

From Impact Assessment to Impactful Research: A Learn-to-Swim Investigation

Centre for Educational Psychology and Early Childhood Education (CEPECE),
Faculty of Education

Date & Time: 16 October 2025 (Thursday); 14:00-15:30

Venue: E33-2036, Faculty of Education

Language: English

Registration: Online Registration (<https://go.um.edu.mo/zejhbxq4> or )

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Speaker:

Prof. King Chung Derwin CHAN is a health psychologist with diverse research interests in the areas of applied social psychology, child health, behavioural medicine, and sport and exercise psychology. He is a professor in the School of Arts and Social Sciences in Hong Kong Metropolitan University. He is a Chartered Psychologist and a Fellow of the British Psychological Society, and a Chartered Scientist with the British Science Council. Prof. Chan has over 130 publications of peer-reviewed articles related to the psychology of health, sport and exercise, and behavioural medicine. His research primarily focuses on psychosocial, motivational, and social cognitive processes underpinning individuals' behaviours (e.g., avoidance of unintentional doping, physical activity, healthy diets, safety, and disease prevention). Prof. Chan has been recognised as the leading expert who provides scientific evaluations on the impact/ effectiveness of large-scale community health programmes. In addition to being a member of the WADA Expert Advisory Group of Social Science Research, and a founding member of WADA taskforce of unintentional doping, he is also the Editor-in-Chief of *Stress and Health*, Advisory Editor of *Social Science & Medicine*, and editorial board member of six other scholarly journals.

Abstract:

Social and behavioral scientists often evaluate community health initiatives, yet the potential of these impact assessments to drive scientific discovery remains underexplored. In this seminar, Prof. Chan will present findings from a landmark evaluation of the largest learn-to-swim program in Hong Kong, supported by the Hong Kong Jockey Club Charities Trust. Implemented between 2016 and 2018, the program delivered 20 swimming lessons to 16,500 primary school students. Prof. Chan led a pre-post-test quasi-experiment with 1,609 participants, followed by a six-year longitudinal study in 2023 with 346 of these children, assessing long-term behavioral and psychological outcomes. The analysis not only confirmed the program's effectiveness but also uncovered novel insights into sports competence, psychological motivators, and cultural factors influencing sustained participation—findings with potential relevance to Macau's own community health or sports promotion strategies. These results spark new hypotheses about how environmental and social contexts shape children's engagement in sports activities, enriching behavioral science research. This seminar demonstrates how impact assessments can evolve into a dynamic platform for generating actionable insights and advancing global understanding of health behaviors in diverse settings.