



TAR UMT Assists World Record-Breaking Feat

Knowing well that attempting to break the current Guinness World Record (GWR) for Farthest Simulated Distance Climbed on a Stair Machine in One Hour (Male) of 1.610km (7816 steps) is no walk in the park, Mr Soh Wai Ching, the reigning World No 1 Tower Runner knew that he needed all the help and support he can get, including a sports science team from Tunku Abdul Rahman University of Management and Technology (TAR UMT).

The team, consisting of Assoc Prof Dr Ler Hui Yin, Deputy Dean of the Faculty Of Applied Sciences, Tan Jian Yun (Master of Science in Sport Science) and Lam Jia Yih (Bachelor of Science (Hons) in Sports and Exercise Science) played an important role in Wai Ching's preparation by ensuring he is in his best condition possible for the momentous attempt. On 7 April 2023, the Malaysian athlete successfully completed 1.649km (8004.8 steps) in an hour, an impressive feat which will be evaluated by GWR before officially confirming his success in breaking the current record.

Dr Ler said Wai Ching approached FOAS about a year ago to help him, adding: "He wanted to find out more about his physiological responses to his training, and entrusted our sports science team to assist him by providing physiological monitoring, nutrition plans, training strategies and mental preparedness en route to his attempt at breaking the GWR."

Both Jian Yun and Jia Yih confessed that the experience of working with a professional athlete was an exciting experience, and they were grateful to be able to play a part in Wai Ching's world record-breaking attempt.

"We have to credit Dr Ler for giving us this opportunity to apply what we learned in TAR UMT into a real setting, in this case working with an actual professional athlete and help Wai Ching prepare and attempt the record-breaking feat in his best possible condition.

"It was a very tense process from start to end. We tested and analysed Wai Ching's condition and performance regularly to prescribe a training programme prior to the record-breaking attempt. During the feat, we had to stay vigilant and keep monitoring his condition as he cannot take a break while sustaining his pace and condition throughout the 60 minutes. We are extremely proud to be able to witness and be part of such a historic feat," said Jian Yun.

Jia Yih hopes that there will be more practical learning experiences like this for TAR UMT students, adding: "This will allow students to learn and acquire relevant skills which can be a good practice for their careers. Compared to regular classes, skills such as critical thinking, quick decision making and problem-solving play a huge role when working in a real environment. This can be nurtured from real live practical learning opportunities."

