

# TAR University College In the Limelight

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## Campus

EXPERTS in physical education and sports from all over the world were in Kuala Lumpur recently to attend the Third International Federation of Physical Education (FIEP) Asia Conference on Physical Education and Sports 2018.

Hosted by Tunku Abdul Rahman University College (TAR UC), the gathering brought top scientists, experts and students together where they shared and discussed ideas and best practices in the field of physical education and sports.

This was carried out over two keynote sessions, three plenary sessions, six regular sessions, 47 parallel sessions and 13 poster presentations.

The conference with the theme "Physical Education and Sports Help Build a Healthy Society", offered networking opportunities with 100 leading experts, inspiring speakers and researchers from across the globe such as the United States, United Kingdom, Japan, Sweden, Ireland, Singapore, Australia and Slovakia.

The conference was held in 2014 and 2016 at Kogakuin University in Japan before TAR UC was offered the honour of hosting the third edition in partnership with FIEP Europe.

TAR UC is the second higher education institution to have ever hosted this conference.

Prof Dr Raha Abdul Rahim who is director of Excellence Planning for Higher Education Institutions Division, Department of Higher Education under the Education Ministry, was present to officiate at the conference.

She commended TAR UC for successfully bringing the prestigious conference to Malaysia to promote a healthy lifestyle and at the same time, support its aspiration to be a sports powerhouse.

"Physical fitness is a lifelong

# Best practices from top minds in sports



Staff, students and visitors taking part in the interactive exercise class during the Health and Fitness Expo.

activity.

"I strongly believe there is a lot to offer and learn from this conference through its network of contacts, experts and exchange of ideas among individuals and organisations," she said.

This is in line with Malaysia's aim to promote a healthy lifestyle and eventually become a sporting

nation in the future, she added.

TAR UC vice president Assoc Prof Dr Ng Swee Chin in her in the welcome speech, elaborated on the importance of the conference in relation to the learning and teaching of physical education.

"This conference highlights the importance of a healthy lifestyle through physical activity and

sports in society.

"I hope that we can adopt some of the good practices presented in this conference and put them into our implementation plan for the diverse modes of education including physical education in TAR UC," she said.

Dr Ng said the conference is part of the run-up to TAR UC's 50th

anniversary celebration in 2019.

"TAR UC will be celebrating its Golden Jubilee Anniversary.

"This conference is certainly a wonderful addition to our calendar of Golden Jubilee celebration activities," she said.

During the conference, three TAR UC staff from the Faculty of Applied Sciences received special awards for their dedication in the field of physical education and sports.

Assoc Prof Dr Wee Eng Hoe was conferred the Medial Manuel Gomes Tubino Award for his immense contribution to the field, while Assoc Prof Dr Loke Chui Fung and Dr Ler Hui Yin were awarded the FIEP Commemorative Medal for their contributions to the development of physical education and sports at the international level.

In conjunction with the conference, a Health and Fitness Expo 2018 was also held at the TAR UC Kuala Lumpur Main Campus.

With the theme "Healthy Living for a Better Tomorrow", the expo featured 27 exhibition booths showcasing various elements on a healthy lifestyle such as nutrition, sports gear, innovative exercises, supplements, health monitoring, physiotherapy and many more.

Free eye examination sessions, health tests and interactive exercise classes for visitors to promote active living were also held.