation 1-5 Primary and Secondary School Students' Goal Contents towards Physical Activity <div style="text-align: right;">Jeswenny Fresshila, Chin Ngien Siong, Arthur Ling, & Ting Pei Yi</div>
14:25–14:35	Oral Presentation 2-1 Development and Validation Of Mental Toughness Questionnaire among Athletes in Malaysia <div style="text-align: right;">Liew Guo Chen, Garry Kuan, & Chin Ngien Siong</div>

Time	Activity
14:35–14:45	<p>Oral Presentation 2-2 The Relationship Between Student Athletes' Self-Management, Sports Confidence, and Life Skills</p> <p style="text-align: right;">Yujin Park, & Jean Hwang</p>
14:45-14:55	<p>Oral Presentation 2-3 Secondary School Students' Perception of Task and Ego Orientation in Sports during Covid-19 Pandemic</p> <p style="text-align: right;">Teo Boon Sian, Chin Ngien Siong, & Arthur Ling</p>
14:55-15:05	<p>Oral Presentation 2-4 Research on the Relationship among Sports Values, Exercise Motivation and Exercise Behavior of College Students in Hebei Province</p> <p style="text-align: right;">Ma jifei, Zhang mengmeng, & Jean Hwang</p>
15:05-15:15	<p>Oral Presentation 2-5 The Effect of Virtual Reality Imagery on Motivation and Football Skill Performance</p> <p style="text-align: right;">Candrawati Binti Ibrahim, Garry Kuan, Ayu Suzailiana, & Chin Ngien Siong</p>
15:20-15:40	<p>Invited speaker 3 A Cross-Level Moderating Effect of Team Trust on the Relationship Between Transformational Leadership and Cohesion”</p> <p style="text-align: right;">San-Fu Kao, Chou-Yu Tsai, Robert Schinke, & Jack Watson</p>
15:40-16:00	Break Time
16:00-16:20	<p>Invited speaker 4 Delivery of Sports Psychological Training to Elite Youth Soccer Team. Make the Ballance between PST and Life Skill</p> <p style="text-align: right;">Jean Hwang, Deok Soon Jin, & Yejin Lee</p>
16:25-17:10	<p>Poster Presentation 1-1 A Weight Lose Strategy Based on the Transtheoretical Model on Physical Activity and Psychological Factors in Obese Women</p> <p style="text-align: right;">Youngho Kim, Jonghwa Lee, & Soojin Kang</p>
	<p>Poster Presentation 1-2 The Effect of Imagery with Background Music and Aromatherapy on Decreased Quadriceps Muscle Tension and Heart Rate in University Athletes</p> <p style="text-align: right;">Kasinee Ratanapesala, Kasem Chaiklongkit, Sakesan Tongkhambanchong, & Chatkamon Singnoy</p>
	<p>Poster Presentation 1-3 Influences of Athletes' Mental Energy on Elite Disabled Table Tennis Players' Competition Performance</p> <p style="text-align: right;">Wen-Chuan Chuang, Hong-Yu Liu, & Frank J.H. Lu</p>
	<p>Poster Presentation 1-4 A Blend of Culture, Music and Physical Endurance: A Narrative Review of the 24 Seasons Drums in Promoting Physical Literacy</p> <p style="text-align: right;">Vincent Tee Wei Shen, & Garry Kuan</p>

Time	Activity
16:25-17:10	<p>Poster Presentation 1-5 Relationships of Sport Activity with Interpersonal Relations and Socialization Among Adolescents: Systematical Literature Review” Donghee Kang, Hakyung Hyun, Chanhyeok Park, Sangyun Kim, Woojin Kim, & Youngho Kim</p>
	<p>Poster Presentation 1-6 The Combination of Relaxation Imagery with Instrumental Music, and Aromatherapy on Muscle Tone and Heart Rate in Student Athletes Kasinee Ratanapesala, Chatkamon Singnoy, Kasem Chaiklongkit, & Sakesan Tongkhambanchong</p>
	<p>Poster Presentation 1-7 A Survey of Depressive Symptoms among Japanese College Athletes Using the Japanese Version of the Quick Inventory of Depressive Symptomatology-Self Report” Tomofumi Takayama, & Hiroshi Sato</p>
	<p>Poster Presentation 1-8 Topic Preferences of Exercise Psychology Research by Taiwanese Scholars in Thirty Years: A Quasi-Systematic Review Sean H. Liu & Frank J.H. Lu</p>
	<p>Poster Presentation 1-9 The Development of the TGfU Concept for Teaching and Learning Using the Traditional Games Module Mohamad Fadil Ibrahim, Garry Kuan, Hairul Anuar Hashim, & Nurul Azuar Hamzah</p>
	<p>Poster Presentation 1-10 The Relationship among Physical Activity Level, Stress, Resilience in College Seungkyu Ahn, Daeun Kim, Dabin Yun, & Youngho Kim</p>
	<p>Poster Presentation 1-11 Brain Break Warming up in Closed Skill Sport: Review literature Pongsatorn Sritubtim, & Chatkamon Singnoy</p>
	<p>Poster Presentation 1-12 Using PETTLEP Imagery Training Mode to Improve Students’ Sport Performance in Physical Education Classes Yi-Hsiang Chiu, Tzu-Wen Lin, & Hong-Yu Liu</p>
	<p>Poster Presentation 1-13 Virtual Reality (VR) and Music on Stroke Rehabilitation: A Review Wan Zhen Lee, & Garry Kuan</p>
	17:20:-17:50
17:55-18:15	<p>Invited speaker 5 Understanding the Relationship Between Somatosensory and Motor Function in Typically and atypically Developing Children Yu-Ting Tseng</p>

Time	Activity
December 22	
10:00-10:30	Keynote 4 The New Norms for the Use of Music by Exercisers and Athletes Garry Kuan
10.35–10.55	Invited speaker 6 Trainee Teachers' Participation Motivation and Attitudes towards Physical Activity Chin Ngien Siong, Ting Pei Yi, & Garry Kuan
11.00-11.20	Invited speaker 7 How to Think as Scientist: Statistical and Sample Size Issues for Applied Sport Perspectives Yee-Cheng Kueh
11:25-11:35	Oral Presentation 3-1 Performance Strategies of Young Athletics in Northeast of Thailand Sarawut Kusump, Kattareeya Janthasri & Praphinwit Pokard
11:35-11:45	Oral Presentation 3-2 Yoga and Image Training for the Sports Psychological Skills Training of the High School Soccer Team Ju-hee Moon, & Jean Hwang
11:45-11:55	Oral Presentation 3-3 The Effect of Social support and Physical environment on Body Mass Index (BMI) among undergraduate students in USM Abdulwali Sabo, Yee Cheng Kueh, & Garry Kuan
11:55-12:05	Oral Presentation 3-4 The Effect of Golden Age Program Participation on Self-Management of Middle School Soccer Athletes Young Ju Sin, & Jean Hwang
12:05-12:15	Oral Presentation 3-5 An In-Depth Understanding of the Flow Elite Basketball Players Hanseung Yang, Jean Hwang, Jaewoong Anh, & Kun Jian Han
12:15-12:25	Oral Presentation 3-6 The Transtheoretical Model and Amount of Physical Activity among University Students Liu Kien Ting, Yee Cheng Kueh, & Garry Kuan
12:25-13:30	Break Time
13:30-13:40	Oral Presentation 4-1 Developing a Preferred Music Module (PMM) for Sarawak Developmental State Athletes Before, During and After the Training Sessions Hilda Entering, Garry Kuan, Kueh Yee Cheng, & Chin Ngien Siong
13:40-13:50	Oral Presentation 4-2 The Regulating Effect of Athletes' Brain Focused-attention in HIIT Analyzed by Breathing Software Based on EEG” Li Fei, & Jean Hwang

Time	Activity
13:50-14:00	<p>Oral Presentation 4-3 An Integration of Theory of Planned Behavior and Flow Theory to Explain Exercise Behavior among Chinese Undergraduate Students</p> <p style="text-align: right;">Feng Haitao, & Jean Hwang</p>
14:00-14:10	<p>Oral Presentation 4-5 Effects of Structured Mental Imagery Training on Esports Performance among Young Adults</p> <p style="text-align: right;">Kuan Juen Leong, Garry Kuan, & Yee Cheng Kueh</p>
14:10-14:20	<p>Oral Presentation 4-6 Effects of Physical Activity-Related Information Using SNS on Physical Activity and Psychological Variables Among Inactive College Students</p> <p style="text-align: right;">Dojin An, Youngho Kim, & Soojin Kang</p>
14:20-15:00	Break Time
15:00-15:50	<p>Poster Presentation 2-1 The Influence of Social Interaction During Exercise on Mental Health</p> <p style="text-align: right;">Yi-Ting Cheng, Yan-Ho Lo, & Yu-Kai Chang</p>
	<p>Poster Presentation 2-2 The Phenomenological Study of the Coping Stress Technique in Thailand Swimming Disability Athlete</p> <p style="text-align: right;">Pitawat Sansopa, Marut Tripharuehas, Pisit Kamgong, Ketmanee KamharnPool, & Chatkamon Singnoy</p>
	<p>Poster Presentation 2-3 Regular Physical Activity Its Related Enjoyment Constructs among College Students</p> <p style="text-align: right;">Jaehyeok Sim, Yeeun Yun, & Youngho Kim</p>
	<p>Poster Presentation 2-4 The Phenomenological Study of the Coping Stress Technique in Bodybuilders</p> <p style="text-align: right;">Ketmanee Klungudom, Sukal Suthipong, Wachrapong Unpakdee, Ananda SriPhung, & Chatkamon Singnoy</p>
	<p>Poster Presentation 2-5 The Effects of Physical Activity on White Matter Integrity: A Review of MRI-Based Studies</p> <p style="text-align: right;">Yan-Ho Lo, Yi-Ting Cheng, & Yu-Kai Chang</p>
	<p>Poster Presentation 2-6 Dual-Authority leadership and Mental Toughness: The Mediating Role of Trust in Coach</p> <p style="text-align: right;">Wei-Cheng Pan, Zhi-Chen Gong, Ming-Chieh Lin, & San-Fu Kao</p>
	<p>Poster Presentation 2-7 The Burnout in participating in sport of Chang Purk Student-Athlete project of Faculty of Sport Sciences</p> <p style="text-align: right;">Athima Ampornwech, Kanokwan Manchuaywong, Chutima RititiTham, Thanyalak Nusornrum, & Chatkamon Singnoy</p>

Time	Activity
15:00-15:50	<p>Poster Presentation 1-8 Relationship Between the Athletes' Coping Skills and the Sensorimotor Rhythm Neurofeedback in Chandrakasem Rajabhat University Volleyball Players</p> <p>Eakrat Onnom, Songdhasn Chinapong, Saengprasan Chanankarn, Boonyarit Preamsiri, & Aranya Sriluan</p>
	<p>Poster Presentation 2-9 Review of the Effects of High-Intensity Interval Training on Brain and Cognitive Functions in Older Adults</p> <p>Tai-Rui Chen, Tzu-Yu Huang, & Yu-Kai Chang</p>
	<p>Poster Presentation 2-10 Athletes Collective Burnout: A Case Study of Senior High School Archery Team</p> <p>Ming-Chieh Lin, Wei-Cheng Pan, Zhi-Chen Gong, & San-Fu Kao</p>
	<p>Poster Presentation 2-11 The Effects of Aerobic and Resistance Exercise Training on Fat Loss and Quality of Life in Overweight</p> <p>Saowaluck Suntraluck</p>
	<p>Poster Presentation 2-12 Physical Activity Attitudes of Rambhai Barni Rajabhat University students</p> <p>Supattra Raksarson, & Chuanpob Iaosanurak</p>
	<p>Poster Presentation 2-13 Upper Limb Position Sense and Its Relation to Motor Function in Children Undergoing Piano Training</p> <p>Yi-Wen Chen, Chia-Chun Liu, Yi-Hsuan Lin, & Yu-Ting Tseng</p>
	<p>Poster Presentation 2-14 The Relationship between Leader-Member Exchange and Team Commitment in Sport: A Literature Review</p> <p>Zhi-Chen Gong, Ming-Chieh Lin, Wei-Cheng Pan, and San-Fu Kao</p>
	<p>Poster Presentation 2-15 The Effect of PETTLEP Imagery in Badminton Beginner</p> <p>Apanchanit Siripatt, Suwat Luangon, Tavipup Puengsoonthonisrimas, & Suebsai Boonveerabut</p>
15:55-16:15	<p>Invited speaker 8 The Use of Sport Psychology during COVID-19: Suggestions for Coaches and PE Teachers</p> <p>Karen Lo</p>
16:20-16:40	<p>Invited speaker 9 A Continuum of Mental Training Processes from Youth to Professional Athletes: An Empirical Aspect</p> <p>Suebsai Boonveerabut</p>
16:45-17:15	<p>Keynote 5 Translational Research for Physical Activity Promotion: From the Lab into the Real Life</p> <p>Youngho Kim, Jaehyeok Sim, & Soojin Kang</p>
~17:10	Closing Ceremony

