



	CHANNEL 1	CHANNEL 2	CHANNEL 3	CHANNEL 4
8.00 – 8.30 AM	LOGIN & INSTRUCTION BRIEFING			
8.30 – 9.00 AM	WELCOMING SPEECH CEO of National Sports Institute of Malaysia			
	OPENING SPEECH Minister of Youth and Sports Malaysia			
9.00 – 10.00 AM	(C1A) PROF. LOUISE BURKE Ketogenic Low-CHO, High-Fat Diet: The Future of Elite Endurance Sport?			
10.00 – 10.30 AM		(C2A) ASSOC. PROF. DR. KOK LIAN YEE Deliberating the Efficacy of Periodization: Is Periodization Based on Scientific Evidence		
10.30 – 11.30 AM	(C1B) PROF. KEN KAZUNORI NOSAKA Science and Practice of Eccentric Training			
11.30 – 12.30 PM	(C1C) PROFESSIONAL SPORTS PREPARATION Athletes, Coaches & Support Staffs' Perspective	(C2B) STRENGTH & CONDITIONING Eccentric Training on Sports Performance		
12.30 – 1.00 PM	(C1C) SPONSORED PRESENTATION			
1.00 – 2.00 PM	LUNCH BREAK			
2.00 – 3.00 PM	(C1D) PROF. ROB NEWTON Performance Diagnosis Informs Efficient Program Design			
3.00 – 3.30 PM	(C1E) PROF. TIAN YE China's Sport for All: Current Situation and Prospect			(C4A) TALENT IDENTIFICATION & DEVELOPMENT Identifying and Developing Potential Talents Into Champions
3.30 – 4.30 PM	(C1F) RECREATIONAL SPORTS PREPARATION Challenges in Recommending Physical Activity Post COVID-19 Pandemic			
4.30 – 5.00 PM	(C1G) ROAD TO TOKYO (RTT) PREPARATION COVID-19 & The New Normal in Sports: The Challenges & Strategies		(C3A) DR. RIZAL BIN MOHD RAZMAN Kicking Up a Fuss: What's the Deal with Taekwondo Electronic Body Protector	
5.00 – 5.30 PM		(C2C) DR. OLIVER GIBSON Challenges to Performance Physiology when Exercising in the Hot Environment	(C3B) PROF. MARK KING Optimum Performance in Sports	
5.30 – 6.00 PM		(C2D) DR. ASHLEY WILLMOTT The Development and Implementation of Heat Alleviation Strategies to Enhance Athletic Performance	(C3C) BIOMECHANICS Application of Biomechanics in Sports Performance	
6.00 – 6.30 PM		(C2E) DR. GARY BRICKLEY Passing the Baton to Tokyo: A Coach and Scientist Approach		

	Keynote & Plenary		Research Interest Group
	Invited Speaker		Symposium
	Sports Medicine Forum		Sponsored Presentation

* Opening Speech and Keynote & Plenary will be held in Channel 1.

* Only Keynote & Plenary and Symposium pre-recorded presentations will be played on actual day.



	CHANNEL 1	CHANNEL 2	CHANNEL 3	CHANNEL 4
8.00 – 8.30 AM	LOGIN & INSTRUCTION BRIEFING			
8.30 – 9.30 AM	(C1H) PROF. JOHN HAWLEY A Time To Exercise, A Time To Eat: Chronobiology for Health & Performance			
9.30 – 10.30 AM	(C1I) ASSOC. PROF. DR. MARGO MOUNTJOY Keeping Our Female Athlete Healthy and Performing At Their Peak			
10.30 – 11.00 AM		(C2F) ASSOC. PROF. INTAN SAFINAR ISMAIL Sportomics: Metabolomics Application in Sports: Have You Heard About It?	(C3D) WOMEN IN SPORTS What Are You Doing to Safeguard Your Athletes?	
11.00 – 11.30 AM		(C2G) ASSOC. PROF. GARRY KUAN The Power of Music as Motivation for Athletes and Home Exercisers: Towards to The New Norms		
11.30 – 12.30 PM	(C1J) SPORTS INJURY MANAGEMENT Exploring Treatments Option	(C2H) PSYCHOLOGY Art Themed Mindfulness		(C4B) EXERCISE PHYSIOLOGY Training Monitoring (Training Load & Biomarkers)
12.30 – 1.00 PM	(C1I) SPONSORED PRESENTATION			
1.00 – 2.00 PM	LUNCH BREAK			
2.00 – 2.30 PM	(C1K) RETURN TO PERFORMANCE Mind the Gap: Emphasizing on Teamwork Integration	(C2I) SPORT NUTRITION Dietary Supplements & Athlete Performance: Needs vs Want?		(C4C) TS. DR. ZULKIFLI MOHAMAD Internet of Things (IoT) in Sports Application
2.30 – 3.00 PM			(C3E) PERFORMANCE ANALYSIS Current Trend in Performance Analysis	(C4D) DR. ANWAR P.P ABDUL MAJEED The Classification of Skateboarding Tricks: Case Studies on the Employment of Machine Learning and Deep Learning Approaches
3.00 – 3.30 PM				(C4E) DR. RABIU MUAZU MUSA Machine Learning in Team Sports
3.30 – 4.00 PM	(C1L) Health Conditions & Injury Affecting Athletes' Performance		(C3F) DR. PETER O'DONOGHUE Analysis of Tactical Movement in Games using Machine Learning	
4.00 – 5.00 PM	(C1M) PROF. BARRY DRUST New Approaches to Player Development? Lesson Learnt for Football From the COVID-19 Crisis			
5.00 – 5.15 PM	CLOSING SPEECH			

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