NIE NATIONAL INSTITUTE OF EDUCATION SINGAPORE

An Institute of NANYANG TECHNOLOGICAL UNIVERSITY SINGAPORE

SPORT SCIENCE & MANAGEMENT (SSM)

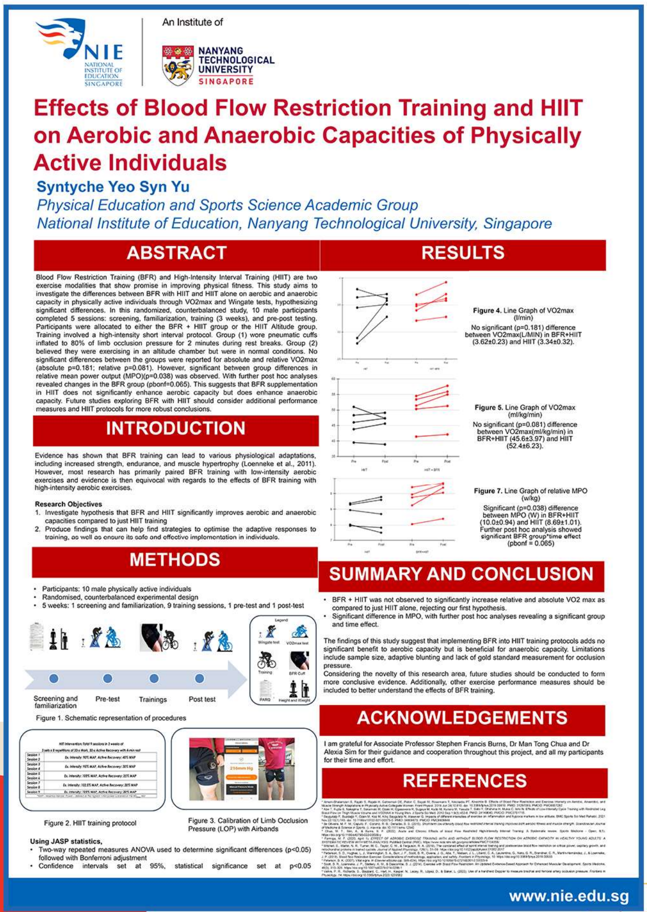
Examples of Sport Science & Management Final Year Projects

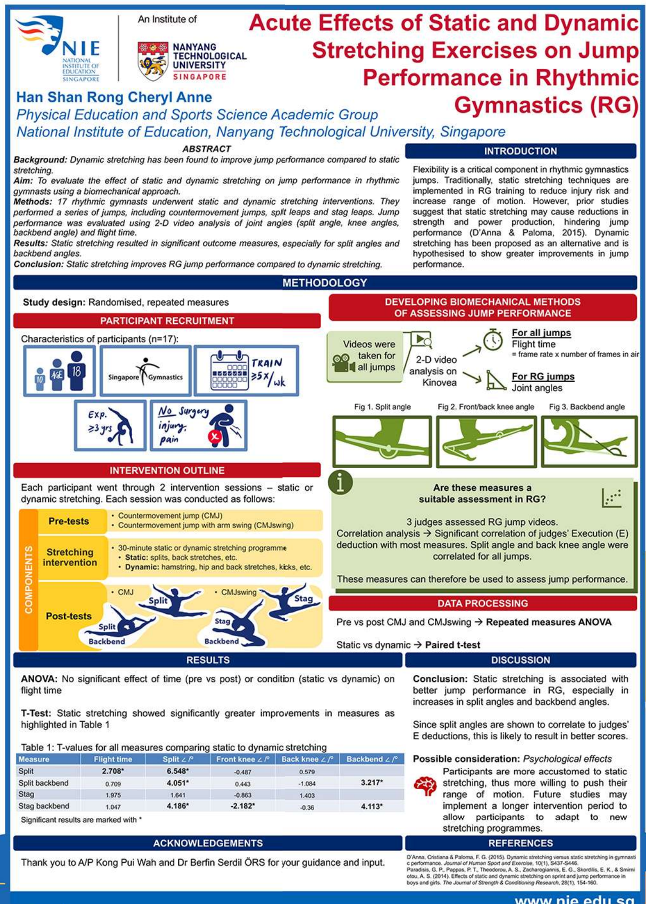
Effects of blood flow restriction (BFR) training and high-intensity interval training (HIIT) on aerobic and anaerobic capacities of physically active individuals

Blood Flow Restriction Training (BFR) and High-Intensity Interval Training (HIIT) are two exercise modalities that show promise in improving physical fitness. This study aims to investigate the differences between BFR with HIIT and HIIT alone on aerobic and anaerobic capacities in physically active individuals through VO2max and Wingate tests, hypothesising that BFR with HIIT will elicit greater improvements in aerobic and anaerobic capacities than just HIIT itself.

Acute Effects of Static and Dynamic Stretching Exercises on Jump Performance in Rhythmic Gymnasts

This study aimed to evaluate the effects of static and dynamic stretching on jump performance in rhythmic gymnastics through biomechanical analysis. It was hypothesised that dynamic stretching would be the most beneficial to rhythmic gymnastics jump performance.





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