

Sports Medicine & Science... Sans Frontiers

Return to the NEW

NORMAL

JULY 18,19 | 25,26 | 30,31

AUGUST 6&7, 2020

8days

31

lectures

12

Countries

**Need of the hour
Free Web-Education
Series**

Focus on: Implications of Covid-19 Pandemic over Sports

**ONLINE PROFESSIONAL DEVELOPMENT
LIVE WEB-ED SERIES**

INITIATED BY



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ORGANISING INSTITUTIONS



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Deemed to be University)



UNIVERSITI
TEKNOLOGI
MARA

BRINGING THE BEST OF INTERNATIONAL SPORTS SCIENCE TO YOU

4 weeks
34
International
Faculties

An IASM initiative in collaboration with MASM,
under the aegis of AFSM

Organising Committee

Patrons

Prof.Jaspal Singh Sandhu
Patron IASM

Prof.Patrick Yung
President AFSM

WEB-ED Chair

Prof.Arumugam S
President IASM

Assoc Prof. Abdul Halim Mokhtar
President MASM

WEB-ED Directors

Assoc Prof. K A Thiagarajan
CSS,SRIHER

Assoc Prof.Mahendran Appukutty
UITM, Malaysia

Organising Institutions

Centre for Sports Science
Sri Ramachandra Institute of Higher Education & Research
(Deemed to be University) Chennai, INDIA

Faculty of Sports Science and Recreation
Universiti Teknologi MARA, Malaysia

Free Streaming Platform

IASM YouTube channel <https://bit.ly/3cmOpVo>



Click here @2pm
on Respective days

www.iasm.co.in

www.malaysiansportsmed.org

www.afsmonline.org

Free Web-Education Series

Week 1 & 2 Schedule

Week 1, Day 1

18 July | Saturday @ 2pm

Sports Medicine

Moderator: Dr.K.A.Thiagarajan

Evolution of Sports Medicine in India	Jaspal Singh Sandhu	
Arthritis in athletes	Abdul Halim Mokhtar	
COVID19 Implications for Sport	Jon Patricios	
Safety Plan for COVID19: Returning to "Normal"	Bikram Karmakar	

Week 1, Day 2

19 July | Sunday @ 2pm

Sports Surgery

Moderator: Prof.Arumugam S

ACL Injury: Where are we today?	Willem van der Merve	
ACL Reconstruction with BTB graft	Sethu Ramanathan	
Double bundle ACL reconstruction	Chan Kin Yuen	
Shoulder Instability in Athletes: Current status	Philippe Landreau	
Ankle Arthroscopy in Athletes: Current status	Arumugam S	

Week 2, Day 1

25 July | Saturday @ 2pm

Sports Nutrition

Moderator: Prof.Mahendran

Nutrition Periodization for peak performance athlete	Mury Kuswari	
Weight management in athlete	Nazhif Gifari	
Exercise Oxidative Stress & Anti-oxidants	V H Patel	
Making weight: Helping lightweight rowers maximise their performance	Paul Fairbarin	

Week 2, Day 2

26 July | Sunday @ 2pm

Exercise Science

Moderator: Mr.Andrew Gray

Altitude Training & Performance: Issues & Challenges	Rungchai Chaunchaiyakul	
Physical Activity Amid Covid-19 Pandemic	Alston Choong Wai Kwong	
Women and activity related issues	Malini Karupiah	
Sports Genomics & training response	Ang Geik Yong	

Free Web-Education Series

Week 3 & 4 Schedule

Week 3, Day 1

30 July | Thursday @ 2pm

Sports Biomechanics

Moderator: Dr.K.A.Thiagarajan

Upper limb Biomechanics in sports	Andrea Cutti	
Biomechanics: Towards on-field measurement	Jonathan Williams	
Biomechanics of the foot	Rami Abboud	
Biomechanics for performance and injury prevention	Marc Portus	

Week 3, Day 2

31 July | Friday @ 2pm

Sports Psychology

Moderator: Dr.Jolly Roy

Power of music for athletes & home exercisers: new norms	Garry Kuan	
Develop inner resources thro Yoga: Futuristic self-training	Jeyashree	
Cognition,Sports Performance:Before,During & After COVID	Anuradha	
Psychological Skills Training Program on Netball	Jamatul Shahidah Shaarii	

Week 4, Day 1

6 August | Thursday @ 2pm

Sports Rehabilitation

Moderator: Dr.Narasimman

Sports Recovery: Maximizing Rehab by maximizing recovery	Steve Milanese	
Adapting to the COVID in PT practice	Janine Gray	
Back pain post COVID-19? The role of ultrasound	Dinesh Chaminda Sirisena	

Week 4, Day 2

7 August | Friday @ 2pm

High Performance

Moderator: Mr.Andrew Gray

High Performance science for coaches	Andrew Gray	
Covid 19: Safe return to training and competition	Raja Mohd Firhad Raja Azidin	
Optimising effective training for high performance sport	Muhammad Zulqarnain	
	Mohd Nasir	

No Registration Required!
Need of the hour Practical Insights!

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