

**FINAL
ANNOUNCEMENT**



Malaysian Association
of Sports Medicine (MASM)

2nd ASEAN SPORTS MEDICINE CONFERENCE 2018

24 - 25 MARCH 2018 | HOTEL ISTANA, KUALA LUMPUR

Building A Healthier Nation Through Sports

Affiliated to



International Federation of
Sports Medicine



Asian Federation of
Sports Medicine

Co-organised by



Japan Sports
Council



Ministry of Health
Malaysia



National Sports Institute
of Malaysia (ISN)



Sports Medicine Unit, Faculty of
Medicine, University of Malaya



Faculty of Sports
Science & Recreation

**“38 speakers from 13 countries
(ASEAN and others) have
confirmed speaking in
4 plenary lectures, 8 symposia
and 3 workshops of the
Conference!”**

Greetings from the 2nd ASMC Organising Committee!

We would like to take this opportunity to welcome you to the 2nd ASEAN Sports Medicine Conference (ASMC), on 24 – 25 March of 2018 at Kuala Lumpur, Malaysia. This International Conference, with the theme “Building a Healthier Nation Through Sports” aims to bring together Sports Medicine and Sports Science professionals as well as the students, for sharing and discussion of the latest scientific knowledge, new ideas and practical experiences in sports.

Dr Chan Kin Yuen
Chairman
Organising Committee
2nd ASMC

WHO SHOULD ATTEND

Doctors with
interest in sports,
sports scientists,
physiotherapists, sport
nutritionists/dietitians,
sports psychologists,
trainers & coaching
fraternity, as well as the
sports industry.

CONFERENCE PROGRAMME AT A GLANCE

Time	Sat, 24 March 2018				Sun, 25 March 2018					
0730-0800	Registration/ Trade Exhibition / Poster Viewing				Registration/ Trade Exhibition / Poster Viewing					
0800-0830	PLENARY LECTURE 1 <i>Translating Research to Practice in Sports</i>				PLENARY LECTURE 3 <i>Urban Evolution: Exercise is Medicine</i>					
0830-0900	PLENARY LECTURE 2 <i>Medical Emergency in Sports: 1st Responder</i>				PLENARY LECTURE 4 <i>Technology and Innovation in Sports, Health and Wellbeing</i>					
0900-0930	PRESIDENTIAL GUEST LECTURE				KEYNOTE ADDRESS <i>Regional Partnership & Collaboration: Advancing Sports Medicine and Exercise Science in Asia</i>					
0930-1000	OPENING CEREMONY				COFFEE BREAK / TRADE EXHIBITION / POSTER VIEWING					
1000-1030	COFFEE BREAK/ TRADE EXHIBITION / POSTER VIEWING				SYMPOSIUM 5 <i>New Technologies in Sports and Health</i>		SYMPOSIUM 6 <i>Sports Injuries & Rehabilitation - Recent Advances and Controversies</i>		SYMPOSIUM 7 <i>Nutrition in Sports Performance</i>	
1030-1230	SYMPOSIUM 1 <i>Athlete's Care: Prevention, Treatment & Return to Sport</i>	SYMPOSIUM 2 <i>Neural Control & Biomechanics of Movement</i>	SYMPOSIUM 3 <i>Exercise for Health and Wellbeing</i>							
1230-1400	LUNCH / TRADE EXHIBITION / POSTER VIEWING ASEAN SPORTS MEDICINE SOCIETY MEETING (by invitation only)				LUNCH / TRADE EXHIBITION / POSTER VIEWING					
1400-1700	WORKSHOP 1 <i>Musculoskeletal Ultrasound: Lower Limbs</i>	WORKSHOP 2 <i>Functional Sports Rehabilitation: Lower limbs</i>	WORKSHOP 3 <i>1st Sports Responder Course</i>	SYMPOSIUM 4 <i>Training & Adaptation to Exercise & Sports</i>	WORKSHOP 1 <i>Musculoskeletal Ultrasound: Upper Limbs</i>	WORKSHOP 2 <i>Functional Sports Rehabilitation: Upper limbs</i>	WORKSHOP 3 <i>1st Sports Responder Course</i>	SYMPOSIUM 8 <i>Psychology in Sports and Health</i>		
1700-1730	TAN SRI DR HJ ABDUL MAJID ISMAIL YOUNG RESEARCHER PRESENTATION				PRIZE PRESENTATION & CLOSING CEREMONY					
1730-1800	COFFEE BREAK / TRADE EXHIBITION / POSTER VIEWING				COFFEE BREAK / PHOTO SESSION					
1800-1930	MASM BIENNIAL GENERAL MEETING (Members only)									
2000-2300	DINNER (by invitation only)									

Keynote Address

Regional Partnership and Collaboration: Advancing Sports Medicine and Science in Asia

Prof Yung Shu-Hang Patrick

President, Asian Federation of Sports Medicine

Presidential Guest Lecture

Dr Chan Kin Yuen

President, Malaysian Association of Sports Medicine

Plenary

Plenary Lecture 1 Translating Research to Practice in Sports
Dr Mohd Khairi Zawi (Chief Executive Officer, National Sports Institute of Malaysia)

Plenary Lecture 2 Medical Emergency in Sports: First Responder
Mr Michael Kenihan (Past President, Sports Medicine Australia)

Plenary Lecture 3 Urban Evolution: Exercise is Medicine
Dr Ivy Lim (President, Sports Medicine Association Singapore)

Plenary Lecture 4 Technology and Innovation in Sports, Health and Wellbeing
Prof Dr Heiko Van Vliet (University of Lausanne, Switzerland)

ABOUT THE CONFERENCE

The 2nd ASMC 2018 in Kuala Lumpur will have an outstanding program of great interests for doctors with interest in sports, sports scientists, physiotherapists, sport nutritionists/dietitians, sports psychologists, trainers & coaching fraternity in areas of musculoskeletal interventional imaging, biomechanics and human control of movement, nutrition, psychology, electronic technologies in sports, training methods and three workshops namely Musculoskeletal Ultrasound, Functional Rehabilitation P.A.S.S.-Pain, Alignment, Stability, Strength and Sports Responder Course. The conference provides a great opportunity to network professionally and socially with peers and global leaders in sports medicine and exercise science. Looking forward to seeing you here in Kuala Lumpur!

REGISTRATION FEES

Fee Category	MASM Member	Non MASM Member & ASEAN Countries	Other Countries	Student	
				Malaysia	Others
Early Bird (till 21 st February)	RM 950	RM 1200	USD 500	RM 550	USD 300
Normal Fee	RM 1300	RM 1500	USD 700	RM 650	USD 400
On-site Fees	RM 1500	RM 1800	USD 900	RM 800	USD 500



- All MASM members (except life members) must have paid up annual membership fees, including that for 2018, to be eligible for member's rate.
- If you are unable to attend, a replacement participant is allowed at no extra cost provided written notice is given prior to the conference.

HOW TO REGISTER?

Complete and submit the online registration form here
<http://www.malaysiansportsmed.org/Conf/ASMC2018/registration.php>

Contact us for further assistance on conference

event@malaysiansportsmed.org
secretary@malaysiansportsmed.org
president@malaysiansportsmed.org

HOW TO SUBMIT ABSTRACT?

Please submit your abstract here
<http://www.malaysiansportsmed.org/Conf/ASMC2018/callForAbstracts.php>

YOUNG RESEARCHER AWARD COMPETITION

**Tan Sri Dato' Seri Dr
Haji Abdul Masjid Ismail**
Young Researchers' Award (YRA)
Competition

Two Categories of Award:
Oral and Poster presentataion

Prize:
Oral Presentation: RM 300
Poster Presentation: Rm 100
Complimentary Conference Registration.

Further detail:
http://www.malaysiansportsmed.org/Conf/ASMC2018/downloads/Tan_Sri_Dr_Haji_Abdul_Masjid_Ismail_Young_Researchers_Award.pdf

SYMPOSIA TOPICS & SPEAKERS

Athlete's Care: Prevention, Treatment and Return to Sport

Symposium 1

1. **Dato' Dr Gurcharan Singh** (AFC Medical Committee and FIFA Medical Committee Malaysia)
Anti-doping and Athlete's Care
2. **Dr Mya Lay Sein** (Director (Rtd) Sport Medicine Department, Myanmar)
Supraspinatus Tendinosis in Elite Swimmers

Neural Control and Biomechanic of Movement

Symposium 2

1. **Dr Hiroki Ozaki** (Japan Institute of Sports Science)
The Role of Sports Biomechanics to Achieve Performance Enhancement in High Performance Sports
2. **Dr Saju Joseph** (National Sports Institute of Malaysia)
sEMG in Understanding Mechanics of Sports Techniques and Minimizing Risk Injuries
3. **Dr Victor Selvarajah Selvanayagam** (University of Malaya, Malaysia)
Corticospinal Adaptation to High Force Contractions
4. **Dr Hosni Hasan** (Universiti Teknologi MARA, Malaysia)
Effects of Textured and Compression Materials on Movement Capabilities in Different Populations

Exercise for Health and Wellbeing

Symposium 3

1. **Dr Alongkone Phengsavanh** (Lao PDR)
Physical Activity & NCD in Laos
2. **Prof Rabindarjeet Singh** (Asian Institute of Medical, Science and Technology, Malaysia)
Can High-Intensity Interval Training be An Effective Intervention for Non-Communicable Diseases
3. **Dr Hashbullah Ismail** (Universiti Teknologi MARA, Malaysia)
Exercise Training Program Characteristic and Magnitude of Change in Functional Capacity of Heart Failure Patients

Training & Adaptation to Exercise & Sports

Symposium 4

1. **Dr Mariko Nakamura** (Japan Institute of Sports Science)
Elite Sports Conditioning
2. **Assoc Prof Dr Nur Ikhwan Mohamad** (Universiti Pendidikan Sultan Idris, Malaysia)
Kinematics, Kinetics and Metabolic Responses for Performance Monitoring in Strength and Conditioning
3. **Assoc Prof Dr Ahmad Munir Che Muhamed** (Universiti Sains Malaysia)
Human Heat Adaptations: Implication on Exercise Performance

New Technologies in Sports and Health

Symposium 5

1. **Dr Tanaka Shigeho** (National Institutes of Biomedical Innovation, Health and Nutrition, Japan)
Importance of Self-monitoring of Physical Activity and Other Health Conditions
2. **Prof Dato' Dr Shamala K Subramaniam** (Universiti Putra Malaysia)
Evolution of Information Technology in Sport

Sports Injuries & Rehabilitation - Recent Advances and Controversies

Symposium 6

1. **Dr Kohei Nakajima** (Japan Institute of Sports Science)
New Approach for RTP: Japan's Experience
2. **Dr Jose Canlas** (Philippines)
PRP vs Stem Cells in Sports Injuries

3. **Dato' Dr Ramlan Abdul Aziz** (Malaysia)
Integrated Approach in Sports Injury Management
4. **YM Dr Raja Mohammed Firhad Raja Azidin** (Universiti Teknologi MARA, Malaysia)
Changes in Markers of ACL injury Risk During Fatigue: A Biomechanic and Isokinetic Investigation with Rehabilitation Implications
5. **Assoc Prof Dr Mohamad Shariff Abdul Hamid** (University of Malaya, Malaysia)
PRP RCT: Study Protocol

Nutrition in Sports Performance

Symposium 7

1. **Assoc Prof Dr Rungchai Chaunchaiyakul** (Mahidol University, Thailand)
Electrolyte Drink on Subsequent Performance
2. **Dr Kazuyoshi Takeda** (Yakult - Sponsored Speaker)
Title - TBC
3. **Dr Junaidi Hamid** (Jakarta Sports Medicine Association, Indonesia)
Nutritional Supplements and Doping
4. **Assoc Prof Dr Hazizi Abu Saad** (Universiti Putra Malaysia)
Effects of Resistance Band Training and Protein Supplementation Intervention on Health-related Fitness among Adult

Psychology in Sports and Health

Symposium 8

1. **Dr Lim Boon Hooi** (University of Malaya, Malaysia)
Psychological Responses of Injured Athletes and Relaxation Techniques
2. **Mr Philip Lew** (National Sports Institute of Malaysia)
DR ABCDE: The Application of Psychology in Sports, Health and Rehabilitation
3. **Dr Balbir Singh** (National Coaching Academy of Malaysia)
Psychosocial Intervention Strategies to Enhance Injury Prevention and Rehabilitation Programs
4. **Dr Garry Kuan Pei Ern** (Universiti Sains Malaysia)
The Power of Music: A Holistic and Innovative Method in Integrating Music into Health and Medicine

WORKSHOPS

Musculoskeletal Ultrasound Workshop: Upper and Lower Limbs

Workshops 1

1. **Prof Dr John George** (Department of Biomedical Imaging, University Malaya Medical Centre, Malaysia)
2. **Assoc Prof Dr Faizatul Izza binti Rozalli** (Department of Biomedical Imaging, University Malaya Medical Centre, Malaysia)
3. **Dr Maizatul Jamny Mahmood** (Department of Radiology, Hospital Kuala Lumpur, Malaysia)
4. **Dr Samihah binti Abdul Karim** (Department of Sports Medicine, University Malaya Medical Centre, Malaysia)

Functional Sports Rehabilitation: Upper and Lower Limbs

Workshops 2

Prof Dr Heiko Van Vliet (University of Lausanne, Switzerland)

1st Sports Responder Course

Workshops 3

Mr Michael Kenihan (in Collaboration with Sports Medicine Australia)
Dr Warren McDonald (in Collaboration with Sports Medicine Australia)



The Conference will be held at Hotel Istana Kuala Lumpur City Centre (www.hotelistana.com.my). Special room rates have been arranged for the conference participants from 24 – 25 March 2018 at Hotel Istana. Kindly download and complete the booking form available at the 2nd ASMC Conference website: <https://www.malaysiansportsmed.org/Conf/ASMC2018>

Alternatively, below are several hotels nearby the conference venue for your selection:

- Holiday Inn Express City Center
- ParkRoyal Serviced Suites Kuala Lumpur
- Hotel Royal Kuala Lumpur
- Metro 360 Hotel Kuala Lumpur
- Grand Millennium Kuala Lumpur Hotel

QUICK INFO ABOUT MALAYSIA

Time Zone: Kuala Lumpur operates on Greenwich Mean Time (GMT) + 8 hours.

Currency: The official currency is the Malaysian Ringgit (currency code: MYR) which comes in notes and coins. Major currencies can be exchanged at most hotels, banks and licensed money changers.

Language: The national and official language of Malaysia is Bahasa Malaysia (Malay) while English is widely spoken. The main languages spoken in KL are English and Bahasa Malaysia (Malay).

Climate: Malaysia enjoys a tropical climate with warm weather all year round. The average temperature ranges from 25°C to 35°C.

Entry Requirements/Visa/Passport: To enter Malaysia, visitors must have a national passport or other internationally recognized travel documents with a validity period of at least six months beyond the intended period of visit in Malaysia. Most nationalities do not require visas for social or business visits. You may check the status or look for immigrations and visa requirements information on the Immigration Department website www.imi.gov.my.

For more information, please visit:

Visit KL <http://www.visitkl.gov.my>

Kuala Lumpur – Malaysia – Kuala Lumpur Travel Guide <http://www.kuala-lumpur.ws/>

Tourism Malaysia <http://www.tourism.gov.my/>

We look forward to seeing you in Kuala Lumpur!



ABOUT MASM

Malaysian Association of Sports Medicine (MASM) plays an active role in educating professionals and members of the general public about safe participation in sports, recreation and physical activity to create a healthy population. MASM aims to provide support and education to athletes and individuals aspiring to undertake regular physical activity at all levels. At community level, MASM encourages recreational and physical activity as well as educating its members about healthy lifestyle choices with the aim of inculcating good health and good quality of life through proper research, education and fitness programmes. MASM are affiliated with FIMS (International Federation of Sports Medicine) and AFSM (Asian Federation of Sports Medicine).