

DR. ALSTON CHOONG WAI KWONG

SESSION: SYMPOSIUM 2 (DAY 1: 1650 – 1715)

**TOPIC: PHYSICAL ACTIVITY AMIDST COVID-19 PANDEMIC:
IS IT IMPORTANT?**

*MD (UKM), PGDip (IOC) Sports Med, MSpMed (Malaya),
AM (Mal)*



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- **Medical Lecturer of Sports Medicine Unit, Faculty of Medicine, University of Malaya (UM)**
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Dr. Alston Choong Wai Kwong is currently a Senior Sports and Exercise Medicine Physician in the University Malaya Medical Centre and a Medical Lecture in the Sports Medicine Unit, Faculty of Medicine at the University of Malaya, Kuala Lumpur, Malaysia.

Graduated with Doctor of Medicine (M.D.) from the National University of Malaysia (Universiti Kebangsaan Malaysia), he continued to pursue his postgraduate Master of Sports Medicine (MSpMed) at the University of Malaya. Subsequently, he attained his full registration with the National Specialist Registry, Malaysia. Apart from being a conscientious clinician, he conducts various scientific research in sports and exercise medicine, particularly in regenerative sports medicine, musculoskeletal and sports injuries, sports rehabilitation, physical activity, active living with built environment, adult and childhood obesity, etc. He is also certified in dry needling, acupuncture and manual therapy.

He had vast medical coverage experiences at local, national, or international sporting events and was appointed as a team physician for various sports. His active role as an educator is apparent through the teaching and supervision of undergraduate and postgraduate students. He is active in sharing his knowledge through various lectures and presentations at numerous talks, courses, workshops, seminars, webinars, symposiums, and conferences at the local and international levels. He is a sports science instructor for the National Coaching Academy under the National Sports Institute of Malaysia, and the invited speaker for post-basic medical assistant courses in sports medicine under the Ministry of Health, Malaysia.

Dr. Alston currently serves as the Vice President of the Malaysian Association of Sports Medicine (MASM). He is also an active member of the International Federation of Sports Medicine (FIMS), American College of Sports Medicine (ACSM), ASEAN Federation of Sports Medicine (AFSM), Malaysian Society of International Pain Practice Practitioner (MSIPPP), World Institute of Pain (WIP), Tissue Engineering & Regenerative Medicine Society of Malaysia (TESMA) and Malaysian Society of Body Composition (MSBC). Besides become a high-intensity interval training (HIIT) coach and competitive dragon boat athlete, his passion for sports also involve weight lifting, Crossfit training, swimming and running.