

# PROGRAMME AT A GLANCE

Day 1 (GMT + 8.00)

Time	Day 1 ( 11 <sup>th</sup> of September, 2021)
0830 – 0900	Delegates Login
0900 – 0925	<p style="text-align: center;"><b>Presidential Lecture:</b> Chairperson: Dr. Chan Kin Yuen Sailing Through Pandemic: Challenges &amp; Strategies - <b>Assoc. Prof. Dr. Abdul Halim Mokhtar (Malaysia)</b></p>
0925 – 0950	<p style="text-align: center;"><b>Plenary Lecture:</b> Chairperson: Dr. Chan Kin Yuen On-field Resuscitation during COVID-19 Pandemic - <b>Dr. Andrew Jowett (Australia)</b></p>
0950 – 1000	Infomercial Break
1000 – 1030	<p style="text-align: center;"><b>Opening Ceremony</b></p>
1030 – 1210	<p style="text-align: center;"><b>Symposium 1: Sports Injuries &amp; Rehabilitation</b> Chairperson: 1. Assoc. Prof. Dr. Mohamad Shariff A Hamid (Malaysia) 2. Prof. Dr. K. A. Thiagarajan (India)</p> <ol style="list-style-type: none"> <li>1030 – 1055: S1-01 - Exercise is Medicine - <b>Adj. Assoc. Prof. Dr. Benedict Tan (Singapore)</b></li> <li>1055 – 1120: S1-02 - Post ACLR: Improving Loading Symmetry &amp; Neuromuscular Training for Safe Return To Sports - <b>Prof. Dr. Andrea Macaluso (Italy)</b></li> <li>1120 – 1145: S1-03 - Basic MSK Ultrasound - Upper Limb - <b>Dr. Dinesh Sirisena (Singapore)</b></li> <li>1145 – 1210: S1-04 - Basic MSK Ultrasound - Lower Limb - <b>Prof. Dr. John George (Malaysia)</b></li> </ol>
1210 – 1335	<p style="text-align: center;"><b>Free communication 1: Sports Medicine &amp; Sports Rehabilitation</b> Chairperson: 1. Assoc. Prof. Dr. Zulkarnain Jaafar (Malaysia) 2. Dr. Dinesh Sirisena (Singapore)</p> <ol style="list-style-type: none"> <li>1210 – 1218: FC1-01 - Practitioners' Knowledge, Attitude and Practice of the FIFA 11+ Injury Prevention - <b>Muhammad Hamdan (Malaysia)</b></li> <li>1218 – 1226: FC1-02 - Correlation of High-Sensitivity C-Reactive Protein (hs-CRP) with Cardiovascular Risk Factors in Professional Footballers - <b>Dr. Alston Choong (Malaysia)</b></li> <li>1226 – 1234: FC1-03 - Effect of Dynamic and Proprioceptive Neuromuscular Facilitation Stretching on Selected Flexibility and Muscular Endurance Variables in Volleyball Players - <b>Mohd. Syrinaz Ali (Malaysia)</b></li> <li>1234 – 1242: FC1-04 - Sports Dental Injury Through the Eye of National Contact Sports Athletes - <b>Izzati Mohd Shahrudin (Malaysia)</b></li> <li>1242 – 1250: FC1-05 - The Impact of Aquatic Exercise Program with Weighted Vest on Postural Stability and Fall Risk Among Middle-aged Women - <b>Amir Hossein Barati (Iran)</b></li> <li>1250 – 1258: FC1-06 - The Impact of Combination of Core Stabilization Exercise and Walking on Pain Perception and Low Back Pain Disability - <b>Dr. Fariba Hossein Abadi (Malaysia)</b></li> <li>1258 – 1318: FC1-07 - "Le Menu à La Carte" in Anterior Cruciate Ligament Injuries in Female Athlete - <b>Invited Speaker: Dr. Malini Karupiah (Malaysia)</b></li> </ol> <p>1318 – 1335: Q &amp; A for all oral presenters &amp; speaker</p>
1335 – 1400	Lunch Break/ Poster Viewing/ Exhibition Booth/ Networking Lounge
1400 – 1415	Infomercial Break
1415 – 1445	<p style="text-align: center;"><b>Keynote Lecture:</b> Chairperson: Assoc. Prof. Dr. Abdul Halim Mokhtar (Malaysia) COVID-19 Pandemic and Practice of Sports Science &amp; Medicine 2021 - <b>Dr. Michel D'Hooghe (Belgium) (Fédération Internationale de Football Association)</b></p>
1445 – 1715	<p style="text-align: center;"><b>Symposium 2: Sports Medicine &amp; COVID-19</b> Chairperson: 1. Dr. Chan Kin Yuen (Malaysia) 2. Prof. Dr. Patrick Yung Shu-hang (Hong Kong)</p> <ol style="list-style-type: none"> <li>1445 – 1510: S2-01 - Organisation of Sports Medical Coverage during COVID-19 - <b>Dr. Abdul Wahab Al Musleh (Qatar)</b></li> <li>1510 – 1535: S2-02 - Return-To-Play after COVID-19 Infection - <b>Dr. Cristiano Eirale (France)</b></li> <li>1535 – 1600: S2-03 - COVID-19 &amp; The Athlete's Heart - <b>Prof. Dr. Tim Meyer (Germany)</b></li> <li>1600 – 1625: S2-04 - Sports and Immunity - <b>Prof. Dr. Karsten Krüger (Germany)</b></li> <li>1625 – 1650: S2-05 - COVID-19 Vaccination, Variants &amp; Sports Participation - <b>Assoc. Prof. Dr. Toshibumi Taniguchi (Japan)</b></li> <li>1650 – 1715: S2-06 - Physical Activity Amidst COVID-19 Pandemic: Is It Important? - <b>Dr. Alston Choong (Malaysia)</b></li> </ol>
1715 – 1720	Infomercial Break
1720 – 1820	<p style="text-align: center;"><b>Young Researcher Award (YRA) Oral Presentation</b> Chairperson: Dr. Malini Karupiah (Malaysia) Judges: 1. Prof. Jolly Roy (India) 2. Assoc. Prof. Dr. Rungchai Chaunchiyakul (Thailand) 3. Dr. Denise Koh (Malaysia)</p> <ol style="list-style-type: none"> <li>1720 – 1730: YRA-01 - The Effects of Short Duration High-Intensity Soccer-Specific Simulation (SFS5) on Sprinting Kinematics Markers of Hamstring Injury Risk in Elite U19 Soccer Players - <b>Mohamad Azraie Mohd Faozi (Malaysia)</b></li> <li>1730 – 1740: YRA-02 - The Effects of Four Weeks Hip- and Ankle-Focused Exercise Intervention on Lower Limb Mechanics During Single Leg Squat Among Physically Active Females - <b>Farhah Nadiyah Aiman Sahabuddin (Malaysia)</b></li> <li>1740 – 1750: YRA-03 - Acute Watermelon-based Energy Drink Ingestion Improves Time to Exhaustion During High-Intensity Cycling Exercise in Male Collegiate Athletes: A Pilot Study - <b>Rohit Chaudhary (Malaysia)</b></li> <li>1750 – 1800: YRA-04 - Effects of Acute High-Intensity Intermittent Training (HIIT) on Gastrointestinal Permeability Following Ibuprofen or Placebo Ingestion - <b>Norhafizah Hamzah (Malaysia)</b></li> <li>1800 – 1810: YRA-05 - Relationships Between Core Stability Assessments Among Healthy Adults - <b>Ebby Waqqash Mohamad Chan (Malaysia)</b></li> <li>1810 – 1820: YRA-06 - Musculoskeletal Disorders and Its Association with Physical Activity and Physical Fitness Among Hospital Nurses - <b>Faiz Baharudin (Malaysia)</b></li> </ol>
1820 – 1830	Break/ Poster Viewing/ Exhibition Booth/ Networking Lounge
1830 – 2000	<p style="text-align: center;"><b>4<sup>th</sup> ASEAN Sports Medicine Network Meeting</b> ASEAN Countries' Sports Medicine Society: The Way Forward</p>
2000	End of Day 1 - See you tomorrow!

\*Programme and speakers are subject to change without prior notice