SPORTS ENHANCEMENT CENTRE
Psychology of sports

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HD972009E

Submitted to School of Architecture
On 27 April 1999 in Partial Fulfilment of the
Requirements for the Degree of
Master of Architecture

Abstract

The government in the recent years has been emphasising on sports excellence. An S$10 million-a-year programme, SPEX 2000 launched in 1993, aims to nurture world class local champions. Its intention is to raise the competitive spirit among Singaporeans and to project an image of Singapore in the international arena together with its economic success.

Our local sports scene is still at a very infant state; the Singapore Sports Council has been very active in building the infrastructure, creating an environment conducive enough for local athletes. Events to encourage mass participation to scholarship for potential young athletes to ensure continual participation. SSC has also identified the characteristic of our sport scene. Leisure sports that require skills seem to be advantageous (e.g. yachting, swimming and shooting). SSC as also beginning to realise that Sports Medicine is essential to perfecting skills of these leisure sports. In an International Sports Science conference held in 1993, Health minister MR Yeo Cheow Tong at the opening speech stressed that Sports Medicine is the key to success.¹

With all the increase emphasis on performance and raising the local standards of sportsmen, it is postulated that establishing a Sports Enhancement Centre will be the next thing that SSC will embark on, to orchestrate the promotion and growth of the Singapore sport scene. This institute will be charged with initiating, identifying, developing, promoting and enhancing our ‘selected’ sports.

The thesis will investigate into the essentials of sports medicine with greater emphasis on sports psychology, which has a direct impact on the environment. It questions the existing provision of sports medicine in a clinical setting in Australia and Japan.

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¹ Appendix 1 – Sports Medicine is key to Excellence, The Straits Times, 10 June 1993.