

The 9th International Conference on Movement, Health and Exercise (MoHE)

17th to 19th October 2023

Conference Programme

Tuesday, 17th October 2023

Tuesday, 17 th October 2023	
Time	
08:00 – 08:45	Registration Foyer of Rafflesia Grand Ballroom
08:45 – 09:00	Rafflesia Grand Ballroom Welcoming Speech Professor Dr. D Maryama Ag. Daud Head, Health through Exercise and Active Living (HEAL) Research Unit, Universiti Malaysia Sabah, Malaysia
09:00 - 10:00	Rafflesia Grand Ballroom Keynote Lecture: What Your Body Type Reveals About Your Health Professor Dr. Hans de Ridder, <i>North-West University, South Africa</i> <i>Moderator: Datin Seri Dr Sarina Md Yusof</i>
10:00 - 10:30	Nutritional Morning Break
10.30 - 11:30	Rafflesia Grand Ballroom Keynote Lecture: Training your brain - Can physical activity improve cognitive health? Professor Dr. Jeremiah Peiffer, <i>Murdoch University, Australia</i> <i>Moderator: Assoc Prof Dr Kok Lian Yee</i>
11.30 – 12:00	Rafflesia Grand Ballroom Invited Lecture: Bridging the gap between Health Care and Fitness Associate Professor Dr. Malehah Mohd Noh, <i>Universiti Malaysia Sabah, Malaysia</i> <i>Moderator: Dr Kistina Mohamed</i>

12.00 – 13:30	Oral Presentations
	<p style="text-align: center;">Rafflesia Grand Ballroom Theme: Exercise Science I <i>Moderator: Assoc Prof Dr Raja Mohammed Firhad Raja Azidin</i></p> <p>Paper ID: MO02 Title: COMPARING THE EFFECTS OF MORNING AND EVENING EXERCISE ON CARDIOVASCULAR REACTIVITY IN RESPONSE TO ACUTE STRESS - Chen Wei Joo, <i>Universiti Kebangsaan Malaysia</i></p> <p>Paper ID: MO04 Title: IDENTIFYING THE PREVALENCE OF RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S) AMONG NATIONAL ATHLETES IN MALAYSIA - Nor Aini Jamil @ A. Wahab, <i>Universiti Kebangsaan Malaysia</i></p> <p>Paper ID: MO14 Title: IMPACT OF SITUATIONAL TRAINING APPROACH ON THE TECHNICAL PERFORMANCE OF JUNIOR TENNIS PLAYERS – Mohamad Rahizam Abdul Rahim, <i>Universiti Teknologi MARA</i></p> <p>Paper ID: MO16 Title: THE CONSTRUCTION AND APPLICATION OF SPORTS LITERACY TO COLLEGE PHYSICAL AEROBICS TEACHING – Wang Yang, <i>Universiti Teknologi Malaysia</i></p> <p>Paper ID: MO21 Title: MANIPULATING EXERCISE INTENSITY AND HYPOXIC EXPOSURE ON MUSCLE OXYGENATION RESPONSES DURING RUNNING – Yeap Ming Wei, <i>National Sports Institute of Malaysia</i></p> <p>Paper ID: MO22 Title: COMBINED EFFECTS OF EXERCISE AND DIFFERENT LEVELS OF ACUTE HYPOXIC ON GLUCOSE REGULATION IN ADULTS WITH OVERWEIGHT – Chris Chow Li Tee, <i>National Sports Institute of Malaysia</i></p>
	<p style="text-align: center;">Bougainvilla I Theme: Physical Activity and Health I</p>

Moderator: Dr Nor Farah Mohamad Fauzi

Paper ID: MO03

Title: **PREVALENCE OF LOW ENERGY AVAILABILITY AMONG MALAYSIAN NATIONAL ATHLETES AND ITS ASSOCIATION WITH HEALTH-RELATED FACTORS** - Muhammad Irfan Haiqal Marzuki, *Universiti Kebangsaan Malaysia*

Paper ID: MO05

Title: **ASSOCIATION OF PHYSICAL FITNESS AND ACADEMIC PERFORMANCE AMONG THE PRECLINICAL MEDICAL STUDENTS IN UNIVERSITI PUTRA MALAYSIA** – Goh Jun Hui, *Universiti Putra Malaysia*

Paper ID: MO12

Title: **PRELIMINARY FINDINGS OF BASIC TEACHING COMPETENCY OF LOCOMOTOR SKILLS AND EDUCATION BACKGROUND AMONG PHYSICAL EDUCATORS PRIMARY SCHOOL IN SHAH ALAM** – Mohad Anizu, *Universiti Teknologi MARA*

Paper ID: MO13

Title: **PHYSICAL EDUCATION IMPROVES INTERPERSONAL COMMUNICATION SKILLS AND THE QUALITY OF EDUCATION IN SECONDARY SCHOOL STUDENTS IN INDONESIA** – Eko Purnomo, *Universitas Negeri Padang*

Paper ID: MO20

Title: **EVALUATION FOR RELIABILITY OF STANDING BROAD JUMP FITNESS TEST AMONG ARMY CADET OFFICERS** – Shahrulfadly Rustam, *Universiti Pertahanan Nasional Malaysia*

Paper ID: MO23

Title: **ELASTIC BAND TRAINING ON BODY FAT IN HEALTHY MIDDLE-AGED AND ELDERLY PEOPLE : A META ANALYSIS** – Wang Dagang, *Universiti Teknologi Malaysia*

Orkid Room

Theme: Sports Psychology I

Moderator: Assoc Prof Dr Roosfa Hashim

Paper ID: MO01

	<p>Title: PSYCHOLOGICAL CHARACTERISTICS FOR INDONESIAN GRASSROOTS FOOTBALL PLAYERS – Amin Akbar, <i>Universiti Pendidikan Sultan Idris</i></p> <p>Paper ID: MO09 Title: PRINCIPALS’ ATTITUDES AND PERCEPTIONS TOWARDS ONLINE PHYSICAL EDUCATION – Song Xiaolong, <i>Universiti Malaya</i></p> <p>Paper ID: MO10 Title: NECESSITY CHALLENGE, AND FEASIBILITY ANALYSIS OF DEVELOPING FUNDAMENTAL MOTOR SKILLS OF PRESCHOOLERS WITH AUTISM IN CHINA – Xiao-Wei Feng, <i>Universiti Malaya</i></p> <p>Paper ID: MO18 Title: RELATIONSHIP BETWEEN PHYSICAL ACTIVITY LEVEL, STRESS LEVEL AND PERSONAL FACTOR AMONG RISDA NEGERI SEMBILAN EMPLOYEES – Mohd Hariz Addnan, <i>Universiti Teknologi MARA</i></p> <p>Paper ID: MO26 Title: PREFERRED COACHING LEADERSHIP AND EMOTIONAL INTELLIGENCE INFLUENCES AMONG YOUNG ATHLETES – Noor Hamzani Farizan, <i>Universiti Pertahanan Nasional Malaysia</i></p> <p>Paper ID: MO27 Title: THE RELATIONSHIP BETWEEN MALAYSIAN STUDENT-ATHLETES’S MENTAL HEALTH AND FUTURE CAREER PLANNING – Kai Yan Wong, <i>Universiti Putra Malaysia</i></p>
13:30 - 14:30	Lunch Break
14:30 - 15:30	<p>Rafflesia Grand Ballroom Keynote Lecture: Coach Developer Drives Innovation in Sports Coaching Professor Masamitsu Ito, <i>Nippon Sport Science University, Japan</i> Moderator: Assoc Prof Dr Ahmad Munir Che Muhamed</p>
15:30 - 16:00	<p>Rafflesia Grand Ballroom Invited Lecture: Carbohydrate Mouth Rinsing: Spitting for Exercise Performance</p>

	Dr Harris Kamal Kamaruddin, <i>Universiti Teknologi MARA, Malaysia</i> Moderator: Dr Datu Agasi Mohd Kamal
16:00 – 17:00	Nutritional Afternoon Break & Oral Presentation Rafflesia Grand Ballroom Theme: Sports psychology II & Sports Nutrition Moderator: Assoc Prof Dr Nik Shanita Safii
	<p>Paper ID: MO15 Title: THE EFFECTS OF CARBOHYDRATE-ELECTROLYTE INGESTION ON SPRINTS AND SOCCER SKILL PERFORMANCES IN YOUNG SOCCER PLAYERS – Siti Azilah Atan, <i>Universiti Pertahanan Nasional Malaysia</i></p> <p>Paper ID: MO60 Title: EFFECT OF 6 WEEKS GREEN TEA SACHET CONSUMPTION ON CARDIORESPIRATORY ENDURANCE AND BODY COMPOSITION ON OVERWEIGHT MALE STUDENT – Chan Kai Quin, <i>Tunku Abdul Rahman University of Management and Technology</i></p> <p>Paper ID: MO37 Title: THE EFFECT OF SLEEP QUALITY ON MENTAL HEALTH AND BODY MASS INDEX (BMI) AMONG UNIVERSITY STUDENTS – Nor Fadila Kasim, <i>Universiti Pendidikan Sultan Idris</i></p> <p>Paper ID: MO44 Title: COACH LEADERSHIP BEHAVIOUR AND ATHLETE MENTAL HEALTH OF INDIVIDUAL SPORT: COMPARISON OF MALE AND FEMALE SELANGOR ATHLETE – Nur Adliana Rozaidi, <i>Universiti Teknologi MARA</i></p>
	<p>Bougainvilla I Theme: Exercise Science II Moderator: Assoc Prof Dr. Zainal Abidin Zainuddin</p> <p>Paper ID: MO31 Title: ISOKINETIC STRENGTH PROFILE AND ANAEROBIC POWER CHARACTERISTIC IN SKILLED CYCLISTS – Hosni Hasan, <i>Universiti Teknologi MARA</i></p> <p>Paper ID: MO33</p>

Title: **ANTHROPOMETRY VARIATIONS BETWEEN GENDER AND MATURITY STATUS AMONG YOUNG DEVELOPMENT ATHLETES: A COHORT STUDY (2019 - 2023)** – Farid Samsudin, *Sabah Malaysian Sports School*

Paper ID: MO34
Title: **THE RELATIONSHIP BETWEEN BODY MASS INDEX AND VARIOUS FOOT MEASUREMENTS** – Shariman Ismadi Ismail, *Universiti Teknologi MARA*

Paper ID: MO35
Title: **ANALYSIS OF MUSCLE OF MUSCLE ACTIVATION AND FEET PRESSURE BY A MALAYSIAN ELITE PISTOL SHOOTER- A PILOT STUDY** – Yallini A/P Selva, *National Sports Institute of Malaysia*

Orkid Room

Theme: Physical Activity & Health II
Moderator: *Dr Mohd Hasnun Arif Hassan*

Paper ID: MO06
Title: **SLIMSHAPE-TM-CHRONO INTERVENTION AMONG OVERWEIGHT AND OBESE OFFICE WORKERS: A SUB-ANALYSIS ON ADIPOSITY, PHYSICAL FITNESS AND WELLBEING** – Arimi Fitri Mat Ludin, *Universiti Kebangsaan Malaysia*

Paper ID: MO58
Title: **PHYSICAL ACTIVITY AND EXERCISE INVOLVEMENT STATUS AMONGST SIXTH FORM STUDENTS: A QUALITATIVE Study** – Mohd Nordin Khadis, *Universiti Malaysia Sabah*

Paper ID: MO61
Title: **EFFECTS OF EXERCISE INTERVENTION ON HEALTH BELIEF MODEL: A QUALITATIVE STUDY** – Nur-Hasanah Ruslan, *Universiti Teknologi MARA*

Wednesday, 18th October 2023

Time	
09:00 – 10:00	Rafflesia Grand Ballroom Keynote lecture: Exercise-Induced Oxidative Stress: Antioxidant Dietary Strategies in Sports Associate Professor Dr Sareena Hanim Hamzah, <i>Universiti Malaya, Malaysia</i> Moderator: <i>Assoc Prof Dr Nik Shanita Safii</i>
10:00 – 11:00	Opening Ceremony
11:00 - 11:30	Nutritional Morning Break
11.30 – 12:30	Rafflesia Grand Ballroom Keynote lecture: Physical Activity and Sports Performance in The Heat Associate Professor Chris Abbis, <i>Edith Cowan University, Australia</i> Moderator: <i>Assoc Prof Dr Ahmad Munir Che Muhamed</i>
12.30 – 13:00	Rafflesia Grand Ballroom Invited Speaker: Technology Integration in The Management of Hamstring Injury Assoc. Prof. Dr. Mohamad Shariff A Hamid, <i>Universiti Malaya, Malaysia</i> Moderator: <i>Dr Che Ismail Che Noh</i>

13:00 - 14:30	Lunch Break
14:30 - 15:30	Rafflesia Grand Ballroom Keynote Lecture: Physical Activity, Exercise and Health Through the Ages: What Is Optimum? Prof. Emeritus Wan Zurinah Wan Ngah, <i>Shiga University of Medical Science, Japan</i> Moderator: <i>Prof Dr Dayang Maryama Ag Daud</i>
15:30 - 16:00	Rafflesia Grand Ballroom Invited Lecture: Spinal Cord Injury (SCI): A Serious Sport Injury and the Role of BDNF on Motor Function Recovery in SCI Dr Chin Kai Ling, <i>Universiti Malaysia Sabah, Malaysia</i> Moderator: <i>Dr Nellysha Namela Muhammad Abdul Kadar</i>
16:00 – 17:00	Nutritional Afternoon Break & Oral Presentation
	<p style="text-align: center;">Rafflesia Grand Ballroom Theme: Physical Activity & Health III Moderator: <i>Assoc Prof Dr Sarina Md Yusof</i></p> <p>Paper ID: MO24 Title: ASSOCIATION BETWEEN OVERWEIGHT AND OBESITY, PHYSICAL ACTIVITY AND PHYSICAL FITNESS AMONG MILITARY PERSONNEL– Azizan Omar, <i>Universiti Malaysia Sabah</i></p> <p>Paper ID: MO30 Title: IMPACT OF COVID-19 ON LIFESTYLE-RELATED BEHAVIOURS AMONG MEDICAL STUDENT IN UNIVERSITI MALAYSIA SABAH (UMS) - Abdul Rahman Ramdzan, <i>Universiti Malaysia Sabah</i></p> <p>Paper ID: MO45 Title: ACUTE EFFECT OF STATIC AND DYNAMIC STRETCHING ON HAMSTRING FLEXIBILITY AMONG CONTACT SPORTS ATHLETES – Fairus Fariza Zainudin, <i>Universiti Pendidikan Sultan Idris</i></p>

	<p>Paper ID: MO46 Title: EFFECTS OF STARTING STANCE TECHNIQUES ON EARLY ACCELERATION PERFORMANCE DURING 4X100M RELAY – Jad Adrian Washif, <i>National Sports Institute Malaysia</i></p>
	<p style="text-align: center;">Bougainvilla I Theme: Sports Medicine & Rehabilitation I Moderator: <i>Assoc Prof Dr Mohamed Shariff A Hamid</i></p> <p>Paper ID: MO08 Title: LINEAR RELATIONSHIP BETWEEN CONSTRUCTS OF PHYSICAL ACTIVITY AND LEISURE MOTIVATION SCALE AND AMOUNT OF PHYSICAL ACTIVITY AMONG TYPE 2 DIABETES MELLITUS PATIENTS: A REGRESSION ANALYSIS – Aizuddin Hidrus, <i>Universiti Malaysia Sabah</i></p> <p>Paper ID: MO17 Title: A UNIQUE CASE REPORT OF ISCHIAL TUBEROSITY APOPHYSEAL AVULSION WITH HAMSTRING TENDINOPATHY, Lavinen Kumar Sugumar, <i>Universiti Malaya</i></p> <p>Paper ID: MO19 Title: TELE-EXERCISE EFFECTS ON QUALITY OF LIFE: EXAMINING THE EFFECTS ON CORTISOL, MENTAL AND FUNCTIONAL FACTORS IN MULTIPLE SCLEROSIS, Parisa Najafi, <i>Universiti Malaya</i></p> <p>Paper ID: MO28 Title: DIFFERENCES OF PARASPINALS LUMBAR MUSCLE MORPHOLOGY IN SPONDYLOSIS LOW BACK PAIN PATIENTS – Rahmat Adnan, <i>Universiti Teknologi MARA</i></p>
	<p style="text-align: center;">Orkid Room Theme: Sports Management Moderator: <i>Assoc Prof Dr Roosfa Hashim</i></p> <p>Paper ID: MO07 Title: THE DEVELOPMENT OF MALAYSIA FOOTBALL EDUCATION QUALITY FRAMEWORK - Fakrul Hazely Ismail, <i>Universiti Pendidikan Sultan Idris</i></p>

	<p>Paper ID: MO11 Title: MALAYSIAN AND CHINESE SPORTS LEGISLATION: A COMPARISON CASE STUDY – Yu Zhou, <i>Universiti Malaya</i></p> <p>Paper ID: MO29 Title: THE INHERENT DEMAND, PRACTICAL PREDICAMENT AND REALIZATION GUARANTEE OF WOMEN'S EQUAL SPORTS RIGHTS – Xueyan Xiao, <i>Universiti Teknologi Malaysia</i></p> <p>Paper ID: MO43 Title: THE MEDIATING ROLE OF FANS LOYALTY ON THE RELATIONSHIP BETWEEN SPORT SPONSORSHIP AND PURCHASE INTENTION AMONG MALAYSIAN FOOTBALL LEAGUE FANS, Hasyati Husna Dzookarnain, <i>Universiti Teknologi MARA</i></p>
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Thursday, 19 th October 2023	
Time	
09:00 - 09:30	<p>Rafflesia Grand Ballroom Invited Lecture: Application of Linear Regression in Functional Anatomy: A Quantitative Analysis Approach Dr M. Tanveer Hossain Parash, <i>Universiti Malaysia Sabah, Malaysia</i> <i>Moderator: Dr Wan Salman Wan Saudi</i></p>
09:30 - 10:00	<p>Rafflesia Grand Ballroom Invited Lecture: Does Fatigue Induce by Soccer Match-Play Influence Biomechanical and Muscle Strength Imbalance Markers of Anterior Cruciate Ligament Injury Risk? Implications For Return to Play and Injury Prevention Programme Assoc. Prof. Dr. Raja Mohammed Firhad Raja Azidin, <i>Universiti Teknologi MARA, Malaysia</i> <i>Moderator: Dr Woon Fui Chee</i></p>
10:00 - 10:30	<p style="text-align: center;">Nutritional Morning Break</p>

<p>10.30 – 11.00</p>	<p>Rafflesia Grand Ballroom Invited Lecture: Data Analytics in Sports Science: Lessons Learnt from A Cycling Physiologist Prof. Dr. Chris Abbis, <i>Edith Cowan University, Australia</i> Moderator: <i>Assoc Prof Dr Zainal Abidin Zainuddin</i></p>
<p>11:00 - 11:30</p>	<p>Rafflesia Grand Ballroom Invited Lecture: Investigating the Influence of Physical Activity and Sleep on Cognitive Function in Older Adults Prof Dr. Jeremiah Peiffer, <i>Murdock University, Australia</i> Moderator: <i>Dr Nor Farah Mohamad Fauzi</i></p>
<p>11:30 – 13:00</p>	<p style="text-align: center;">Oral Presentation</p>
	<p style="text-align: center;">Rafflesia Grand Ballroom Theme: Exercise Science III Moderator: <i>Assoc Prof Dr Zainal Abidin Zainuddin</i></p> <p>Paper ID: MO36 Title: CHARACTERISTICS OF OBSERVATIONAL EVALUATION IN HANDBALL THROWING –Tadahiko Kato, <i>Shonan Institute of Technology, Japan</i></p> <p>Paper ID: MO38 Title: OPTIMIZING CYCLING PERFORMANCE WITH UNILATERAL POST-ACTIVATION POTENTIATION: A STUDY OF INTENSITY VARIATIONS – Stephanie Chok, <i>Universiti Malaysia Sabah</i></p> <p>Paper ID: MO39 Title: HAEMATOLOGICAL AND ANTHROPOMETRIC PROFILES AND THEIR RELATIONSHIP AMONG UNIVERSITY RUGBY ATHLETES PRIOR TO AN INTERVARSITY TOURNAMENT – Azhar Yaacob, <i>Universiti Putra Malaysia</i></p> <p>Paper ID: MO52 Title: COMPARISON BETWEEN INCLINED TREADMILL SPRINT TRAINING AND PLYOMETRIC EXERCISE IN IMPROVING SPRINT PERFORMANCE AMONG HEALTHY YOUNG ADULTS – Premala Krishnan, <i>Universiti Tunku Abdul Rahman</i></p>

Paper ID: MO54
Title: **MALYSIAN JUNIOR AGE-GROUP 200M FREESTYLE FINALIST VERSUS NON-FINALIST SWIMMERS' PACING STRATEGIES** - Thung Jin Seng, *National Sports Institute of Malaysia*

Paper ID: MO59
Title: **THE DIFFERENCES IN TACTICAL INDICATORS AMONG MIDDLE-FOUR TEAM IN HSBC MEN'S RUGBY SEVENS WORLD SERIES IN CANADA FOR SEASON 2019-2020** – Norasrudin Sulaiman, *Universiti Teknologi MARA*

Bougainville I

Theme: Physical Activity & Health IV
Moderator: Assoc Prof Dr Roosfa Hashim

Paper ID: MO47
Title: **BEYOND THE GAME DODGEBALL'S INFLUENCE ON CARDIORESPIRATORY FITNESS AND PSYCHOLOGICAL HEALTH** – Kamala Krishnan, *Universiti Tunku Abdul Rahman*

Paper ID: MO49
Title: **THE EFFECTS OF CHANGING PLAYER SPACE DURING SMALL-SIDED FOOTBALL GAMES INFLUENCE PERFORMANCE** – Mohd Syrinaz Azli, *Universiti Pertahanan Nasional Malaysia*

Paper ID: MO50
Title: **EFFECTS OF CROSSFIT TRAINING ON BODY COMPOSITION OF OBESE WOMEN** – Suhana Aiman, *Universiti Teknologi MARA*

Paper ID: MO51
Title: **CROSS TRAINING: THE BENEFITS ON OBESE COLLEGIATES' WELLNESS** – Maisarah Shari, *Universiti Teknologi MARA*

Paper ID: MO53

Title: **ATHLETES' PARTICIPATION: INFLUENCES OF GENDER AND TYPES OF SPORT** - Syarifah Fathynah Syed Shiekh, *National Sports Institute of Malaysia*

Paper ID: MO55

Title: **ACUTE RESPONSES OF STATIC/DYNAMIC STRETCHING EXERCISES ON STATIC/DYNAMIC BALANCE BETWEEN 7- AND 11-YEARS OLD CHILDREN** - Ashril Yusof, *Universiti Malaya*

Orkid Room

Theme: Sports Medicine & Rehabilitation II

Moderator: Assoc Prof Dr Mohamed Shariff A Hamid

Paper ID: MO32

Title: **EFFECTS OF EXERCISE MODALITY ON GASTROINTESTINAL (GI) PERMEABILITY AND GI SYMPTOMOLOGY** – Norhafizah Hamzah, *Universiti Pertahanan Nasional Malaysia*

Paper ID: MO41

Title: **ACUTE EFFECTS OF TISSUE FLOSSING WITH CORRECTIVE EXERCISE PROGRAMS ON PAIN AND TRUNK EXTENSION STRENGTH RESTORATION FOR NON-SPECIFIC CHRONIC LOW BACK PAIN PATIENTS** – Gao Jianhong, *Universiti Putra Malaysia*

Paper ID: MO42

Title: **ENHANCING FUNCTIONAL BALANCE IN STROKE SURVIVORS WITH VERY SEVERE MOTOR IMPAIRMENT THROUGH CORE EXERCISE** – Zuliana Bacho, *Universiti Malaysia Sabah*

Paper ID: MO56

Title: **OPTIMAL EXERCISE-BASED REHABILITATION CHARACTERISTIC IN IMPROVING PEAK VO2 AND LEFT VENTRICULAR EJECTION FRACTION (LVEF) ON PATIENTS WITH CORONARY ARTERY DISEASE (CAD): A SYSTEMATIC REVIEW AND META-ANALYSIS** - Hashbullah Ismail, *Universiti Teknologi MARA*

Paper ID: MO57

Title: **PREVALENCE OF LOW BACK PAIN AND ITS CORRELATION TO CORE ENDURANCE AMONG SCHOOL TEACHERS** – Wong Ei Ling, *Universiti Malaysia Sabah*

	<p>Paper ID: MO62 Title: POST-CARDIAC REHABILITATION PATIENTS NONADHERENCE WITH EXERCISE: THE ROLE OF PERCEIVED BARRIERS AND PERCEIVED BENEFITS TEACHERS – Noraini Mansor, <i>Universiti Teknologi MARA</i></p>
13:00 - 14:30	Lunch Break
14.30 – 15.00	<p>Rafflesia Grand Ballroom Invited Lecture: Developing an application to Help the Visually Impaired Run on The Treadmill Dr Rizal Razman, <i>Universiti Malaya, Malaysia</i> Moderator: <i>Dr Caroline Sunggip</i></p>
15.00 – 15.30	<p>Rafflesia Grand Ballroom Invited Lecture: Bone Mineral Density (BMD) In Relation with Body Mass Index (BMI) Among Young Adults Dr Sadia Choudhury Shimmi, <i>Universiti Malaysia Sabah, Malaysia</i> Moderator: <i>Dr Suhaini Sudi</i></p>
15.30 – 16.00	Award Presentation and Closing Ceremony