

**The 6th International Conference on Movement, Health and Exercise (MoHE) &
12th International Sports Science Conference (ISSC) 2019, Kuching, Sarawak, Malaysia**

Tentative Program

Monday, 30 September 2019				
Time				
07:30 - 08:30	Registration			
08:30 - 09:15	<p>Keynote Address #1 (Ranyai Ballroom)</p> <p>Title: Long Term Athlete Development: How Smooth is Transition from One Phase to Another? Professor Dr. Oleksandr Krasilshchikov Exercise and Sports Science Programme, School of Health Sciences, Universiti Sains Malaysia</p>			
09.15 - 10:00	<p>Keynote Address #2 (Ranyai Ballroom)</p> <p>Title: Screen time in early childhood- are we hothousing children for a lifetime of physical inactivity and exercise insufficiency? Prof Michael Chia, National Institute of Education, Nanyang Technological University, Singapore.</p>			
10:00 - 10:30	Morning Break			
10:30 - 11:00	<p align="center">Opening Ceremony 6th International Conference on Movement, Health and Exercise (MoHE) & 12th International Sports Science Conference (ISSC) 2019</p>			
11:00 - 11:30	<p>Invited lecture #1 (Ranyai Ballroom) National Sports Institute of Malaysia</p>			
	Invited lecture #2	Invited lecture #3	Invited lecture #4	Invited lecture #5

11.30 – 12:00	Ranyai Ballroom Title: Still no time to exercise? Efficacy of a novel “dispersed” protocol of the Wingate exercise bouts Dr. Abdul Rashid Aziz, PhD Sport Science & Medicine Singapore Sport Institute, Singapore	Tubau 1 Title: MASUM Sports Assoc Prof Dr Mohd Rushdan Mohd Jailani Chairman of Malaysian University Sport Council	Tubau 2 Title: Prescribing Exercise for Cardiometabolic Health: What Do Current Evidence Recommend? Dr. Farah Fauzi Faculty of Health Sciences, Universiti Kebangsaan Malaysia	Tubau 3 Title: Improving muscular strength and endurance in squash players Dr Susilo Faculty of Sports Science State University of Jakarta Indonesia
12:00 – 13:00	Oral Presentation			
	Ranyai Ballroom Theme: Exercise Science	Tubau 1 Theme: Human Performance	Tubau 2 Theme: Physical Activity & Health	Tubau 3 Theme: Sport Nutrition
13:00 - 14:30	Lunch Break			
14:30 - 15:15	Keynote Address #3 (Ranyai Ballroom) Title: Effects & Mechanisms of Exercise on Cancer Prevention Associate Prof. Hanson Huang Sen-Fang Center for Physical Education Teaching, College of Education & Communication, Tzu Chi University, Taiwan			
15:15 – 16:00	Keynote Address #4 (Ranyai Ballroom) Title: Effects of Antioxidant Supplements on Sports Performance and Health Status Professor Dr. Chen Chee Keong Exercise and Sports Science Programme, School of Health Sciences, Universiti Sains Malaysia.			
16:00 – 17:30	Oral Presentation			

	Ranyai Theme: Exercise Science	Tubau 1 Theme: Human Performance	Tubau 2 Theme: Physical Activity & Health	Tubau 3 Theme: Sport Nutrition
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Tuesday, 1 October 2019				
Time				
08:30 - 09:15	Keynote Address #5 (Ranyai Ballroom) Title: Enhancement of performance through yogic practices on motor abilities of badminton players. Prof. P.Chinnappa Reddy, President, National Association of Physical Education and Sports Science, India			
09.15 - 10:00	Keynote Address #6 (Ranyai Ballroom) Title: Coach Developers Will Be The Key to Support Coach Learning Professor Dr. Masamitsu Ito Nippon Sport Science University, Tokyo, Japan			
10:00 - 10:30	Morning Break			
10:30 - 11:00	Poster Presentation Session			
11.30 – 12:00	Invited lecture #6 Ranyai Ballroom Title: Coach Development in Singapore: Global Best Practice in the Southeast Asian Context Troy Engle Head, Academies & Clubs Sport Singapore	Invited lecture #7 Tubau 1 Title: Exercise habit strength: concept and measurement Assoc Prof Dr. Hairul Anuar Hashim Exercise and Sports Science Programme, School of Health Sciences, Universiti Sains Malaysia	Invited lecture #8 Tubau 2 Title: Integrating exercise in health care system: predictive, preventative and rehab Assoc Prof Dr. Dayang Maryama Ag Daud Faculty of Psychology and Education Universiti Malaysia Sabah.	Invited lecture #9 Tubau 3 Title: Influence of sports participation, genetic factor and nutritional supplementation on bone health and muscular performance Assoc Prof Dr. Ooi Foong Kiew

				Exercise and Sports Science Programme, School of Health Sciences, Universiti Sains Malaysia
12:00 – 13:00	Oral Presentation			
	Ranyai Ballroom Theme: Coaching Science	Tubau 1 Theme: Sport Psychology	Tubau 2 Theme: Physical Activity & Health	Tubau 3 Theme: Sport Nutrition
13:00 - 14:30	Lunch Break			
14:30 - 15:15	<p>Keynote Address #7(Ranyai Ballroom) Title: Preparing for the Tokyo Summer: Focus on the Female Athlete Associate Professor Dr. Toby Mündel Massey University's School of Sport, Exercise and Nutrition in New Zealand</p>			
15:15 – 16:00	<p>Keynote Address #8 (Ranyai Ballroom) Title: Personal Protective Clothing and Work Rates under Extreme Heat Stress Assoc Prof. Dr. Joo-Young Lee Department of Textiles, Merchandising and Fashion Design Seoul National University, Seoul, Korea</p>			
16:00 – 17:30	Oral Presentation			
	Ranyai Ballroom Theme: Exercise Science	Tubau 1 Theme: Human Performance	Tubau 2 Theme: Sport Medicine	Tubau 3 Theme: Management & Sport Studies

Wednesday, 2 October 2019				
Time				
08:30 - 09:15	<p>Keynote Address #9 (Ranyai Ballroom) Title: Hydration during exercise – still confused with how much to drink? Assoc Prof Dr. Jason Lee Yong Loo Lin School of Medicine National University of Singapore</p>			
09.15 - 10:00	<p>Keynote Address #10 (Ranyai Ballroom) Title: Sport Engineering & Technology Professor Dr. Nicola Petrone</p>			
10:00 - 10:30	Morning Break			
10:30 - 11:15	<p>Keynote Address #11 (Ranyai Ballroom) Title: Sports Engineering & Technology in Malaysia Suhizaz Sudin, Universiti Malaysia Perlis & Dr. Mohd Hasnun Arif Hassan, Faculty of Mechanical and Manufacturing Engineering, Universiti Malaysia Pahang.</p>			
11.15 – 11.45	<p>Invited lecture #10 Ranyai Ballroom</p> <p>Title: Linking Genetics to Sports</p> <p>Dr Hazwani Ahmad Yusof Advanced Medical and Dental Institute</p>	<p>Invited lecture #11 Tubau 1</p> <p>Title: Mental Toughness, Motivation and Competition State Anxiety in Sports: A Multidimensional Perspective</p> <p>Dr. Chin Ngien Siong Institute of Teacher Education Batu Lintang Campus Kuching, Sarawak, Malaysia</p>	<p>Invited lecture #12 Tubau 2</p> <p>Title: Postural Balance Control and How a Player control a Balance during Dynamic Activity</p> <p>Dr. Parunchaya Jamkrajang College of Sports Science and Technology, Mahidol University</p>	<p>Invited lecture #13 Tubau 3</p> <p>Title: Probiotics, Health and Sports</p> <p>Assoc Prof Dr. Mahenderan Appukutty Faculty of Sports Science & Recreation, Universiti Teknologi MARA, Shah Alam, Selangor, Malaysia</p>

11:45 – 13:00	Oral Presentation			
	Ranyai Ballroom Theme: Exercise Science	Tubau 1 Theme: Sport Psychology	Tubau 2 Theme: Physical Activity & Health	Tubau 3 Theme: Sport Nutrition
13:00 - 14:30	Lunch Break			
14:30 - 15:15	<p>Keynote Address #11 (Ranyai Ballroom)</p> <p>Title: Biomechanical Research and Support for Para-Sports Shinji Sakurai Chukyo University, Japan</p>			
15:15 – 16:00	<p>Keynote Address # 12 (Ranyai Ballroom)</p> <p>Assoc Prof Dr. Rungchai Chaunchaiyakul College of Sports Science and Technology, Mahidol University</p>			
16:00 – 17:30	Oral Presentation			
	Ranyai Ballroom Theme: Sport Engineering & Technology	Tubau 1 Theme: Human Performance	Tubau 2 Theme: Sport Medicine	Tubau 3 Theme: Management & Sport Studies