



# PRE-CONGRESS WORKSHOP 2: HIGH-PERFORMANCE SPORTS CONDITIONING (HPSC)

**26 APRIL 2024 (FRIDAY) 08:00 - 17:30**  
**LOCATION: SIPADAN HALL 1 (LEVEL 4) , SICC.**

TIME	PROGRAMME	SPEAKERS
07:30 - 08:00	REGISTRATION	
08:00 - 08:10	WELCOME NOTE AND BRIEFING	DR. FAIZ BAHARUDIN
08:30 - 10:15	<b>FITNESS ASSESSMENT &amp; EVALUATION</b>	ASSOC. PROF. DR. RAJA MOHAMMAD FIRHAD
10:15 - 10:30	<i>COFFEE BREAK</i>	
10:30 - 12:30	<b>EXPLORING COUNTER MOVEMENT JUMP FOR OPTIMIZING PERFORMANCE</b>	DR. THUNG JIN SENG
12:30 - 13:30	<i>LUNCH SYMPOSIUM/ LUNCH</i>	
13:30 - 15:15	<b>PLANNING TRAINING: SEQUENCING FITNESS COMPONENT</b>	ASSOC. PROF. DR. KOK LIAN YEE
15:15 - 15:30	<i>COFFEE BREAK</i>	
15:30 - 17:15	<b>WOMEN ON WEIGHTS (WoW)</b>	DR. ELIZA HAFIZ
17:15 - 17:30	<i>CLOSING REMARKS &amp; END OF WORKSHOP 2</i>	DR. FAIZ BAHARUDIN

\*The programme is subject to changes without prior notice.