

Curriculum Vitae of Chow Chi Ching, Gary

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Personal Profile: https://repository.eduhk.hk/en/persons/chi-ching_周志清-chow

- (i) **Academic qualifications:** PhD, The University of Hong Kong
MSc(SMHS), The Chinese University of Hong Kong
MA(PE), University of Northern Iowa
BEd(Sec), The Education University of Hong Kong
- (ii) **Present academic position:**
7/2019 – Now: Assistant Professor & Associate Head of Department (Learning and Teaching),
Department of Health and Physical Education, The Education University of
Hong Kong
- (iii) **Previous relevant research work:**
- a. On-going:**
- Chow, C.C.G.,** Sun, F.H., & Mok, K.M. (2024). Balance Bike: An Evidenced Solution for Better Postural Stability and Control in Children. General Research Fund 2023-2024, Research Grant Council (RGC), HKSAR. Grant code: 18602223. HK\$663,907. (PI).
- Wong, H.W.H., **Chow, C.C.G.**, Chan, C.Y.R., & So, C.F.H. (2023). Empowering artificial intelligence assessment of skills proficiency test for pre-service teachers in physical education. Teaching Development Grant (TDG) (University-level), The Education University of Hong Kong. Grant code: T0270. HK\$399,900. (PPS).
- Chow, C.C.G.** (2022). Online SDT Informed Intervention Motivates Children to Exercise at Home: A RCT Study. Early Career Scheme Fund 2021-2022, Research Grant Council (RGC), HKSAR. Grant code: 28602121. HK\$685,964. (PI)
- b. Completed:**
- Chow, C.C.G.** & Ha, C.W.S. (2021). Teaching adults to ride a bike through a novel cycling task: Differences of electromyography activity, gait and posture between bikers and non-bikers on a balance bike. Seed Funding Grant 2020/21, Research and Development Office, Project code: RG70/2020-2021R. HK\$124,410. (PI)
- Sun, F.H.B, Yu C.W.C, **Chow, C.C.G.**, Liu D., Wong H.S.S., Siu, M.F.P., Cooper, S., & Jenkins, D. (2021). Effects of game-based high-intensity interval training on the executive function of children with ADHD: A randomized controlled trial. General Research Fund 2020-2021, Research Grant Council (RGC), HKSAR. Grant code: 18603120. HK\$609,440 (Co-I)
- Chow, C.C.G.** & Kam, W.K.K. (2019). EdU Touch Resource Pack-Phase 2 (KT-2019-2020-0014, Knowledge Transfer Fund: HK\$100,000). (PI).
<https://sites.google.com/friends.eduhk.hk/eduhktouchkit/>
- (iv) **Publication records:**
- a. Representative publications in recent five years**
- Chow, G.C.C.,** Sun, F., Kam, K.W.K., Kong, Y.H., Zhang, B. (2023). Short vs. long bouts of all-out rope skipping: effects on metabolic and perceptual responses. *Applied Sciences*, 13, 7072. <https://doi.org/10.3390/app13127072> (2021 Impact Factor: 2.838; 5-year impact factor = 2.921)
- Chow, G.C.C.,** Kong, Y. H., & Pun, W.Y. (2023). The concurrent validity and test-retest reliability of possible remote assessments for measuring countermovement jump: My Jump 2, HomeCourt & Takei Vertical Jump Meter. *Applied Sciences*, 13, 2142. <https://doi.org/10.3390/app13042142> (2021 Impact Factor: 2.838; 5-year impact factor = 2.921)
- Chow, C.C.G.,** Kong, Y.H., & Wong, C.L. (2022). Reactive-agility in Touch plays an important role in elite playing level: Reliability and validity of a newly developed repeated up-and-down agility test. *Journal of Sports Science and Medicine*, 21, 413–418. <https://doi.org/10.52082/jssm.2022.413> (2022 Impact Factor: 4.017; 5-year impact factor = 3.844)
- Sun, F., Siu, A.Y.S., Wang, K., Zhang, B., Chan, M.H., Chan, K.H., Kong, P.S., Man, K.Y., & **Chow,**

- G.C.C.** (2022). Effects of caffeine on performances of simulated match, Wingate anaerobic test, and cognitive function test of elite taekwondo athletes in Hong Kong. *Nutrients*, *14*(16), 3398. <https://doi.org/10.3390/nu14163398> (2022 Impact Factor: 5.429; 5-year impact factor = 5.644)
- Zhu, Y., Sun, F., **Chow, G.C.C.**, Tao, S., Cooper, S.B., Zhang, B., & Wong, T.W.L. (2022). Associations of device-measured physical activity, sedentary behavior, and executive function in preadolescents: A latent profile approach. *Pediatric Exercise Science. Advance online publication*. <https://doi.org/10.1123/pes.2022-0016>. (2022 Impact Factor: 2.333; 5-year impact factor = 1.846)
- Chow, G.C.C.** (2020). Global positioning system activity profile in touch rugby: does training meet the match-play intensity in a two-day international test match series? *Journal of Sports Science and Medicine*, *19*, 613–619. (2019 Impact Factor: 1.806; 5-year impact factor = 2.596)

b. Representative publications beyond the recent five-year period

- Chow, G.C.C.**, Chung, J.W.Y. & Fong, S.S.M. (2018). Differential effects of post-exercise ice water immersion and room temperature water immersion on muscular performance, vertical jump, and agility in amateur rugby players: A randomized controlled trial. *Science & Sports*, *33*(6), e271–e279. <https://doi.org/10.1016/j.scispo.2018.04.005> (2020 Impact Factor: 0.789; 5-year impact factor = 0.917)
- Chow, G.C.C.**, Yam, T.T.T., Chung, J.W.Y., & Fong, S.S.M. (2017). Effects of postexercise ice-water and room-temperature water immersion on the sensory organization of balance control and lower limb proprioception in amateur rugby players. *Medicine*, *96*(7), e6146. <http://doi:10.1097/md.0000000000006146> (2016 Impact Factor: 2.133; 5-year impact factor = 3.195)
- Chow, G.C.C.**, Chung, J.W.Y., Ma, A.W.W., Macfarlane, D.J., & Fong, S.S.M. (2016). Sensory organisation and reactive balance control of amateur rugby players: A cross-sectional study. *European Journal of Sport Science*, *17*(4), 400–406. <http://dx.doi.org/10.1080/17461391.2016.1257656> (Impact factor 2015=1.785; 5-year impact factor=1.704)
- Chow, G.C.C.**, Fong, S.S.M., Chung, J.W.Y., Chung, L.M.Y., Ma, A.W.W., & Macfarlane, D.J. (2016). Determinants of sport-specific postural control strategy and balance performance of amateur rugby players. *Journal of Science and Medicine in Sport*, *19*, 946–950. <http://dx.doi.org/10.1016/j.jsams.2016.02.016> (2015 Impact Factor: 3.756)
- Chow, G.C.C.**, Fong, S.S.M., Chung, J.W.Y., & Macfarlane, D.J. (2015). Post-exercise cold water immersion on sports performance recovery: A review. *Journal of Sports Research*, *2*(2), 37–51. (Global Impact and Quality Factor: 0.654)
- Chin, C.Y., **Chow, G.C.C.**, Hung, K.C., Kam, L.H., Chan, K.C., Mok, Y.T., & Cheng, N.M. (2015). The diurnal variation on cardiovascular endurance performance of secondary school athlete student. *Asian Journal of Sports Medicine*, *6*(2), e22697, [http://dx.doi.org/10.5812/asjms.6\(2\)2015.22697](http://dx.doi.org/10.5812/asjms.6(2)2015.22697)

(v) Professional Services:

- 2020 – Present: Current Commission Member, Strength & Conditioning Commission in the [Hong Kong Association of Sports Medicine & Sports Science \(HKASMSS\)](#)
- 2018 – Present: Current executive committee member of the [Hong Kong Physical Education Association \(HKPEA\)](#)
- 2018 – Present: Current PE consultant of Christian & Missionary Alliance Sun Kei Primary School
- 2021 – Present: Member of [Curriculum Development Council \(CDC\) Committee on Physical Education](#), Education Bureau, Hong Kong
- 2021 / 2022: Member of the Assessment Working Group and the Assessment Panel and on Physical Education Key Learning Area, [Chief Executive’s Award for Teaching Excellence \(CEATE\) \(2021/2022\)](#), Hong Kong