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ISMESC 2021
11 & 12 SEPT 2021
Saturday & Sunday

**INTERNATIONAL SPORTS
MEDICINE & EXERCISE
SCIENCE CONFERENCE**

Improving Health & Performance
Through Sports & Exercise

Organizer: Malaysian Association of Sports Medicine (MAMSM)

Co-Organizer: UNIVERSITI MALAYA, Sports Medicine Unit, Faculty of Medicine, Centre for Sport and Exercise Sciences, University of Malaya (UM)

Co-Organizer: UNIVERSITI TEKNOLOGI MARA, Faculty of Sports Science and Recreation, Universiti Teknologi MARA (UiTM)

Co-Organizer: UNIVERSITI KEBANGSAAN MALAYSIA, Faculty of Education, Universiti Kebangsaan Malaysia (UKM)

In-Affiliation: International Federation of Sports Medicine (IFSM)

In-Affiliation: Asian Federation of Sports Medicine (AFSM)

In-Affiliation: ASEAN SPORTS MEDICINE, ASEAN Sports Medicine Network

Guidelines for Poster Presentation

Essential Requirements:

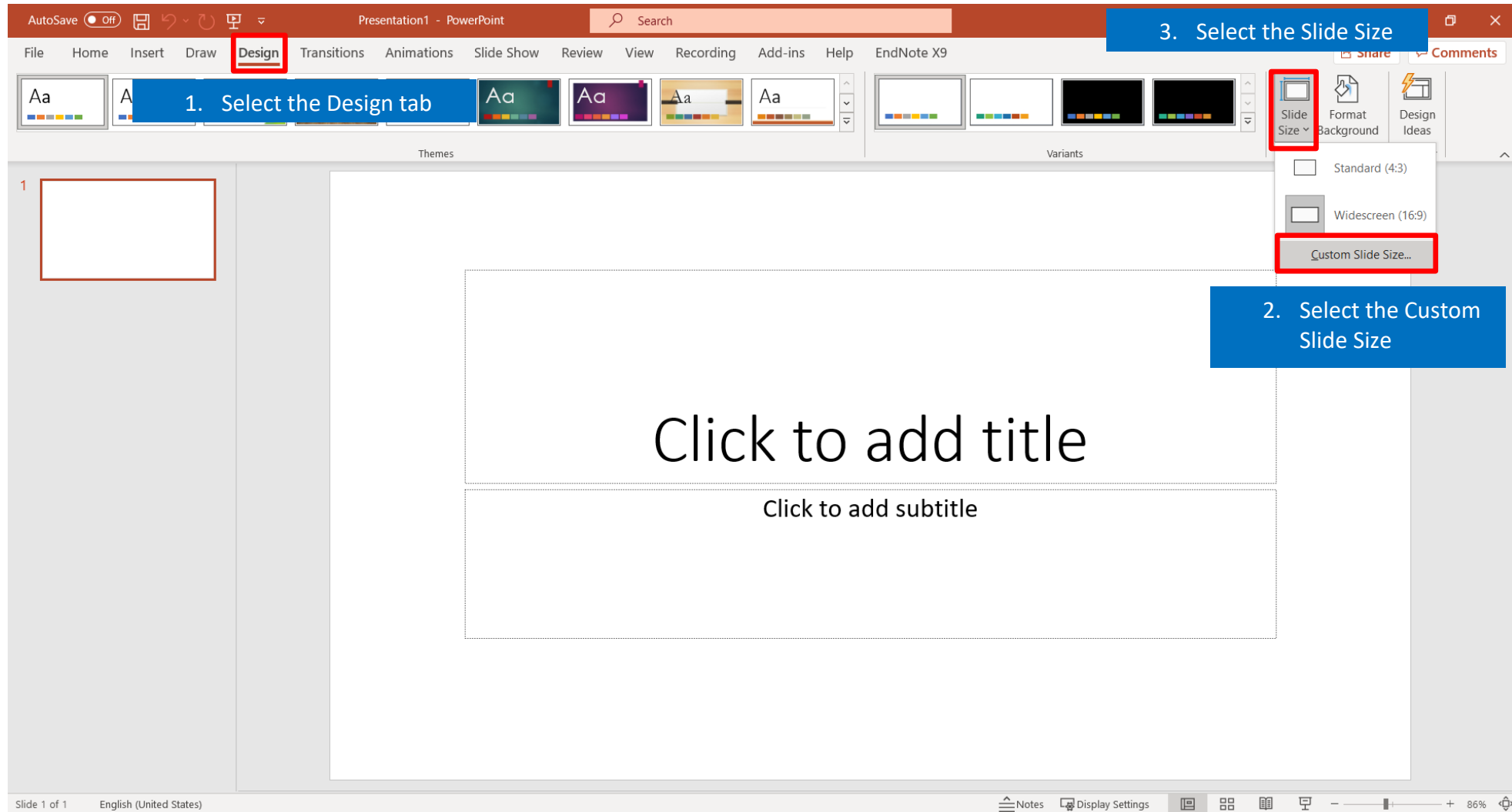
1. Each poster presenter need to prepare 2 files:
 - a. One (1) Poster with the following requirements:
 - i. Landscape A4-sized (210 x 297 mm)
 - ii. Minimum font size: 7
 - iii. Preferable font type: Calibri or Arial or other font type that is clear and legibleSave your poster as 1 page high-resolution PDF file as “Abstract ID – Full name” (e.g. POSTER 01 – Aliah Abdul)
Kindly refer to the subsequent page that describe the instructions on how to prepare a poster using Microsoft PowerPoint.
You can also prepare the poster using other software such as Microsoft Publisher or Adobe Illustrator provided that you follow the required format.
2. One (1) voice recording to describe the contents of your poster with the following formats:
 - a. Limited to 5 minutes
 - b. MP3 files
 - c. Start with introducing yourself as the presenting author, affiliation, title of your poster and proceed to describe the contents of your poster
 - d. Make sure the voice recoding is loud and clear

Save your voice recording (one MP3 file) as “Voice Recording for Abstract ID – Full Name” (e.g. Voice Recording for POSTER 1 – Aliah Abdul)

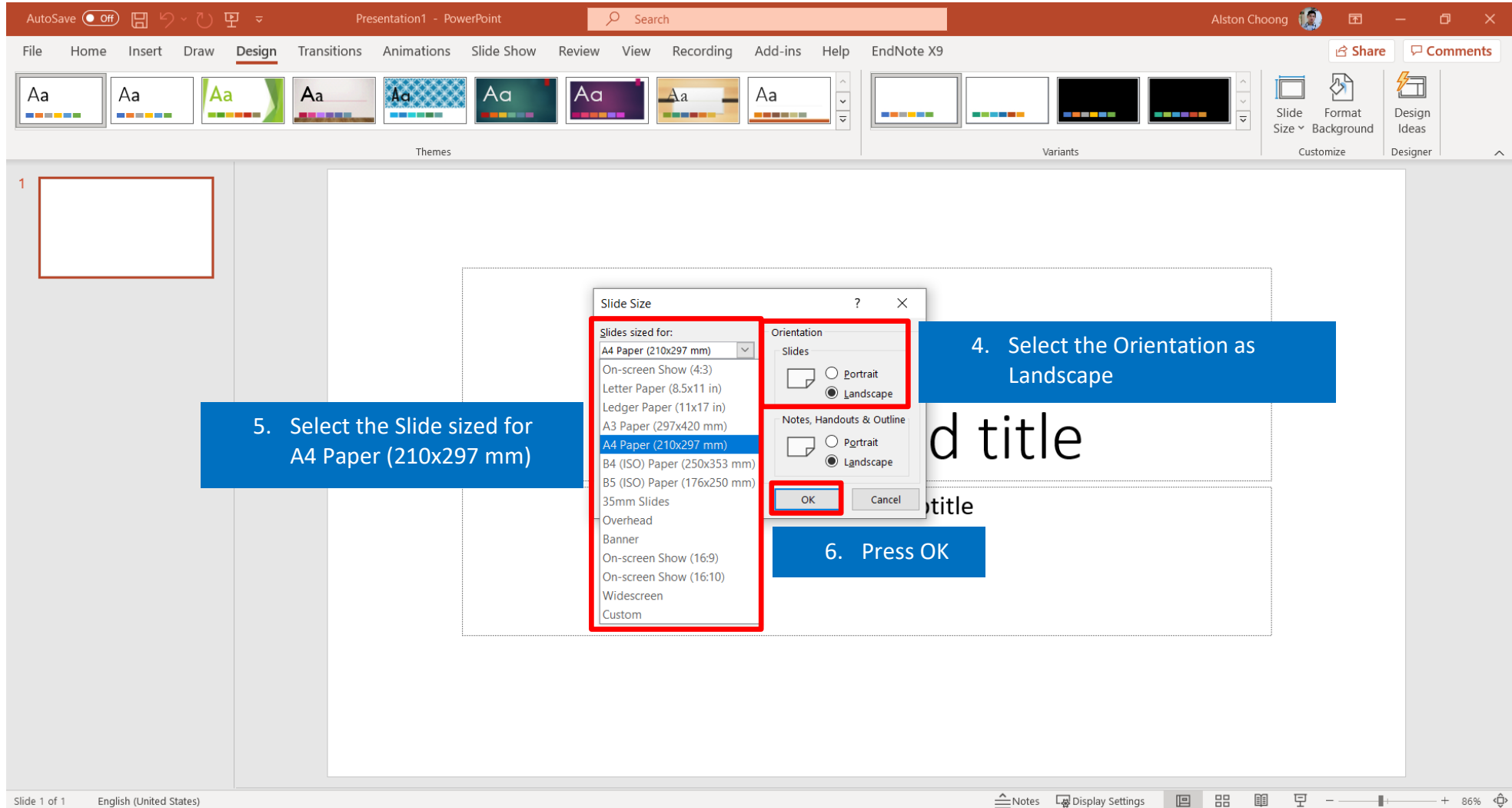
- Please send your poster & voice recording with email subject: **“Poster Submission: Abstract ID – Full Name”** (e.g. Poster Submission: POSTER 1 – Aliah Abdul) to event@malaysiansportsmed.org latest by **26th August 2021**. You can use [Google Drive](#) or [WeTransfer](#) to transfer your files if the size is too big.
- The organizer has the full authority to reject the abstract if the poster and voice recording are sent later than the deadline.
- If you have any issue, please contact the secretariat via WhatsApp (Dr. Alston) at 012-3755661 or email to event@malaysiansportsmed.org
- The Secretariat will review your files to ensure that your poster and video recording are received in good condition. Should there be any issue with the files you sent, the Secretariat will contact you.

PREPARING YOUR POSTER USING MICROSOFT POWERPOINT

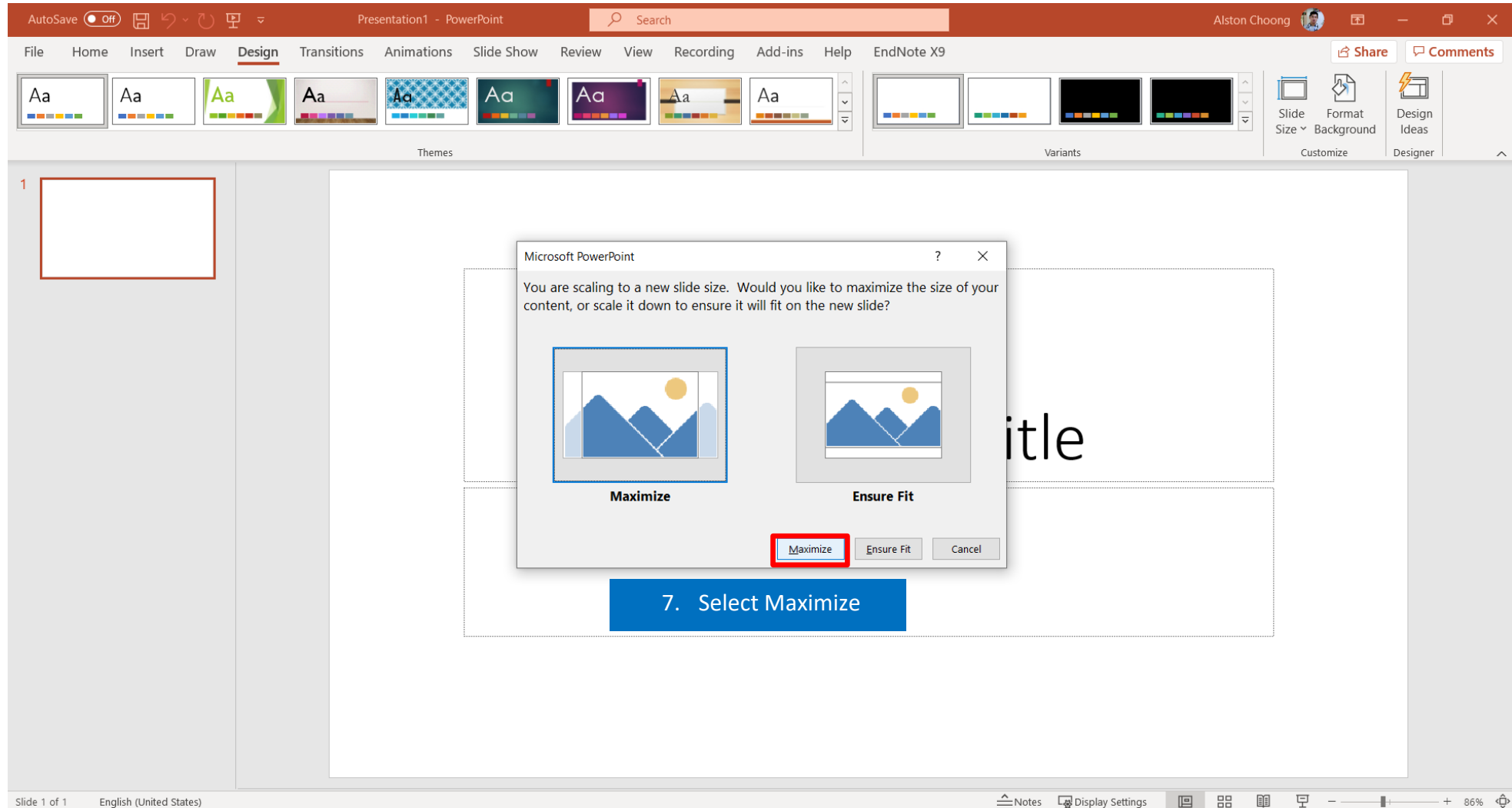
1. Install & open the Microsoft PowerPoint software on your desktop, choose **Blank Presentation**.
2. Select the **Design** tab of the toolbar, then select **Slide Size**, followed by **Custom Slide Size**



3. Select the Slide sized for **A4 Paper (210x297 mm)** and Orientation of Slide as **Landscape** and press **OK**



4. Select **Maximize** to maximize the size of your content.
5. You can start designing your poster. After finish designing your poster, click on **File**, then save as **PDF**. Name your file according to “Abstract ID – Full Name” (e.g. POSTER 01 – Aliah Abdul)



Appendix 1

A Sample of Poster Design Using Microsoft PowerPoint

AutoSave Off Poster Sample with font size... Search Alston Choong

File Home Insert Draw Design Transitions Animations Slide Show Review View Recording Add-ins Help EndNote X9

Clipboard Slides Font Paragraph Drawing Editing Voice Designer

1

MyBFF@school: Effects of a 16-week Combined Intervention on Fitness, Quality of Life and Enjoyment among Obese Children

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Calibri, size 10

Calibri, size 7

BACKGROUND

Childhood obesity is one of the world's leading obstinate health issue since the past decades. It is associated with increased risk of premature mortality, cardiovascular and metabolic morbidities, and psychosocial implications. Thus, early intervention of childhood obesity is important both from individual and socioeconomic point of view. Numerous approaches have been recommended to tackle this issue including physical activity, nutritional and psychological education. However, most afterschool intervention that have been developed are not clearly described, not feasible or lack of efficacy.

OBJECTIVE

Childhood obesity is one of the world's leading obstinate health issue since the past decades. It is associated with increased risk of premature mortality, cardiovascular and metabolic morbidities, and psychosocial implications. Thus, early intervention of childhood obesity is important both from individual and socioeconomic point of view. Numerous approaches have been recommended to tackle this issue including physical activity, nutritional and psychological education. However, most afterschool intervention that have been developed are not clearly described, not feasible or lack of efficacy.

METHODS

A 16-week interventional study involving 273 obese primary school children aged between 7 till 12 was conducted in 3 public schools in the vicinity of Putrajaya, Malaysia. All obese children (BMI z-score above +2 to +3 SD according to WHO growth reference 2007) of the consented schools were invited to an introductory workshop. Exclusion criteria include those in standard 3 (due to national achievement exam) and with certain medical conditions. Those who attended the workshop and consented by their parent or guardian were recruited into the study. This study was conducted from early February till May 2014.

RESULTS

Variable	Intervention (n=109)	Control (n=98)	
Age (mean ± SD)	10.4 ± 1.1	10.0 ± 0.9	
Gender (%)			
Male	59.6	60.2	
Female	40.4	39.8	
School (%)			
1	0	100	
2	55	0	
3	45	0	
Fitness level (%)			
Poor	48.8	21.4	
Low average	12.5	15.3	
High average	34.9	48.0	
Good	3.8	11.2	
Excellent	0	4.1	
Outcome measured	Intervention (n=98)	p-value	
	Pre	Post	
Fitness level	53.7 ± 19.5	70.6 ± 16.4	< 0.001
Overall health-related QoL	64.8 ± 8.5	62.6 ± 8.8	0.088
Sub-scales:			
Physical well-being	68.7 ± 14.0	62.9 ± 14.8	0.013
Emotional well-being	72.3 ± 13.4	66.2 ± 17.1	0.009
Self-esteem	61.7 ± 20.1	58.7 ± 19.7	0.299
Family	68.0 ± 13.4	64.3 ± 14.4	0.077
Friend	64.6 ± 14.5	65.8 ± 13.7	0.541
School	57.2 ± 12.0	57.6 ± 13.1	0.971
Adiposity-specific QoL	70.0 ± 11.0	68.2 ± 15.2	0.350
Enjoyment	77.5 ± 8.3	75.7 ± 10.2	0.329

Part 1: Warm Up (10 minutes)
- Running
- Dynamic stretching

Part 2: Basic Drills (10 minutes)
- Passing, dribbling, shooting, receiving, controlling ball

Part 3: Actual games (35 minutes) with half past break (5 minutes)

Part 4: Cool Down (5 minutes)
- Slow jog
- Static stretching

CONCLUSION

The study concluded that MyBFF@school is an effective combined intervention to improve fitness in obese primary school children. Thus, it can be used as an after-school children obesity prevention program. QoL and enjoyment did not show significant changes in this study probably because of short study duration. Further studies using this intervention with longer study duration are required to assess both the short and long term outcomes in combating children obesity.

Calibri, size 18

Calibri, size 8

Calibri, size 10

Slide 1 of 1 English (United States) Notes Display Settings 86%