



PERFORM

VSMSS 2020 Powered By **ISN**

**FREE PROGRAM
CHANNEL 5
4-5 NOVEMBER 2020**

| | 4 NOVEMBER 2020 | | 5 NOVEMBER 2020 |
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| 8.00 – 8.30 AM | LOGIN & INSTRUCTION BRIEFING | | 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 | (C5A) STEFAN RICHELLI Recovery of Strength Post Covid-19 with COMPRE Floss (SANCTBAND) | 09.00 – 9.45 AM | (C5G) CHEAH BOON CHOONG Science Behind Stair Climbing (INTENZA FITNESS) |
| 10.00 - 10.30 AM | SPONSORED VIDEOS | | (C5H) RICHARD WEE Sports Law (Richard Wee Chambers) |
| 10.30 – 11.30 AM | (C5B) TANIA LEE Personalizing Protein Intake for Performance (NOVA) | 10.30 – 11.30 AM | (C5I) JOSEPH DOLCETTI Assistive vs Resistive Loading Resistance Training as a Coaching Tool (LILA) |
| 11.30 – 12.30 PM | (C5C) TRIMAX Tecar Therapy & Kineo | 11.30 -12.30 PM | (C5J) TANIA LEE Fluids and Hydration for Athletic Performance (NOVA) |
| 12.30 – 1.00 PM | SPONSORED PRESENTATION | | SPONSORED PRESENTATION |
| 1.00 – 2.00 PM | LUNCH BREAK | | LUNCH BREAK |
| 2.00 – 2.30 PM | (C5D) NISHA SABANAYAGAM & LILIAN KOK Sexual Harassment and Its Impact in Malaysia Sports (AWAM) | 2.00 – 3.00 PM | (C5K) DR. SILVANO ZANUSO The Role of the New Technologies in Delivering Evidence Based Exercise Programs (TECHNOGYM) |
| 2.30 – 3.30 PM | (C5E) LET'S TRAIN WITH PHYSIOTOOLS & SMARTFIT | | (C5L) FOO SHAN MEI Probiotics, Immunity & Sports (YAKULT) |
| | 1. Physiotoools (The Smart Way to Create Personalized Exercise Programs for Rehabilitation and fitness) 2. Gunnar Peterson (Power of SMARTfit Cognitive Training) | | |
| 3.30 – 4.15 PM | (C5F) PROFESSOR HELMUT HOFFMAN Modern Management of Rehabilitation after Sports Injuries (UNITED AKRAB & EDEN) | 4.00 – 5.00 PM | (C5M) JOERG TEICHMANN Unexpected Disturbance in Early Stages of Rehabilitation (REHAMED) |
| 4.15 – 4.45 PM | (C5G) CAPT PRABHU S/O NAGARAJAN (R) FIT Malaysia X (ISN) | 5.00 – 5.15 PM | CLOSING SPEECH Deputy Minister KBS |
| 4.45 – 5.00 PM | ADVERTISEMENTS | | |

* Program stated is subject to change.
* Click the title to access the live session.