



**UNIVERSITI  
MALAYA**

FACULTY OF SPORTS AND  
EXERCISE SCIENCE

**DECATHLON**  
MALAYSIA



Malaysian Association of  
Sports Medicine (MASM)



**UM ARENA**  
STADIUM SAINS SUKSES  
UNIVERSITI MALAYA

# Decathlon 2nd Coaching High Performance Sports Seminar & Workshop: Back To Basic



## OBJECTIVES

1. Revisit the fundamentals of sports science and medicine in coaching
2. Refresh skills in fitness testing.



29 – 30 October 2022

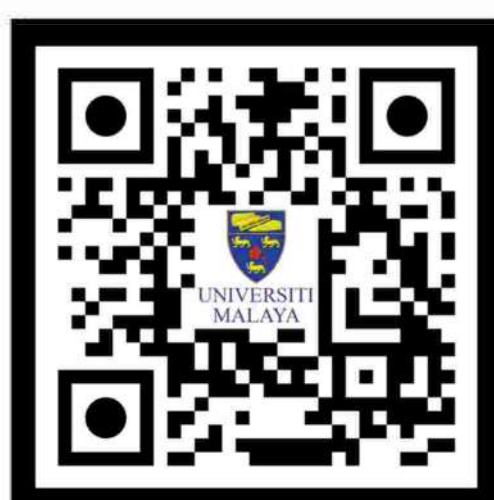


8:00am – 5:30pm MYT



Block A & B, Faculty of Sports and  
Exercise Science, Universiti Malaya,  
Kuala Lumpur, Malaysia

16 MMA-CPD points  
& Certificate of  
Participation will  
be awarded



SCAN ME TO REGISTER!

| Categories                                            | Early Bird<br>(till 30<br>September<br>2022) | Regular Rate<br>(from 1<br>October 2022<br>onward) |
|-------------------------------------------------------|----------------------------------------------|----------------------------------------------------|
| Regular<br>Delegate (Local)                           | RM200                                        | RM400                                              |
| Regular<br>Delegate<br>(International)                | USD150                                       | USD200                                             |
| UM/ UMMC Staff<br>MASM Member                         | RM150                                        | RM250                                              |
| Student (UM)                                          | RM100                                        | RM200                                              |
| Student<br>(Other local<br>Universities/<br>Colleges) | RM150                                        | RM250                                              |
| Student<br>(International)                            | USD100                                       | USD150                                             |

Seats are limited! Kindly register now by log on to [umevent.um.edu.my](https://umevent.um.edu.my)



|             |                                                                                                                                                                                                    |
|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0800 - 0845 | Registration                                                                                                                                                                                       |
| 0845 - 0900 | Opening Ceremony                                                                                                                                                                                   |
| 0900 - 0930 | <b>Keynote Lecture 1: Building A Champion: Let's Start with the Basic</b><br><i>Chairperson: Dr. Eliza Hafiz</i><br><b>Speaker: Prof. Dr. Chris Cushion, UK</b>                                    |
| 0930 - 1000 | <b>Lecture 1: Physiological Adaptation to Training</b><br><i>Chairperson: Dr. Khong Teng Keen</i><br><b>Speaker: Dr. Ashril Yusof, Malaysia</b>                                                    |
| 1000 - 1030 | <b>Lecture 2: Constructing Periodization Plan: A Template or a Custom-made?</b><br><i>Chairperson: Dr. Mohamed Nashruddin Naharudin</i><br><b>Speaker: Dr. Mohamad Faithal Hj Hassan, Malaysia</b> |
| 1030 - 1045 | Tea break                                                                                                                                                                                          |
| 1045 - 1115 | <b>Lecture 3: Common Overuse Sports Injuries</b><br><i>Chairperson: Dr. Faiz Baharudin</i><br><b>Speaker: Assoc. Prof. Dr. Abdul Halim Mokhtar, Malaysia</b>                                       |
| 1115 - 1145 | <b>Lecture 4: Sports Nutrition Coaching – What and When To Eat?</b><br><i>Chairperson: Dr. Sareena Hanim Hamzah</i><br><b>Speaker: Ms. Bethanie Allanson, Australia</b>                            |
| 1145 - 1215 | <b>Lecture 5: Defining Fitness: Points to Ponder</b><br><i>Chairperson: Dr. Victor Selvarajah Selvanayagam</i><br><b>Speaker: Dr. Danial Hackett, Australia</b>                                    |
| 1215 - 1245 | <b>Lecture 6: Weight Management in Athletes</b><br><i>Chairperson: Dr. Faiz Baharuddin</i><br><b>Speaker: Ms. Tania Lee, Malaysia</b>                                                              |
| 1245 - 1400 | Lunch break                                                                                                                                                                                        |
| 1400 - 1430 | Pre-Workshop Briefing: Par-Q & Consent                                                                                                                                                             |
| 1430 - 1700 | <b>Workshop 1: Fitness assessment</b><br><b>Instructors: Dr. Khong Teng Keen,</b><br><b>Dr. Mohamed Nasharuddin Naharudin</b><br><b>Mr. Firdaus Abdullah</b>                                       |
| 1700 - 1730 | Tea Break                                                                                                                                                                                          |
| 1730        | End of Day 1                                                                                                                                                                                       |



|             |                                                                                                                                                                                 |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0800 - 0900 | Registration                                                                                                                                                                    |
| 0900 - 0930 | <b>Keynote Lecture 2: Empowering Coach-Athlete Relationship</b><br><i>Chairperson: Dr. Mohamad Faithal Hj Hassan</i><br><b>Speaker: Prof. Dr. Robyn Jones, UK</b>               |
| 0930 - 1000 | <b>Lecture 7: Overtraining Syndrome: 'I Feel Exhausted'</b><br><i>Chairperson: Dr. Eliza Hafiz</i><br><b>Speaker: Dr. Alston Choong Wai Kwong, Malaysia</b>                     |
| 1000 - 1030 | <b>Lecture 8: Sports Performance Analysis</b><br><i>Chairperson: Dr. Rizal Razman</i><br><b>Speaker: Mr. Redzuan Ponirin, Singapore</b>                                         |
| 1030 - 1045 | Tea Break                                                                                                                                                                       |
| 1045 - 1115 | <b>Lecture 9: Enhancing Performance through Sports Psychology</b><br><i>Chairperson: Ms. Yuhanis binti Adnan</i><br><b>Speaker: Prof. Jolly Roy, India</b>                      |
| 1115 - 1145 | <b>Lecture 10: Designing Strength and Conditioning Program in Football</b><br><i>Chairperson: Dr. Zulezwan bin Ab Malik</i><br><b>Speaker: Mr. Reuben Jude Balraj, Malaysia</b> |
| 1145 - 1215 | <b>Lecture 11: How Sports Science Help Me to Become A Champion</b><br><i>Chairperson: Dr. Rizal Razman</i><br><b>Speaker: Ms. Noraseela Mohd Khalid, Malaysia</b>               |
| 1215 - 1245 | <b>Lecture 12: Hydration Strategies in Training &amp; Competitions</b><br><i>Chairperson: Dr. Sareena Hanim Hamzah</i><br><b>Speaker: Dr. Lewis James, UK</b>                   |
| 1245 - 1400 | Lunch Break                                                                                                                                                                     |
| 1400 - 1430 | Pre-Workshop Briefing                                                                                                                                                           |
| 1430 - 1700 | <b>Workshop 2: Football Field Test and Drills</b><br><b>Instructors: Mr. Reuben Jude Balraj</b><br><b>Mr. Cameron Leon Ng</b>                                                   |
| 1700 - 1715 | Tea Break                                                                                                                                                                       |
| 1715 - 1730 | Closing Ceremony                                                                                                                                                                |



# Day 1 Speakers



**PROF. DR. CHRIS CUSHION**

*Professor of Coaching & Pedagogy, and  
Director of Sport Integration, School of Sport, Exercise and Health Sciences,  
Loughborough University, UK*



**DR. ASHRIL YUSOF**

*Senior Lecturer of Sports Science (Exercise Physiology)  
Faculty of Sports and Exercise Science, Universiti Malaya, Malaysia*



**DR. MOHAMAD FAITHAL HJ HASSAN**

*Senior Lecturer of Sports Science (Coaching)  
Faculty of Sports and Exercise Science, Universiti Malaya, Malaysia*



**ASSOC. PROF. DR. ABDUL HALIM MOKHTAR**

*Associate Professor of Sports Medicine, and  
Dean of the Faculty of Sports and Exercise Science,  
Universiti Malaya, Malaysia*



**MS. BETHANIE ALLANSON**

*Accredited Sports Dietitian, and  
Sessional Academician of the Faculty of Health Sciences,  
Curtin University, Australia*



**DR. DANIEL HACKETT**

*Senior Lecturer of Exercise and Sport Science,  
Faculty of Medicine and Health, University of Sydney, Australia*

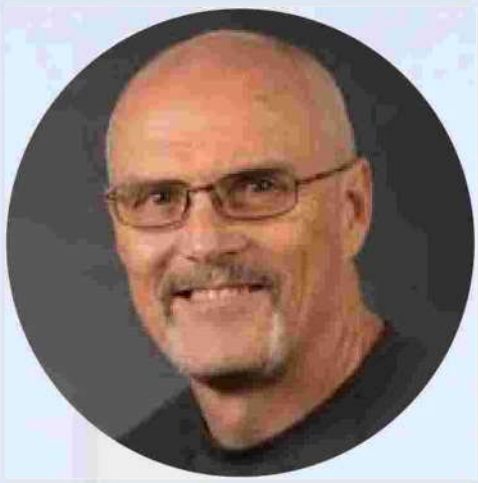


**MS. TANIA LEE XU YAR**

*Registered Dietitian Nutritionist & Certified Specialist in Sports  
Dietetics, and Co-founder of Sports Nutrition Academy, Malaysia*



# Day 2 Speakers



**PROF.DR.ROBYNJONES**

*Professor of Sport and Social Theory, and  
Associate Dean of Research (Sport) at the Cardiff School of Sport and  
Health Sciences, Cardiff Metropolitan University, UK*



**DR. ALSTON CHOONG WAI KWONG**

*Senior Lecturer of Sports & Exercise Medicine,  
Faculty of Medicine, Universiti Malaya, Malaysia*



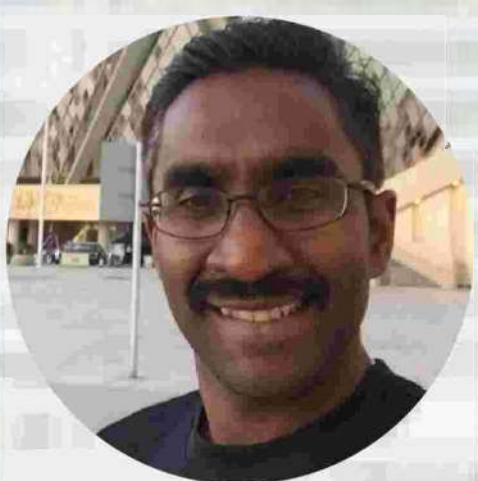
**MR. REDZUAN PONIRIN**

*Sports Performance Analyst &  
Singapore National Hockey Team Coach*



**PROF. JOLLY ROY**

*Professor of Sports Psychology,  
Centre for Sports Science,  
Sri Ramachandra Institute of Higher Education and Research, India*



**MR. REUBEN JUDE BALRAJ**

*Head of High-Performance Unit,  
Football Association of Malaysia (FAM)*



**MS. NORASEELA MOHD KHALID**

*Malaysia 400m Hurdles Olympian  
Elite Sprint & Hurdles Coach*



**DR. LEWIS JAMES**

*Senior Lecturer in Sports Nutrition,  
School of Sport, Exercise and Health Sciences,  
Loughborough University, UK*



# Organising Committee

## CHAIRPERSON



**Assoc. Prof. Dr. Abdul Halim Mohktar**

## VICE CHAIRPERSON 1



**Dr. Eliza Hafiz**

## VICE CHAIRPERSON 2



**Dr. Sareena Hanim Hamzah**

## COMMITTEE MEMBERS



**Dr. Mohammad  
Faithal Hj Hassan**



**Dr. Mohamed  
Nashrudin Naharudin**



**Dr. Khong Teng Keen**



**Dr. Faiz Baharuddin**



**Dr. Alston Choong  
Wai Kwong**



**Mr. Mohd Firdaus  
Abdullah**