



Dr. Garry Kuan
Lecturer
Exercise and Sports Science,
School of Health Sciences,
Universiti Sains Malaysia
Email: garry@usm.my

Dr. Garry Kuan is a lecturer of Exercise and Sports Science Programme, School of Health Sciences, Universiti Sains Malaysia, Malaysia. Garry received his PhD working under the guidance of Professor Tony Morris and Professor Peter Terry, with his thesis entitled "Music, imagery training, and sports performance". Currently, Garry is the Treasurer and managing council of the Asian-South Pacific Association of Sport Psychology (ASPASP), treasurer of the Malaysian Sport Psychology Association (MASPA), an accredited member of Exercise and Sports Science Australia (ESSA), a senior future leader (FLV) of Asian Council of Sports Science (ACESS) / Global Community Health (GCH), and Asia representative of ENYSSP. Garry has published over 30 scholarly on local and high-impact journals, served as an editor and reviewer for numerous international journals, and had been delivered as keynote and invited presentations globally. Previously, Garry was a lecturer at Victoria University (3 years), served as a Council member of Victoria University (2 years), the President of Australian Federation of International Students (2 years), and a contract Sports psychologist (2 years) with the Australia Institute of Sport (AIS). He was also a certified trainer and sport coach for the Active-After School Communities (AASC) programme, under the Australian Sport Commission (1 year), and a registered music therapist. Garry research had won numerous awards internationally. He received the "A-CIPA Young Research Award" at the 27th International Congress of Applied Psychology (2014), International Scholars Award at the ICSEMIS pre-Olympic conference (2012), and the Atsushi Fujita Research Scholarship (2011) at the 6th ASPASP conference. In his leadership role, Garry was awarded the Australian Leadership Award (2013) and Victoria Ambassador Award - Young Person (2012). In 2012, Garry also received a rare honour of all Australia's International Student of the Year. During his social time, he plays first violin professionally and teaches communities to play various musical instruments. He is the founder and resident conductor of the USMKK Symphony Orchestra (since 2014). Garry also performed with prestige orchestras such as the Melbourne Symphony Orchestra, and Melbourne Symphonic Orchestra.

The power of music: A holistic and innovative method in integrating music into health and medicine.

Researchers have suggested that music can be carefully selected to match the requirements of activities and characteristics of both individuals and groups, to produce significant impacts on performance enhancement and motivation. Also, music has been shown to have psychophysical effects of lowered perceived effort and arousal control, and improved affective states and synchronisation effects. There is increasing evidence to suggest that the "right" music, can lead to greater frequency, intensity, and duration of exercise behaviour and motivation, which could then lead to enhance sports performance. This presentation will focus on the present research using validated holistic and innovative method in integrating music for enhancing sports performance, promoting holistic health, and promoting positive mood in the hospital settings. I will report on the use of synchronous music in enhancing exercise performance and the use of music for enhancing imagery in sports. Next, I will consider issues related to the understanding of how music works, the selection of music and the practical application of integrating music to enhance positive mood, and pain reduction. Then, I will discuss some innovation of using technologies in helping our national athletes to achieve success in the International sporting arena. Finally, I will conclude by noting how, in all of this research, have contributed to new knowledge to enhance the understanding of the ubiquitous of integrating music into holistic health and medicine.