

Heather H M KWOK  
Lecturer I, Prog Director, BSocSc (Hons) in Sport, Recreation Leadership  
School of Continuing Education  
Email: heatherk@hkbu.edu.hk



## Chinese Name

郭禧雯

## Research outputs

### **Notational Analysis of Fighting Tactics in Taekwondo Athletes with Three Levels of Expertise**

Kwok, H. H. M. & Cheung, S., 20 Apr 2023, *Advances and Lessons in Sports*. Fernández-Calienes, R. & Gringarten, H. (eds.). 1st ed. Newcastle upon Tyne: Cambridge Scholars Publishing, p. 243-258 16 p.

### **Measurement of burnout during the prolonged pandemic in the Chinese zero-COVID context: COVID-19 burnout views scale**

Lau, S. S. S., Ho, C. C. Y., Pang, R. C. K., Su, S., Kwok, H., Fung, S. F. & Ho, R. C., 10 Nov 2022, In: *Frontiers in Public Health*. 10, 1039450.

### **COVID-19 Burnout Subject to the Dynamic Zero-COVID Policy in Hong Kong: Development and Psychometric Evaluation of the COVID-19 Burnout Frequency Scale**

Lau, S. S. S., Ho, C. C. Y., Pang, R. C. K., Su, S., Kwok, H., Fung, S. & Ho, R. C., 2 Jul 2022, In: *Sustainability*. 14, 14, 8235.

### **Effectiveness of an adapted physical activity intervention for weight management in adolescents with intellectual disability: A randomized controlled trial**

Yu, S., Gao, Y., Wang, A., Sun, Y., Wang, J., Kwok, H. H. M., Wu, S., Lam, C. K., Tao, E. D., Jiao, J. J., Fong, S. S. M., Xie, Y., Zhang, D. & Baker, J. S., May 2022, In: *Pediatric obesity*. 17, 5, e12882.

### **Notational Analysis of Fighting Tactics in Taekwondo Athletes with Three Levels of Expertise**

Kwok, H. H. M. & Cheung, S. Y., Mar 2021, In: *Journal of Multidisciplinary Research*. 13, 1, p. 59-69 11 p.

### **Physical-activity-related injuries and risk factors among secondary school students in Hong Kong**

Cai, W., Sun, Y., Peng, K., Kwok, H. H. M., Lei, L., Wu, S., Lam, C. K., Li, L. & Gao, Y., 1 Feb 2020, In: *International Journal of Environmental Research and Public Health*. 17, 3, 11 p., 747.

### **Physical activity-related injuries among university students: A multicentre cross-sectional study in China**

Gao, Y., Cai, W., Gao, L., Wang, J., Liang, J., KWOK, H. H. M., Jia, C. & Li, L., Sept 2018, In: *BMJ Open*. 8, 9, e021845.

### **Children with Intellectual Disability Are Vulnerable to Overweight and Obesity: A Cross-Sectional Study among Chinese Children**

Wang, J., Gao, Y., Kwok, H. H. M., Huang, W. Y. J., Li, S. & Li, L., Jul 2018, In: *Childhood Obesity*. 14, 5, p. 316-326 11 p.

### **Perceptions Regarding the Implementation of E-Portfolio for Students in Sport and Recreation Internship Placements**

Cheung, S. Y., Kwok, H. H. M. & Choi, P. H. N., 1 Apr 2017, *E-Portfolios in Higher Education: A Multidisciplinary Approach*. Chaudhuri, T. & Cabau, B. (eds.). 1st ed. Springer Singapore, p. 131-139 9 p.

### **Discrepancies in fighting strategies between Taekwondo medalists and non-medalists**

KWOK, H. H. M., 2012, In: *Journal of Human Sport and Exercise*. 7, 4, p. 806-814 9 p.

## Grants

## Projects

**Effectiveness of Traditional and Modern Taekwondo Training on Behavioural, Physical and Motor Skills Development among Children with Autism Spectrum Disorder**

KWOK, H. H. M., BAKER, J., GAO, Y. & Zhang, D.

1/01/22 → 31/12/23

**Prevalence and correlates of sleep problems among Chinese young adults**

POON, P. Y. F., HO, C. C. Y., KWOK, H. H. M., Cho, C. & Lam, L. H.

6/11/23 → 14/01/25

**Prevalence of stress, anxiety, depression and hypertension among university teachers in Hong Kong during COVID-19 pandemic**

HO, C. C. Y., Chow, C., GAO, Y., LAU, S. S. S., WONG, A. K. Y., POON, P. Y. F. & KWOK, H. H. M.

1/05/22 → 30/06/24