



How to Register :

<https://ummctrainings.onpay.my>

+6019 - 2555 016

En Amir Asraf
sales@ummc.edu.my

Doctor's

20

CPD POINT

E-cert provided for all

Physical Attendance
**UMMC SPORTS &
EXERCISE MEDICINE
CONFERENCE
2022**

Healthy Body & Mind:
Empowering Lives Through Physical Activity

Pre-Conference

RM 200.00

Main Conference Professional

RM 450.00

Main Conference Student

RM 250.00

at The Everly Putrajaya

* ROOM PROMOCODE : UMMC22

Visit our booths and win lucky draws up to RM1500.00

12th - 14th September 2022

12th Sept 2022 **Pre Conference**

13th-14th Sept 2022 **Main Conference**



FREE ASICS WATER BOTTLE FOR EARLY REGISTRATION WHILE STOCK LAST



UMMC SPORTS & EXERCISE MEDICINE CONFERENCE 2022

Healthy Body & Mind: Empowering Lives Through Physical Activity

Program

Day 1 (13th September 2022)

0730 - 0830	BREAKFAST/REGISTRATION POSTER/EXHIBITION VIEWING	
0830 - 0900	WELCOMING REMARKS / OPENING CEREMONY	
0900 - 0945	PLENARY 1: SPORTS MEDICINE IN MALAYSIA	
0945 - 1030	PLENARY 2: THE PARADOX OF PHYSICAL ACTIVITY	
1030 - 1045	TEA	
NON-COMMUNICABLE DISEASES & WELLNESS		
	ROOM 1 (PUBLIC)	ROOM 2 (HEALTH PROFESSIONALS)
1045 - 1110	EMPOWERING DISABLED PEOPLE WITH ACTIVE LIFESTYLE	PAEDIATRIC OBESITY: WEIGHT TRAINING
1110 - 1135	PRACTICING MINDFULNESS FOR SENIORS	MUSIC FOR SPORTS PERFORMANCE
HEALTH & FITNESS		
1135 - 1200	OFFICE EXERCISE & RELAXATION EVERYONE CAN DO.	UNDERSTANDING FOOD LABEL : WHY DO THEY MATTER
1200 - 1225		WAYS TO GET PEOPLE TO MOVE MORE & SIT LESS.
1225 - 1230	INFOMERCIAL	
1230 - 1300	SPONSOR TALK	
1345 - 1415	ORAL PRESENTATION	
1415 - 1445	BATTLE AGAINST NON-COMMUNICABLE DISEASE & MENTAL HEALTH IN MALAYSIA	
SPORT MEDICINE		
1445 - 1510	I HAVE SHOULDER PROBLEM, WHAT SHOULD I DO?	OVERUSE INJURIES IN SPORT
1510 - 1535	TREATING PAINFUL KNEES WITH EXERCISE	UPDATES ON MUSCULOSKELETAL INJURIES MANAGEMENT.
1535 - 1545	TEA	
1545 - 1615	ORAL PRESENTATION	
1615 - 1645	EVENING WORKOUT	

Day 2 (14th September 2022)

0730 - 0830	MORNING WORKOUT / BREAKFAST	
0830 - 0900	POSTER / EXHIBITION VIEWING	
0900 - 1030	PANEL DISCUSSION : JOURNEY OF WEIGHT LOSS / ACTIVE AGING	
1030 - 1045	TEA	
TECHNOLOGIES IN SPORTS/ REHABILITATION		
	ROOM 1 (PUBLIC)	ROOM 2 (HEALTH PROFESSIONALS)
1045 - 1110	(TBC) CHOOSING THE RIGHT SHOES	DELIVERING SEAMLESS & MULTIDICIPLINARY HEALTHCARE THROUGH DIGITAL THERAPEUTICS
1110 - 1135	TEAMING UP TO IMPROVE PERFORMANCE AND REDUCE INJURIES FOR GOLF	ELECTRO - MODALITIES: THE EVIDENCE
FEMALE ISSUES		
1135 - 1200	DO YOU NEED SUPPLEMENTS TO PREVENT BREAST & CERVICAL CANCER?	EXERCISE FOR DIABETES IN PREGNANCY
1200 - 1225	ENERGISING STRATEGIES FOR WORKING MUM	TRAINING IN ELITE ATHLETE DURING PREGNANCY
1225 - 1230	INFOMERCIAL	
1230 - 1300	SPONSOR TALK	
1330 - 1400	ORAL PRESENTATION	
TRENDING DEBATE IN SPORTS AND EXERCISE		
1400 - 1500	KETO DIET VS INTERMITTENT FASTING	
1500 - 1600	EXERGAMING ESPORTS VS TRADITIONAL SPORTS	
1600 - 1630	PRIZE GIVING & CLOSING CEREMONY PROF. DATO' DR. ZALIHA OMAR ORAL AWARD SEMREG POSTER AWARD	
1630 - 1700	EVENING WORKOUT	

Preconference workshop (12th September 2022)

	ROOM 1 (PHYSICAL CONFERENCE)	ROOM 2 (HYBRID)
0900 - 1200	MSK ULTRASOUND	FUNCTIONAL / (PNF) TRAINING WORKSHOP
1400 - 1600	EXERCISE PRESCRIPTION/ FUNDAMENTAL MOVEMENT PROFILING	YOGA / PILATES



UMMC SPORTS & EXERCISE MEDICINE CONFERENCE 2022

Healthy Body & Mind:
Empowering Lives Through Physical Activity

CALL FOR ABSTRACTS

Abstract Format

- ✓ Abstract must be in English, using Arial font size of 11.
- ✓ The abstract should describe original research work. Case reports may be submitted but are not eligible for award.
- ✓ All abstract must be submitted online (<https://app.oxfordabstracts.com/stages/3267/submitter>)
- ✓ Abstracts may be submitted in any one of the following areas in sports and exercise:
 - Medicine
 - Nutrition
 - Biomechanics
 - Psychology
 - Physiology
 - Coaching and Training
- ✓ Maximum length of the abstract body is 250 words (excluding title, authors and affiliations)
- ✓ The title should be in upper case and bold.
- ✓ Abstract should be structured with the following subtitles:
 - Background & Aim
 - Methods
 - Results
 - Conclusions
- ✓ An author may submit more than one abstract but is only eligible for one award.

COMPETITION

1st PRIZE
for Oral
RM500

1st PRIZE
for Poster
RM300

**TOTAL CASH
PRIZE FOR GRAB
RM1800.00**



How to submit?

Scan QR Code for more
details

Enquires:
Send your question to
semreg@um.edu.my
or call

037949 6350

Submission Deadline :
31st August 2022