



MALAYSIAN ASSOCIATION OF
SPORTS MEDICINE (MASM)



UNIVERSITI
MALAYA



SPORTS & EXERCISE MEDICINE
RESEARCH & EDUCATION GROUP

Women In Exercise & Sports Symposium

and

Malaysian Association Of Sports Medicine Annual Scientific Meeting 2019

OBJECTIVES To promote healthy lifestyle among women.
To share knowledge on exercise, sports and
fitness in women & relevant issue.

CPD
points will be
awarded

Date : 5th & 6th OCTOBER 2019

**Venue : Research Management & Innovation Complex (RMIC),
University of Malaya, Kuala Lumpur**

We welcome

**all doctors, allied health professionals (nurses, medical assistants, physiotherapist & etc.),
sports scientists, fitness instructors, sports trainers, sports science students & general public.**

Register Online Now @ bit.ly/WESS2019

ACTIVE WOMEN, HEALTHY NATION

DAY 1

5th OCTOBER 2019 (SATURDAY) PROGRAM

- 8.30 am - 9.00 am Registration
9.00 am - 9.30 am Opening Ceremony
9.30 am - 10.10 am Keynote: Active Women, Healthy Nation (TBC)
10.10 am - 10.30 am Tea Break

Session 1: Women & Health

- 10.30 am - 11.00 am Chronic Diseases Among Women (Assoc. Prof. Dr. Sazlina Shariff Ghazali)
11.00 am - 11.30 am Exercise & Cancer in Women (Assoc. Prof. Dr. See Mee Hong)
11.30 am - 12.00 pm Keeping Active During Pregnancy (Dr. Kavitha Mahadevan)
12.00 pm - 12.30 pm Aging Gracefully (Dr. Norlelawati Mohamad)
12.30 pm - 2.00 pm Lunch Symposium

Session 2: Women & Fitness

- 2.00 pm - 2.30 pm Physical Activity, Exercise & Sports (Ms. Nurul Huda Abdullah)
2.30 pm - 3.00 pm Hormonal Influence of Exercise (Prof. Imelda Nasreen)
3.00 pm - 3.30 pm Fit & Fabulous in Exercise (Dr. Au Yong Pui San)
3.30 pm - 4.00 pm HIIT & Circuit Training (Dr. Victor Selvarajah)
4.00 pm - 4.20 pm Tea Break
4.20 pm - 5.10 pm Zumbathon (Assoc. Prof. Dr. Mohd Nahar & team)
5.10 pm End of Day 1

DAY 2

6th OCTOBER 2019 (SUNDAY) PROGRAM

- 8.30 am - 8.40 am Registration

Session 3: Weight Management in Women

- 8.40 am - 9.10 am How is My Weight? (Dr. Zulkarnain Jaafar)
9.10 am - 9.40 am Healthy Food & Healthy Eating (Assoc. Prof. Hazreen Abdul Majid)
9.40 am - 10.10 am Does Exercise Help in Weight Management? (Assoc. Prof. Dr. Mohd Nahar Azmi)
10.10 am - 10.30 am Tea Break
10.30 am - 11.00 am Slimming Pills & Supplements: Are They Safe? (Assoc. Prof. Dr. Abdul Halim Mokhtar)
11.00 am - 11.30 am Can I Exercise If I Have Medical Illnesses? (Dr. Devamalar Selvi Naicker)
11.30 am - 12.00 pm Ouch! I Have A Knee Pain (Dr. Aparajitha Krishnan)
12.00 pm - 12.45 pm Forum: Road to Ideal Body Weight (Moderator: Dr. Samihah Abdul Karim) (Panel: Dr. Khairullina Khalid, Ms. Elsie Liaw Sze Ying, Dr. Rokiah Ismail)
12.45 pm - 2.00 pm Lunch Symposium

Session 4: Women & Exercise

- 2.00 pm - 2.50 pm Workshop 1: Pilates
3.00 pm - 3.50 pm Workshop 2: HIIT
4.00 pm - 4.50 pm Workshop 3: Resistance Training
4.50 pm - 5.10 pm Recap & Pearls
5.10 pm Tea & End

**The programs and speakers are subjected to change.*

FEES

Local Delegate : Early bird RM 200 , Normal RM 300

Local Student (Undergraduate) : Early bird RM 100 , Normal RM 200

Local Student (Postgraduate) / UM or UMMC Staff / MASM Member : Early bird RM 150 , Normal RM 250

International Delegate : Early bird USD 150, Normal USD 250

International Student (Undergraduate/ Postgraduate) : Early bird USD 100 , Normal USD 200

** Early bird extended to 31st July 2019*