

Kam Ming MOK
Wu Jieh Yee School of Interdisciplinary Studies
Wu Jieh Yee School of Interdisciplinary Studies
Type of address: Visiting address.
8 Castle Peak Road, Tuen Mun
Hong Kong
Email: kmmok2@ln.edu.hk
Phone: (852) 26168601



Name in Chinese

莫鑑明

Qualifications

Human Resources Management, Certificate, School of Continuing Education, Hong Kong Baptist University

Award Date: 30 Sept 2023

Professional and Vocational Education, Postgraduate Diploma in Education

Award Date: 29 Jun 2022

Sports Medicine, Doctor of Philosophy, Norwegian School of Sport Sciences

Award Date: 23 Aug 2016

Orthopaedics and Traumatology, Master of Philosophy, Chinese University of Hong Kong

Award Date: 16 Dec 2010

Automation and Computer-Aided Engineering, Bachelor of Engineering, Chinese University of Hong Kong

Award Date: 4 Dec 2008

17 Dec 2016 → ... Fellow of the Hong Kong Association of Sports Medicine and Sports Science, FHKASMSS

Employment

Assistant Professor of Teaching

Wu Jieh Yee School of Interdisciplinary Studies

Lingnan University

16 Aug 2025 → present

Programme Director of the Bachelor of Social Sciences (Hons) in Sports Coaching and Event Management Programme

Wu Jieh Yee School of Interdisciplinary Studies

Lingnan University

1 Sept 2024 → present

Vice-President

Sports Medicine and Sports Science Association of Hong Kong, China

Hong Kong, China

1 Jan 2021 → present

Hon. Secretary

Sports Medicine and Sports Science Association of Hong Kong, China

Hong Kong, China

1 Jan 2019 → 1 Jan 2021

Lecturer

Chinese University of Hong Kong

Hong Kong, China

1 Jan 2018 → present

Research outputs

Injury Prevention in youth football: Education, screening, and training approaches in Hong Kong
MOK, K.-M., 4 Jul 2026.

User Experience of Compression Stocking in the University Men's Basketball Team
WONG, M. P., LAW, K.-Y., LAM, C.-H. & MOK, K.-M., 22 Jun 2025.

The Impact of Small Group Exercise Interventions and Online Video Classes on Diabetic Blood Sugar Control in the Elderly
MOK, K. M. (Presenter), IP, M. C. K., PAN, P. W., ZANG, A. T. & YU, C. C. W., 26 Apr 2025.

Protocol for evaluating the effects of integrating music with taekwondo training in children with autism spectrum disorder: A randomized controlled trial
YU, C. C. W., MOK, K. M., MAK, E., AU, C. T., CHAN, D. F. Y., WU, S., CHUNG, R. C. K., IP, M. C. K. & WONG, S. W. L., 31 Jan 2025, In: PLoS ONE. 20, 1, e0315503.

An ankle sprain injury mechanism which was often missed- Slide Under
KO, C.-K. & MOK, K.-M., 23 Nov 2024.

Coaching Skills for Autistic Children : Interview study
WONG, W.-Y., YU, C.C.-W. & MOK, K.-M., 23 Nov 2024.

Effect of Combined Music and Taekwondo Training on the Physical and Psychological Function of Children with Autism Spectrum Disorder (ASD): A Randomized Controlled Trial
SZE, C.H.-H. (Presenter), YU, C.C.-W., MOK, K.-M., MAK, E., CHAN, D.F.-Y. & WONG, S.W.-L., 23 Nov 2024.

Movement pattern of children in Taekwondo training : Descriptive study
LI, S.-H., YU, C.C.-W. & MOK, K.-M., 23 Nov 2024.

Physiological profile of children in Taekwondo Training : Descriptive Study
WONG, S.-Y., YU, C.C.-W. & MOK, K. M., 23 Nov 2024.

Technique Analysis of the Men's Taekwondo in Paris Olympics 2024
KOT, P.-S. & MOK, K.-M., 23 Nov 2024.

The challenge of teaching Autistic children in Taekwondo : Interview study
WONG, K.-L., YU, C.C.-W. & MOK, K.-M., 23 Nov 2024.

The Relationship between Training Load and Injury Risk in Basketball: A Systematic Review
CHAN, C.-C., YUNG, P.S.-H. & MOK, K.-M., Sept 2024, In: Healthcare. 12, 18, 16 p., 1829.

The potential of AI in Sports Coaching and Rehabilitation
MOK, K.-M., 14 Jul 2024.

A Self-Narrative Study: Changes in Physical Ability and Social Communication in Children with Autism through Taekwondo Training with Elements of Music Therapy from the Parents' Perspective
MOK, K.-M., SZE, C. H. H., YU, C. C. W., MAK, E., CHAN, D. F. Y. & WONG, S. W. L., Jul 2024, In: Behavioral Sciences. 14, 7, 530.

以術鍊心：由人力資源發展到建立正向心理
莫鑑明, Jun 2024, 以術明道. 盧敬之, 伍智恒, 陳鈺瑜 & 黃小婷 (eds.). 超媒體, p. 82-85 4 p.

The effects of taekwondo on physical ability and social communication in children with autism from parent's perspective
MOK, K. M., MAK, E., WONG, S. W. L., CHAN, D. & YU, C., 17 May 2024.

Enhancing Young Athletes' Psychological Well-being from Coach-athlete Relationship: A Systematic Review
CHEN, J. & MOK, K. M., 28 Apr 2024.

Systematic Review on Reasons for the Lack of Exercise in Obese Adults
YUEN, A.H.-L. & MOK, K. M., 28 Apr 2024.

Knee wobbling during the single-leg-squat-and-hold test reflects dynamic knee instability in patients with anterior cruciate ligament injury
HE, X., CHOW, M. C. S., QIU, J., FU, S.-C., MOK, K.-M., ONG, M.T.-Y., FONG, D. T. P. & YUNG, P.S.-H., 2024, In: Sports Training, Medicine and Rehabilitation. 32, 3, p. 363-374 12 p.

Response to letter to the editor about 'kiss goodbye to the "kissing knees": no association between frontal plane inward knee motion and risk of future non-contact ACL injury in elite female athletes'
NILSTAD, A., PETUSHEK, E., MOK, K.-M., BAHR, R. & KROSSHAUG, T., 2024, Sports Biomechanics, 23, p. 1806-1808 3 p.

Acute biomechanical effects of a functional knee brace and medial arch support on anterior cruciate ligament (ACL) deficient knee in drop-landing
TSE, Y. H., MOK, K. M., CHAN, Y. K. & YUNG, P. S. H., 4 Nov 2023.

Secondary Anterior Cruciate Ligament Injury Prevention Training in Athletes: What Is the Missing Link?
WONG, C.-Y., MOK, K.-M. & YUNG, S.-H., 9 Mar 2023, In: International Journal of Environmental Research and Public Health. 20, 6, 4821.

Biomechanical risk factors for anterior cruciate ligament injury: Is screening test working or not?
MOK, K. M. (Presenter), 10 Feb 2023.

A lateral ankle sprain during a lateral backward step in badminton: A case report of a televised injury incident
FONG, D. T. P., MOK, K. M., THOMPSON, I. M., WANG, H. Y. & KING, M. A., Jan 2023, In: Journal of Sport and Health Science. 12, 1, p. 139-144 6 p.

Special Issue : Innovations for Injury Prevention and Rehabilitation in Sport and Physical Activity
MOK, K. M. (Guest Editor), Jan 2023, (Accepted/In press) International Journal of Environmental Research and Public Health.

Kiss goodbye to the 'kissing knees': no association between frontal plane inward knee motion and risk of future non-contact ACL injury in elite female athletes
NILSTAD, A., PETUSHEK, E., MOK, K.-M., BAHR, R. & KROSSHAUG, T., 2023, In: Sports Biomechanics. 22, 1, p. 65-79 15 p.

Anterior cruciate ligament injury prevention training in athletes
WONG, C.-Y., MOK, K. M. & YUNG, P. S. H., Nov 2022.

The incidence and experience of sports related shoulder injuries in cricket
GOONETILLEKE, R. S., MOK, K. M. & YUNG, P. S. H., Nov 2022.

The use of foam roller on patellofemoral pain syndrome for Hong Kong recreational and professional runners
MOK, K. M., LI, M.-K. & YUNG, P. S. H., Nov 2022.

What have we learnt from quantitative case reports of acute lateral ankle sprains injuries and episodes of 'giving-way' of the ankle joint, and what shall we further investigate?
LYSDAL, F. G., WANG, Y., DELAHUNT, E., GEHRING, D., KOSIK, K. B., KROSSHAUG, T., LI, Y., MOK, K.-M., PASANEN, K., REMUS, A., TERADA, M. & FONG, D. T. P., Apr 2022, In: Sports Biomechanics. 21, 4, p. 359-379 21 p.

Acute Effect of Kinesio Taping for Achilles Tendinopathy on Dynamic Balance and Jump-landing in Healthy Recreational Athletes

KWAN, C.-K., MOK, K. M. & YUNG, P. S. H., 4 Dec 2021.

Anterior Cruciate Ligament Injury Prevention Training In Athletes: A Systematic Review Of Current Evidence On Secondary Injury Prevention

WONG, C.-Y., MOK, K. M. & YUNG, P. S. H., 4 Dec 2021.

Effectiveness of a handball intervention program for shoulder injuries on cricket players

GOONETILLEKE, R. S., MOK, K. M. & YUNG, P. S. H., 4 Dec 2021.

The popularity and public awareness of proper usage of foam roller on patellofemoral pain syndrome for Hong Kong recreational and professional runners

LI, M.-K., MOK, K. M. & YUNG, P. S. H., 4 Dec 2021.

Biomechanical risks of knee injury in mixed martial arts: a video-based notation analysis

MOK, K. M., LAU, I. Y. H., LOUIE, L. & YUNG, P. S. H., Nov 2021.

An inverted ankle joint orientation at foot strike could incite ankle inversion sprain: Comparison between injury and non-injured cutting motions of a tennis player

MOK, K.-M., HA, S.C.-W., CHAN, Z.Y.-S., YUNG, P.S.-H. & FONG, D.T.-P., Sept 2021, In: Foot. 48, p. 101853 101853.

Analysis investigating how vocational instructors adapting to online teaching during the COVID-19 pandemic: A case study in Hong Kong

CHENG, M., MAK, B. & MOK, K. M., Aug 2021, *Papers of 5th Canadian International Conference on Advances in Education, Teaching & Technology 2021* . Unique Conferences Canada, p. 9-14

Delayed ankle muscle reaction time in female amateur footballers after the first 15 min of a simulated prolonged football protocol

FONG, D. T. P., LEUNG, W.-C., MOK, K.-M. & YUNG, P. S. H., 1 Dec 2020, In: Journal of Experimental Orthopaedics. 7, 1, 8 p., 54.

Psychological processes of ACL-patients' post-surgery rehabilitation: A prospective test of an integrated theoretical model
LEE, A. S. Y., YUNG, P. S. H., MOK, K. M., HAGGER, M. S. & CHAN, D. K. C., 1 Jan 2020, In: Social Science and Medicine. 244, p. 112646 112646.

Biomechanical difference in forward and lateral lunges and its changes in knee joint moment and functional measurement
POON, M.-C., YEUNG, D.Y.-W., MOK, K.-M. & YUNG, P.S.-H., 2020, In: Journal of Human Sport and Exercise. 15, 1, p. 94-104 11 p.

The biomechanical difference between running with traditional and 3D printed orthoses

MO, S., LEUNG, S. H. S., CHAN, Z. Y. S., SZE, L. K. Y., MOK, K. M., YUNG, P. S. H., FERBER, R. & CHEUNG, R. T. H., 2019, In: Journal of Sports Sciences. 37, 19, p. 2191-2197 7 p.

Eccentric hamstring strength deficit and poor hamstring-to-quadriceps ratio are risk factors for hamstring strain injury in football: A prospective study of 146 professional players

LEE, J. W. Y., MOK, K. M., CHAN, H. C. K., YUNG, P. S. H. & CHAN, K. M., 1 Aug 2018, In: Journal of Science and Medicine in Sport. 21, 8, p. 789-793 5 p.

Pattern of pitch-side sports injury management in a university level – A one-season observational study

BUD, W.-Y., MOK, K.-M., FUNG, P.-W. J., CHEUK, W.-Y. S. & YUNG, P.S.-H., Jul 2018, p. 12.

Reconstruction of head impacts in FIS World Cup alpine skiing

STEENSTRUP, S. E., MOK, K. M., MCLINTOSH, A. S., BAHR, R. & KROSSHAUG, T., Jun 2018, In: British Journal of Sports Medicine. 52, 11, p. 709-715 7 p.

Reliability of lower limb biomechanics in two sport-specific sidestep cutting tasks

MOK, K. M., BAHR, R. & KROSSHAUG, T., 3 Apr 2018, In: Sports Biomechanics. 17, 2, p. 157-167 11 p.

Kinematic analysis of a televised medial ankle sprain

WADE, F. E., MOK, K. M. & FONG, D. T. P., 1 Apr 2018, In: Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology. 12, p. 12-16 5 p.

Head impact velocities in FIS World Cup snowboarders and freestyle skiers: Do real-life impacts exceed helmet testing standards?

STEENSTRUP, S. E., MOK, K. M., MCLINTOSH, A. S., BAHR, R. & KROSSHAUG, T., 1 Jan 2018, In: British Journal of Sports Medicine. 52, 1, p. 32-40 9 p.

Knee kinematics of ACL-deficient patients: A development of a portable motion analysis system

FUNG, P. W., MOK, K. M., LEOW, R. S., FU, S. C., YUNG, P. S. H. & CHAN, K. M., 2018, In: Journal of Human Sport and Exercise. 13, 4, p. 832-842 11 p.

Biomechanical analysis of ankle ligamentous sprain injury cases from televised basketball games: Understanding when, how and why ligament failure occurs

PANAGIOTAKIS, E., MOK, K. M., FONG, D. T. P. & BULL, A., Dec 2017, In: Journal of Science and Medicine in Sport. 20, 12, p. 1057-1061 5 p.

Social psychological aspects of ACL injury prevention and rehabilitation: An integrated model for behavioral adherence

CHAN, D. K. C., LEE, A.S.-Y., HAGGER, M. S., MOK, K. M. & YUNG, P. S. H., Oct 2017, In: Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology. 10, p. 17-20 4 p.

Are The Muscle Activations Different In Various Type Of Push-Up Exercise?

MOK, K. M., HO, C. O. N. A., YUNG, P. S. H. & CHAN, K.-M., Feb 2017, p. 363-364. 2 p.

The effect of overhead target on the lower limb biomechanics during a vertical drop jump test in elite female athletes

MOK, K. M., BAHR, R. & KROSSHAUG, T., Feb 2017, In: Scandinavian Journal of Medicine and Science in Sports. 27, 2, p. 161-166 6 p.

Comparison of treatment effects on lateral epicondylitis between acupuncture and extracorporeal shockwave therapy

WONG, C.W.-Y., NG, E.Y.-L., FUNG, P.-W. J., MOK, K. M., YUNG, P. S. H. & CHAN, K.-M., Jan 2017, In: Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology. 7, p. 21-26 6 p.

Measurement of movement patterns to enhance ACL injury prevention – A dead end?

MOK, K. M. & LEOW, R. S., Jul 2016, In: Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology. 5, p. 13-16 4 p.

Use of a portable motion analysis system for knee dynamic stability assessment in anterior cruciate ligament deficiency during single-legged hop landing

YEUNG, M.-Y., FU, S.-C., CHUA, E. N., MOK, K. M., YUNG, P. S. H. & CHAN, K.-M., Jul 2016, In: Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology. 5, p. 6-12 7 p.

The Vertical Drop Jump Is a Poor Screening Test for ACL Injuries: Response

KROSSHAUG, T., STEFFEN, K., KRISTIANSLUND, E., NILSTAD, A., MOK, K. M., MYKLEBUST, G., ANDERSEN, T. E., HOLME, I., ENGBRETSEN, L. & BAHR, R., 1 Jun 2016, In: American Journal of Sports Medicine. 44, 6, p. NP24-NP25 2 p.

Screening tests for ACL injury: Response

KROSSHAUG, T., STEFFEN, K., KRISTIANSLUND, E., NILSTAD, A., MOK, K. M., MYKLEBUST, G., ANDERSEN, T. E., HOLME, I., ENGBRETSSEN, L. & BAHR, R., Jun 2016, In: American Journal of Sports Medicine. 44, 6, p. NP26 - NP27

Reliability of knee biomechanics during a vertical drop jump in elite female athletes

MOK, K.-M., PETUSHEK, E. & KROSSHAUG, T., May 2016, In: Gait and Posture. 46, p. 173-178 6 p.

The vertical drop jump is a poor screening test for ACL injuries in female elite soccer and handball players : a prospective cohort study of 710 athletes

KROSSHAUG, T., STEFFEN, K., KRISTIANSLUND, E., NILSTAD, A., MOK, K.-M., MYKLEBUST, G., ANDERSEN, T. E., HOLME, I., ENGBRETSSEN, L. & BAHR, R., 1 Apr 2016, In: American Journal of Sports Medicine. 44, 4, p. 874-883 10 p.

Are vertical drop jumping and sidestep cutting tasks reliable to measure risky knee motions? Implications to ACL injury preventions

MOK, K. M., 2016, In: Organ for Norsk Idrettsmedisinsk Forening. p. 6-8

我的第一本單車書

陳啓明 (Editor), 容樹恆 (Editor), 莫鑑明 (Editor) & 李韋煜 (Editor), 2016, 香港: 萬里機構 . 萬里書店.

Association Between Anatomical Characteristics, Knee Laxity, Muscle Strength, and Peak Knee Valgus During Vertical Drop-Jump Landings

NILSTAD, A., KROSSHAUG, T., MOK, K. M., BAHR, R. & ANDERSEN, T. E., Dec 2015, In: Journal of Orthopaedic and Sports Physical Therapy. 45, 12, p. 1-8 8 p.

Application of a tri-axial accelerometer to estimate jump frequency in volleyball

JARNING, J. M., MOK, K.-M., HANSEN, B. H. & BAHR, R., 2015, In: Sports Biomechanics. 14, 1, p. 95-105 11 p.

A prospective epidemiological study of injury incidence and injury patterns in a Hong Kong male professional football league during the competitive season

LEE, J. W. Y., MOK, K. M., CHAN, H. C. K., YUNG, P. S. H. & CHAN, K.-M., Oct 2014, In: Asia-Pacific Journal of Sports Medicine, Arthroscopy, Rehabilitation and Technology. 1, 4, p. 119-125 7 p.

Expressing the joint moments of drop jumps and sidestep cutting in different reference frames : does it matter?

KRISTIANSLUND, E., KROSSHAUG, T., MOK, K.-M., MCLEAN, S. & VAN DEN BOGERT, A. J., 3 Jan 2014, In: Journal of Biomechanics. 47, 1, p. 193-199 7 p.

The Effect of Thigh Marker Placement on Knee Valgus Angles in Vertical Drop Jumps and Sidestep Cutting

MOK, K. M., KRISTIANSLUND, E. & KROSSHAUG, T., 2014, In: Journal of Applied Biomechanics. 31, 4, p. 269-274 6 p.

The Effect of Thigh Skin Marker Cluster Configuration On Knee Valgus Measurement In Vertical Drop Jumping: An Implication To ACL Injury Risk Factor Study

MOK, K. M., KRISTIANSLUND, E. & KROSSHAUG, T., Aug 2013.

Kinematics of anterior cruciate ligament ruptures in World Cup alpine skiing : 2 case reports of the slip-catch mechanism

BERE, T., MOK, K.-M., KOGA, H., KROSSHAUG, T., NORDSLETTEN, L. & BAHR, R., 1 May 2013, In: American Journal of Sports Medicine. 41, 5, p. 1067-1073 7 p.

Footwear for Preventing Acute Sport-Related Ankle Ligamentous Sprain Injury

FONG, D. T. P., CHAN, K.-M. & MOK, K. M., 6 Nov 2012, *The Science of Footwear*. GOONETILLEKE, R. S. (ed.). London: CRC Press, Taylor & Francis Group, p. 577-594 18 p. (Advances in human factors and ergonomics series).

Kinematics analysis of ankle inversion ligamentous sprain injuries in sports : five cases from televised tennis competitions

FONG, D.T.-P., HA, S.C.-W., MOK, K.-M., CHAN, C.W.-L. & CHAN, K.-M., 1 Nov 2012, In: American Journal of Sports Medicine. 40, 11, p. 2627-2632 6 p.

Kinematics analysis of ankle inversion ligamentous sprain injuries in sports : 2 cases during the 2008 Beijing Olympics
MOK, K.-M., FONG, D.T.-P., KROSSHAUG, T., ENGBRETSSEN, L., HUNG, A.S.-L., YUNG, P. S. H. & CHAN, K.-M., 1 Jul 2011, In: American Journal of Sports Medicine. 39, 7, p. 1548-1552 5 p.

An ankle joint model-based image-matching motion analysis technique
MOK, K.-M., FONG, D.T.-P., KROSSHAUG, T., HUNG, A.S.-L., YUNG, P.S.-H. & CHAN, K.-M., May 2011, In: Gait and Posture. 34, 1, p. 71-75 5 p.

A Kinematic Comparison of Running On Treadmill And Overground Surfaces
MOK, K.-M., LEE, J.W.-Y., CHUNG, M.M.-L. & HONG, Y., 24 Sept 2009, *27 International Conference on Biomechanics in Sports 2009*. International Society of Biomechanics in Sports, 4 p.

Understanding acute ankle ligamentous sprain injury in sports
FONG, D. T., CHAN, Y.-Y., MOK, K. M., YUNG, P. S. & CHAN, K.-M., 30 Jul 2009, In: BMC Sports Science, Medicine and Rehabilitation. 1, 14 p., 1.

Activities

Prevention is better than cure : Injury prevention from the Biomechanics Perspective

MOK, K. M. (Speaker)
14 Dec 2024

香港運動醫學與人工智慧結合之現況

MOK, K. M. (Speaker)
9 Nov 2024

應對三高的運動建議與好處

莫鑑明 (Speaker)
12 Oct 2024

AI Technology in Sports Coaching and Physical Performance

MOK, K.-M. (Keynote speaker)
21 Jun 2024

The Impact of AI on Sports Performance Analysis and Coaching

MOK, K. M. (Speaker)
27 Apr 2024

Sports Injury Prevention – Where we are & where we go?

MOK, K. M. (Speaker)
1 Sept 2022

上帝之手決戰VAR #2

MOK, K. M. (Speaker)
21 Aug 2022

Can sports performance be improved by sports injury prevention programme? = 預防運動創傷訓練也可以提升運動表現嗎?

MOK, K. M. (Speaker)
20 Aug 2022

防跌大本營

莫鑑明 (Speaker)

22 Aug 2021

Sports Biomechanics (Journal)
MOK, K. M. (Associate Editor)
1 Jan 2021 → ...

Press/Media

"Senior Speed Stack" Introduces Emerging Sport Stacking to Help Reduce Cognitive Decline in the Elderly
MOK, K. M.
11/08/25
1 item of Media coverage

"Senior Speed Stack" Introduces Emerging Sport Stacking to Help Reduce Cognitive Decline in the Elderly
MOK, K. M.
11/08/25
1 item of Media coverage

"Senior Speed Stack" Introduces Emerging Sport Stacking to Help Reduce Cognitive Decline in the Elderly
MOK, K. M.
11/08/25
1 item of Media coverage

"Senior Speed Stack" Introduces Emerging Sport Stacking to Help Reduce Cognitive Decline in the Elderly
MOK, K. M.
11/08/25
1 item of Media coverage

"Senior Speed Stack" Introduces Emerging Sport Stacking to Help Reduce Cognitive Decline in the Elderly
MOK, K. M.
11/08/25
1 item of Media coverage

"Senior Speed Stack" Introduces Emerging Sport Stacking to Help Reduce Cognitive Decline in the Elderly
MOK, K. M.
11/08/25
1 item of Media coverage

"Senior Speed Stack" Introduces Emerging Sport Stacking to Help Reduce Cognitive Decline in the Elderly
MOK, K. M.
11/08/25
1 item of Media coverage

"Senior Speed Stack" Introduces Emerging Sport Stacking to Help Reduce Cognitive Decline in the Elderly
MOK, K. M.
11/08/25
1 item of Media coverage

中國香港運動醫學及科學學會 | 疊杯運動助長者加倍「腦」力 Prof Mok's Introduction of emerging sport stacking to help reduce cognitive decline in the elderly
MOK, K. M.
7/11/25
1 Media contribution

健康推廣由自己做起
MOK, K. M.

26/07/21
1 Media contribution

「疊出耆跡」引入新興疊杯運動 助減長者腦退化
MOK, K. M.
11/08/25
1 item of Media coverage

「疊出耆跡」引入新興疊杯運動 助減長者腦退化
MOK, K. M.
11/08/25
1 item of Media coverage

「疊出耆跡」引入新興疊杯運動 助減長者腦退化
MOK, K. M.
11/08/25
1 item of Media coverage

「疊出耆跡」引入新興疊杯運動 助減長者腦退化
MOK, K. M.
11/08/25
1 item of Media coverage

「超慢跑」的城市新運動 On slow jogging
MOK, K. M.
4/08/26
1 item of Media coverage

運動科研的發展和展望
MOK, K. M.
1/03/21
1 Media contribution

運動都可以轉行？ Opportunities for athletes pursuing different career paths
MOK, K. M.
30/04/25
1 Media contribution

【香港運動醫學及科學學會】透過體育活動 建立正向心理 How sports enhance positive psychology
MOK, K. M.
6/06/22
1 Media contribution

點止行街咁簡單 School of Interdisciplinary Studies promotes integrating exercise into daily life through walking programme
MOK, K. M.
21/08/24
1 item of Media coverage

龍騰虎躍·建立健康人生 Dr Mok Kam-ming's commentary on the benefits of exercising
MOK, K. M.
21/02/24
1 item of Media coverage

Projects

Impact measurement on the different community rowing programme in Hong Kong

MOK, K. M. (PI), CHEN, X. (CoPI), FONG, J. (CoI) & CHENG, H. Y. C. (CoI)

Hong Kong, China Rowing Association

1/04/26 → 31/03/29

Impact Measurement on the Different Community Tennis Programmes in Hong Kong

MOK, K. M. (PI)

Hong Kong, China Tennis Association

1/10/25 → 30/09/28

(Non-LU) Balance Bike: An Evidenced Solution for Better Postural Stability and Control in Children

CHOW, C. C. (PI), MOK, K. M. (CoI) & SUN, F. (CoI)

1/01/24 → 31/12/26

(Non-LU) Effect of Combined Music and Taekwondo Training on the Psychological and Physical Function of Children with Autism Spectrum Disorder: A Randomized Controlled Trial

YU, C. C. W. (PI), CHAN, D. F. Y. (CoI), MOK, K. M. (CoI) & WONG, S. W. L. (CoI)

1/11/23 → 30/04/26