



PROGRAMME SCHEDULE DAY 1

26 April 2024 - Friday

0800 0830	<i>Registration at Level 3 Foyer, Sabah International Convention Centre</i>				
	SIPADAN 1 HALL (LEVEL 4)	SIPADAN 2 HALL (LEVEL 4)	SIPADAN 3 HALL (LEVEL 4)	KINABALU 1 ROOM (LEVEL 5)	DINAWAN ROOM (LEVEL 5)
0830 1000	WORKSHOP 2: High Performance Sports Conditioning <i>Coordinators:</i> RAJA MOHAMMAD FIRHAD RAJA AZIDIN (MALAYSIA) FAIZ BAHARUDDIN (MALAYSIA)	WORKSHOP 1: Ultrasound-guided Neuromusculoskeletal Pain Intervention <i>Coordinators:</i> ARSHAD PUJI (MALAYSIA) KAMALJEET SINGH (MALAYSIA) VINOTHA GENISAN (MALAYSIA)	WORKSHOP 3: Integrated Sports Rehabilitation <i>Coordinators:</i> CARYN ANN HO (MALAYSIA) NIK NADIRAH NIK AZIS (MALAYSIA)	WORKSHOP 4: TUE Advanced Anti-Doping <i>Coordinator:</i> CHENG WERN LOONG (MALAYSIA) <i>Workshop Lead:</i> ALAN VERNAC (WADA) <i>Instructors:</i> TEOH CHIN SIM (SINGAPORE) HILARY MEECHAI INWOOD (THAILAND)	
1000 1030	Coffee Break				
1030 1230	Cont. Workshop 2	Cont. Workshop 1	Cont. Workshop 3	Cont. Workshop 4	
1230 1330	Lunch / Booth Visit				
1330 1500	Cont. Workshop 2	Cont. Workshop 1	Cont. Workshop 3	Cont. Workshop 4	
1500 1530	Coffee Break				
1530 1730	Cont. Workshop 2	Cont. Workshop 1	Cont. Workshop 3	Cont. Workshop 4	1500 - 1700 AFSM's Executive Committee Meeting
1730	End of Workshop				

OPENING CEREMONY

20

18th ASIAN FEDERATION OF
SPORTS MEDICINE CONGRESS 2024 &
8th ISN INTERNATIONAL SPORTS MEDICINE
& SPORTS SCIENCE CONFERENCE

DATE : 27 APRIL 2024 (SATURDAY)

VENUE : SIPADAN HALL 2, LEVEL 4


TIME	PROGRAMME
1240	<ul style="list-style-type: none">• Arrival of Guests-of-Honour
1243	<ul style="list-style-type: none">• National Anthem• Sabah State Anthem
1248	<ul style="list-style-type: none">• Welcome Remarks by Dr. Chan Kin Yuen, Chairperson of <i>18th Asian Federation of Sports Medicine Congress 2024 & 8th ISN International Sports Medicine & Sports Science Conference</i>
	<ul style="list-style-type: none">• Welcome Message by Prof. Dr. Minhao Xie, President of Asian Federation of Sports Medicine (AFSM)
1255	<ul style="list-style-type: none">• Official Speech and Opening of AFSM Congress 2024 by YB Dato Seri Dr Wan Azizah Wan Ismail
1300	<ul style="list-style-type: none">• Opening Ceremony Presentation
1305	<ul style="list-style-type: none">• Memento Presentation to Guest-of-Honour
1310	<ul style="list-style-type: none">• End of Opening Ceremony• Tour of Trade Exhibition/ Scientific Posters by Guest-of-Honour and Invited Guests



27 APRIL 2024 (SATURDAY)

0800 0830	Registration at Level 3 Foyer, Sabah International Convention Centre		
0830 0900	SIPADAN 2 HALL - Welcoming Remark and AFSM's Presidential Lecture: <i>Sports Medicine Practices in Asia: Case Studies of China National Athletes</i> MINHAO XIE (CHINA)		
0900 0930	SIPADAN 2 HALL - Keynote Lecture 1: <i>The Hamburg Declaration on the Global Initiatives for the Promotion of Physical Activity: Challenges and Imperative Actions to Ensure Success</i> UĞUR ERDENER (TÜRKIYE)		
0930 1000	SIPADAN 2 HALL - Keynote Lecture 2: <i>The UNESCO's Global Policy In Sport and Physical Education for Development And Peace</i> RICHARD GIULIANOTTI (UNITED KINGDOM)		
1000 1020	Coffee Break/ E-Posters Viewing/ Booth Visit		
	SIPADAN 2 HALL (LEVEL 4)	SIPADAN 3 HALL (LEVEL 4)	MADAI ROOM & MESILAU ROOM (LEVEL 5)
1020 1130	<p>SYMPOSIUM 1: OPTIMISING PERFORMANCE THROUGH SPORTS SCIENCE AND UPDATE ON FOOTBALL MEDICINE MODERATOR: EMAD MALLICK (PAKISTAN) MOHAMED FAUZI IBRAHIM (MALAYSIA)</p> <ul style="list-style-type: none"> <i>The Impact of AI on Sports Performance Analysis and Coaching</i> - MOK KAM MING (HONG KONG) <i>Debunking the Myths of High Altitude Training</i> - RAYMOND SO (HONG KONG) <i>Optimal Body Composition for Soccer Players</i> - MI JUNG KIM (SOUTH KOREA) <i>Advocating Football Development From Injury Prevention</i> - GEORGE LAW (HONG KONG) 	<p>SYMPOSIUM 2: ACTIVE LIVING IN THE GOLDEN AGERS AND MASTER ATHLETES MODERATOR: MOHAMAD RAZI (IRAN) ZULKARNAIN JAAFAR (MALAYSIA)</p> <ul style="list-style-type: none"> <i>Adapted Physical Activity: Light Volleyball in Older Adults</i> - CARMAN LEUNG (HONG KONG) <i>Exercise Habits, Physical Activity and related Factors Among Young to Middle-aged Women Living in an Urban Area In Japan</i> - YUKO OGUMA (JAPAN) <i>Exercise Participation in Brunei Elderly Population</i> - ESSAM MOHAMED SHAABAN (BRUNEI) <i>The Forgotten Master Athletes: Addressing the Challenges in Continuing Their Sporting Journey</i> - DINESH SIRIRENA (UK/SINGAPORE) 	ORAL PRESENTATIONS (KINDLY REFER TO THE ORAL PRESENTATIONS' SCHEDULE)
1130 1240	<p>SYMPOSIUM 3: EMPOWERING WOMEN IN SPORTS: PROGRESS AND CHALLENGES MODERATOR: ROSHANAK MORADI (IRAN) AMANDA LAI LEE CHEN (MALAYSIA)</p> <ul style="list-style-type: none"> <i>Building Medical Team in Major Event: Experience in the Chengdu 2021 FISU World University Games</i> - KITTY AU (HONG KONG) <i>Women Sports Injury Surveillance in Football: Problems and Challenges</i> - MONIA SLIM (TUNISIA/ QATAR) <i>Updates on the Relative Energy Deficiency in Sports (RED-S)</i> - SHAUNA SIM (SINGAPORE) <i>The Latest Effective Strength and Conditioning Training in Female Athletes</i> - KOK LIAN YEE (MALAYSIA) 	<p>SYMPOSIUM 4: YOUTH ATHLETES & CHILDREN IN MOTION: NURTURING THE FUTURE CHAMPIONS MODERATOR: JIM SU KIM (SOUTH KOREA) NIK NADIRAH NIK AZIS (MALAYSIA)</p> <ul style="list-style-type: none"> <i>Promoting Physical Activity to Prevent Obesity and Illness in School Children</i> - LOBO LOUIE (HONG KONG) <i>Taekwondo as An Intervention with Autism</i> - CLARE YU (HONG KONG) <i>Physical Education and Exercise in Children: Evaluating Their Role in Mitigating Childhood Obesity and Proposing Advanced Strategies</i> - FARRUD AHMEDOV (UZBEKISTAN) <i>Propagating Sports Medicine Knowledge in the Community</i> - SAMUEL LING (HONG KONG) 	ORAL PRESENTATIONS (KINDLY REFER TO THE ORAL PRESENTATIONS' SCHEDULE)

27 APRIL 2024 (SATURDAY)


1240 1310	SIPADAN 2 HALL: OPENING CEREMONY BY YB DATO' SERI DR. WAN AZIZAH WAN ISMAIL		
1310 1400	<p>SIPADAN 3 HALL: Lunch Symposium by </p> <p>SPEAKER 1: ABDUL HALIM MOKHTAR (MALAYSIA) Topic: Sudden Cardiac Death in Athletes</p> <p>SPEAKER 2: RAGUPATHY XAVIER (BTL INDUSTRIES MALAYSIA SDN. BHD.) Topic: SDS Module (Sudden Death Screening) with BTL Flexi 12 ECG (Wireless ECG) - A tool for Prevention of Sudden Cardiac Death in Young Athletes</p> <p>Lunch/ E-Posters Viewing/ Booth Visit</p>		
1330 1430	AFSM Young Researcher Award Poster Presentation (Best 10 Shortlisted E-Posters) at E-Poster Area		
	SIPADAN 2 HALL (LEVEL 4)	SIPADAN 3 HALL (LEVEL 4)	MADAI ROOM & MESILAU ROOM (LEVEL 5)
1400 1510	<p>SYMPOSIUM 5: PARA SPORT ATHLETES: HOW FAR HAVE WE PROGRESS? MODERATOR: RYOICHI NAGATOMI (JAPAN) FAEZAH MD JAIS (MALAYSIA)</p> <ul style="list-style-type: none"> Paralympic Sports Medicine: What the Sports Doctors Should Know? - ABDULLA AL RAHOOMI (UAE) The Evolution of Para Sports Classification - SEUNG HOON HAN (SOUTH KOREA) The Rehabilitation of Para Athletes - NAZIRAH HASNAN (MALAYSIA) Inspired Story of A Paralympic Swimmer: From Zero to Hero: - BRENDA ANELLIA LARRY (MALAYSIA) 	<p>SYMPOSIUM 6: REVOLUTIONISING MANAGEMENT OF CANCER & CHRONIC ILLNESS THROUGH EXERCISE MEDICINE MODERATOR: NANI CAHYANI SUDARSONO (INDONESIA) MOHD ZAID MOHD GHAZALI (MALAYSIA)</p> <ul style="list-style-type: none"> Exercise as A Systemic Therapy in Improving the Efficacy of Cancer Treatment - ROBERT NEWTON (AUSTRALIA) Optimising Postoperative Outcome: CPET for Risk Stratification in Patients Undergoing Cancer Surgery - NAHAR AZMI MOHAMAD (MALAYSIA) Exercise as Medicine: Overcoming Challenges and Embracing Diversity - UPUL MADAHAPOLA (SRI LANKA) 	<p>ORAL PRESENTATIONS (KINDLY REFER TO THE ORAL PRESENTATIONS' SCHEDULE)</p>
1510 1530	Coffee Break/ Booth Visit/ E-Posters Viewing		
1530 1620	<p>SYMPOSIUM 7: PAIN MODULATION IN MSK INJURIES: TREATMENT & PREVENTION MODERATOR: K. A. THIAGARAJAN (INDIA) ELIZA HAFIZ (MALAYSIA)</p> <ul style="list-style-type: none"> Extracorporeal Shock Wave Therapy for Shoulder Tendinitis - CHOU WEN-YI (CHINESE TAIPEI) How to Harness Proprioception to Improve Movement Control and Reduce Pain - ANDY HSU (NEW ZEALAND/ CHINESE TAIPEI) New Role of Lactate in Neuronal Adaptation - RYOICHI NAGATOMI (JAPAN) 	<p>SYMPOSIUM 8: EVOLVING PARADIGMS: TELEMEDICINE, BIOMECHANICAL INSIGHTS, AND LONGEVITY IN ATHLETES MODERATOR: IGNATIO RIKA HARYONO (INDONESIA) MUHAMMAD KASHANI MOHD KAMIL (MALAYSIA)</p> <ul style="list-style-type: none"> The Evolution of Telemedicine in Sports and Exercise Medicine - UCKSY MALIK (PAKISTAN) Performance and Injury Prevention through Sports Biomechanics - Our Experience - SIVARAMAN ARUMUGAM (INDIA) The Effect of Competitive Sports on Life Expectancy and Longevity - ZAINAL ABIDIN ZAINUDDIN (MALAYSIA) 	<p>DINAWAN ROOM (LEVEL 5)</p> <p>0900 - 1500 FIMS Executive Committee Meeting</p> <p>DINAWAN ROOM (LEVEL 5)</p> <p>1600 - 1730 AFSM's Council of Delegate Meeting</p>
1620 1750		AFSM Young Researcher Award Oral Presentation (Best 6 Shortlisted Papers)	SEPILOK ROOM (LEVEL 5) 1600 - 1800 MASM's Biennial General Meeting
1830 2130	<p>GALA DINNER (FOR INVITED GUESTS & DELEGATES WITH GALA DINNER COUPON ONLY) FELLOW OF MALAYSIAN ASSOCIATION OF SPORTS MEDICINE (FMASM) CONFERMENT Dress Code: Cultural Theme/ Traditional Custom Venue: Sipadan 2 Hall, Sabah International Convention Centre</p>		

*The programme is subject to changes without prior notice.



28 APRIL 2024 (SUNDAY)

0800 0830	Registration at Level 3 Foyer, Sabah International Convention Centre		
0830 0850	SIPADAN 2 HALL - Keynote Lecture 3: Potentials and Challenges of Sports Medicine in Addressing the Impact of An Ageing Population FABIO PIGOZZI (ITALY)		
0850 0910	SIPADAN 2 HALL - Keynote Lecture 4: Revisit Today's Sports Medicine and Sports Science Curriculum: Shall Sport Integrity and Ethics be Integrated into the Syllabus DAVID HUMPRHRIES (AUSTRALIA)		
0910 0930	Coffee Break/ Booth Visit/ E-Posters Viewing		
	SIPADAN 2 HALL (LEVEL 4)	SIPADAN 3 HALL (LEVEL 4)	MADAI & MESILAU ROOM (LEVEL 5)
0930 1040	<p>SYMPOSIUM 9: SPORTS PARTICIPATION FOR ALL AND SPORTS CARDIOLOGY IN ATHELTES MODERATOR: GHOLAM REZA NOROUZI (IRAN) AHMAD HAZWAN AHMAD SHUSHAMI (MALAYSIA)</p> <ul style="list-style-type: none"> Physical Exercise in the Reduction of the Cardiovascular Risk - The Clinician's Perspective - JOSÉ KAWAZOE LAZZOLI (BRAZIL) Sports Injuries in Paralympic Athletes - Where Do We Start? - ANA V. CITRON-RODRIGUEZ (PUERTO RICO/ USA) Pre-participation Cardiac Screening for Athletes - GARY MAK (HONG KONG) The Latest Innovation in Mitigating the Sudden Cardiac Death in Athletes - GUIDO PIELES (GERMANY/ QATAR) 	<p>SYMPOSIUM 10: ORAL HEALTH AND SPORTS NUTRITION FOR ATHELTES' PERFORMANCE MODERATOR: EHSAN JAYAWEERA (SRI LANKA) SURESH MARATHAMUTHU (MALAYSIA)</p> <ul style="list-style-type: none"> Oral Health during the Pre-Competition Olympic Games Medical Assessment - MAHER ZAHAR (TUNISIA) The Progress of Gut Microbiome and Athlete Performance - MAHENDERAN APPUKUTTY (MALAYSIA) Exploring Fasting Methods on Weight Loss - CHAN KAI QUIN (MALAYSIA) The Evolution of Performance Nutrition in Sport: the Past, Present and Future - RON MAUGHAN (UK) 	<p>ORAL PRESENTATIONS (KINDLY REFER TO THE ORAL PRESENTATIONS' SCHEDULE)</p>
1040 1150	<p>SYMPOSIUM 11: SPORTS DEVELOPMENT & OLYMPIC VALUES EDUCATION IN SPORTS AND PHYSICAL EDUCATION MODERATOR: MAHER AL-FARHAN (SAUDI ARABIA) RAJA MOHAMMED FIRHAD RAJA AZIDIN (MALAYSIA)</p> <ul style="list-style-type: none"> Long Term Development and Strategic Planning of Sports in Maldives - ABDULLA RAFIU (MALDIVES) Empowering the Athlete through Olympic Values Education - SURIYAN SOMPHONG (THAILAND) Innovative Technology-Based Solution for Managing Physical Activity in 10 - 13-Year-Old - ASTA ŠARKAUSKIENE (LITHUANIA) Harmonising Excellence: The Application of Olympism in High Performance Sports - NICHOLAS CHAN (MALAYSIA) 	<p>SYMPOSIUM 12: SPORTS INJURY PREVENTION AND REHABILITATION: FROM RESEARCH TO IMPLEMENTATION MODERATOR: AHMAD BIN NASSER (SAUDI ARABIA) GOH SIEW LI (MALAYSIA)</p> <ul style="list-style-type: none"> Prevention of Overhead Throwing Injury - JOO HAN OH (SOUTH KOREA) From Recovery to Return-To-Play: Evaluating the Pillars of Effective Rehabilitation and Making the Best Decisions on RTP - AMRINDER SINGH (INDIA) The Future: Technological Developments to Protect Athlete Health - YANNIS PITSILADIS (GREECE/ UK) Demystifying Groin Pain: The Current Understanding - K. A. THIAGARAJAN (INDIA) 	<p>ORAL PRESENTATIONS (KINDLY REFER TO THE ORAL PRESENTATIONS' SCHEDULE)</p>

	SIPADAN 2 HALL (LEVEL 4)	SIPADAN 3 HALL (LEVEL 4)	MADAI ROOM & MESILAU ROOM (LEVEL 5)
1150 1300	<p>SYMPOSIUM 13: SPORTS AND EXERCISE MEDICINE SPECIALTY: OPPORTUNITIES & CHALLENGES MODERATOR: UPUL MADAHAPOLA (SRI LANKA) SAMIAH ABDUL KARIM (MALAYSIA)</p> <ul style="list-style-type: none"> Brief History of Sports Medicine & The Foundation of FIMS - EQUARDO HENRIQUE DE ROSE (BRAZIL) Current Sports Medicine Practice in Indonesia: Opportunities and Challenges - IGNATIO RIKA HARYONO (INDONESIA) Sports Medicine Research Perspective in Indonesia: Finding The Gap and Future Collaboration Within Asia and Beyond - NANI CAHYANI SUDARSONO (INDONESIA) Unlocking the Heat: Mastering Peak Performance in Hot Environment - LER HUI YIN (MALAYSIA) 	<p>SYMPOSIUM 14: FRONTIERS IN ATHLETIC CARE: EMERGENCY PREPARENESS, TRAVEL MEDICINE, INJURY PREVENTION AND UPDATE ON ACLR MODERATOR: E.B.S RAMANATHAN (OMAN) MUHAMMAD HARITH ROSDI (MALAYSIA)</p> <ul style="list-style-type: none"> Developing An Emergency Action Plan for A Major Sports Event - WILLIAM OLIVER ROBERT (USA) Update on Travel Medicine in Sports - AHMED ANDIJANI (SAUDI ARABIA) Injury Epidemiology in BMX Racing: What Lesson Can Be Learned for Prevention? - XAVIER BIGARD (FRANCE) ACL Reconstruction with Lateral Extra-Articular Tenodesis (LET) and Return-To-Play in Chinese Elite Athletes - JINGBIN ZHOU (CHINA) 	<p>ORAL PRESENTATIONS (KINDLY REFER TO THE ORAL PRESENTATIONS' SCHEDULE)</p>
1300 1400	<p>Lunch Symposium by  SPEAKER: BALAJI SIVAPIRAGASAM Title: Comparative efficacy of conventional TENS vs Painbot for managing acute lower limbs pain in young adults : preliminary findings</p> <p>Lunch/ E-Posters Viewing/ Booth Visit</p>		
1400 1510	<p>SYMPOSIUM 15: SPORTS REGENERATIVE MEDICINE & GENOMICS: A WAY FORWARD MODERATOR: HASNEL AL TUNAJI (UAE) KAMARUL HASHIMY HUSSEIN (MALAYSIA)</p> <ul style="list-style-type: none"> Prolotherapy and Platelet-rich Plasma: Promises and Pitfalls - MOHAMAD SHARIF A HAMID (MALAYSIA) Biological Therapies for the Management of Degenerative Knee Complaints: Where Are We Now? - DAVID HUMPHRIES (AUSTRALIA) The Future Potential of Genomics and Precision Medicine in Sports - ANG GEIK YONG (MALAYSIA) Innovation and Development in Injury Prevention Techniques - LEE AI CHOO (MALAYSIA) 	<p>SYMPOSIUM 16: SPORTS PSYCHOLOGY, MENTAL HEALTH AND THE ATHLETES' BRAIN MODERATOR: BALAJI PREM CHAND (SINGAPORE) HOW PECK NGOR (MALAYSIA)</p> <ul style="list-style-type: none"> Enhancing Athletic Performance through Applied Sports Psychology - GARRY KUAN (MALAYSIA) Mental Health Symptoms and Illness in Elite Athletes: What Should We Do? - EUGENE KOH BOON YAU (MALAYSIA) Perceptual-Cognitive Abilities in Competitive Athletes in Team Sports - KLAUS-MICHAEL BRAUMANN (GERMANY) Beyond the 6th Concussion Consensus Statement: What is Established, Contested and What is Next? - AZRIL SYAZWAN MOHD ALI (MALAYSIA) 	<p>ORAL PRESENTATIONS (KINDLY REFER TO THE ORAL PRESENTATIONS' SCHEDULE)</p>



28 APRIL 2024 (SUNDAY)

	SIPADAN 2 HALL (LEVEL 4)	SIPADAN 3 HALL (LEVEL 4)	MADAI ROOM & MESILAU ROOM (LEVEL 5)
1510 1620	<p>SYMPOSIUM 17: DRUGS, DOPING AND ERGOGENIC AIDS IN HIGH PERFORMANCE ATHLETES MODERATOR: HILARY MEECHAI INWOOD (THAILAND) CHENG WERN LOONG (MALAYSIA)</p> <ul style="list-style-type: none"> Contamination of Nutritional Supplements for Athletes and Their Health Risks - PEDRO MANONELLES MARQUETA (SPAIN) Psychelics in Sports: Performance Enhancement or Ethical Concern? - TALIA ALENABI (IRAN) Doping Control in Latin America - RAFAEL AUGUSTO ROBLES CABRERA (GUATAMALA) Doping Products and Their Psychological Impact on Athletes - KHALED MASSOUD HASSAN (EGYPT) 	<p>SYMPOSIUM 18: BEYOND LIMITS: INNOVATING PERFORMANCE, TECHNOLOGY AND RECOVERY IN SPORTS SCIENCE MODERATOR: CHRIS TEE CHOW LI (MALAYSIA)</p> <ul style="list-style-type: none"> Fatigue and Recovery in Sport - EAD LORPRAYOON (THAILAND) Latest Technologies of Running Shoes - TYE LEE TZE (SINGAPORE) Rocket Modification for Tennis Elbow Recovery - MASON PORRAMATIKUL (THAILAND) 	<p>ORAL PRESENTATIONS (KINDLY REFER TO THE ORAL PRESENTATIONS' SCHEDULE)</p>
1620 1640	<p>SIPADAN 2 HALL - Closing Lecture: How to Include Diversity, Equity and Inclusion in Sports? MIKI MATHESON (JAPAN/ CANADA)</p>		
1640 1700	<p>SIPADAN 2 HALL - CLOSING AND AWARD GIVING CEREMONY</p>		

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CLOSING CEREMONY



DATE : 28 APRIL 2024 (SUNDAY)

VENUE : SIPADAN HALL 2, LEVEL 4

TIME	PROGRAMME
1640	Prize and Award Presentation Ceremony <ul style="list-style-type: none">• AFSM's Young Researcher Award - Poster Presentation• AFSM's Young Researcher Award - Oral Presentation
1655	<ul style="list-style-type: none">• Closing Remarks and Summary of AFSM Congress 2024 by Assoc. Prof. Dr. Abdul Halim Mokhtar, <i>President of Malaysian Association of Sports Medicine (MASM)</i> and Mr. Ahmad Faedzal Bin MD Ramli, <i>Chief Executive Officer (CEO) of National Sports Institute (ISN), Malaysia</i>
1700	<ul style="list-style-type: none">• End of Ceremony & Congress