

# COLLOQUIUM PROGRAM

**22 AUGUST 2023**  
**TUESDAY**

TIME	PROGRAM
	<b>Location: Commonwealth Hall</b>
0800 – 0830	Registration
0830 – 0840	<b>Welcoming Speech (Chairman)</b>
	<b>Chris Tee Chow Li</b>
0840 – 0920	Combined Effects of Exercise and Hypoxia for Better Health Outcomes <b>Chairperson: Nurhamizah Binti Rahmat</b>
	<b>Assoc. Prof. Dr. Kok Lian Yee</b>
0920 – 0945	Improving Sports Performance Needs Improved Coach Education in Malaysia <b>Chairperson: Dr. Yeo Wee Kian</b>
	<b>Dr. Nasnoor Juzaily Bin Mohd Nasiruddin</b>
0945 – 1010	The 1 <sup>st</sup> Gold Medal's Conundrum: How Physical Education Could Make It Reality <b>Chairperson: Mohd Nadzrin Bin Mohd Hamdan</b>
	<b>Assoc. Prof. Dr. Azwa Bin Abdul Aziz</b>
1010 – 1035	Improving Sports Performance Using Data Science <b>Chairperson: Syarifah Fathynah Binti S. Shikh @ Syed Shiekh</b>
1035 – 1100	Morning Break
1100 – 1130	<b>Opening Speech (Minister of Youth and Sports Malaysia)</b>
1130 – 1230	<b>Chairperson: Dr. Thung Jin Seng</b>
	<b>Flywheel Eccentric Overload Training Vs. Plyometric Training on Counter movement Jump Parameters, Badminton-specific Agility, and Flexibility</b>
HPSC02	
	<b>The Effect of Work-Rest-Ratio During a Short Sprint Interval Training (sSIT) on on Aerobic and Anaerobic Performance</b>
HPSC10	
	<b>Effect of Light Pacer Among State Developmental Swimmer</b>
HPSC14	
	<b>Kinematic Differences Between the Sighted and Visually Impaired Person Running Running on A Treadmill</b>
HPSC20	
	<b>Dr. Alston Choong Wai Kwong</b>
1230 – 1255	Artificial Intelligence and Technology: A Double-Edged Sword Transforming the Landscape of Landscape of Sports <b>Chairperson: Dr. Yeo Wee Kian</b>
1300 - 1400	Lunch Break

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	Location: Commonwealth Hall			
1400 – 1440	<p>YM Assoc. Prof. Dr. Tengku Fadilah Tengku Kamalden Ahmad Faedzal Md Ramli John Beasley</p> <p>Challenges in Getting It Right Forum Moderator: YBhg. Dato' Dr. Ramlan Bin Abd. Aziz</p>			
1500 – 1600	Location: Perdana Hall		Location: Commonwealth Hall	
	Chairperson: Mohd Rizal Md Razali		Chairperson: How Peck Ngor	
	HPSC11	Comparing Effects of Maltodextrin-Based and Simple-Carbohydrate Mouth Rinse on Exercise Performance	HPSC04	Sport Psychological Skills Profile of Profile of Competitive Malaysian Malaysian Underwater Hockey Players
	HPSC17	Effect of Feeding Time and Exercises on Body Weight Management Among Overweight Adults	HPSC05	Effect of Pre-game Music on Reaction Time and Accuracy of Dodgeball Players
	HPSC21	Effects of Caffeine Mouth Rinse Rinse on E-sports Performance Performance and Physical Attributes	HPSC09	Exploring the Relationships Between Physical Activity, Academic Self-efficacy, and Depression in Shanghai Junior High School Students: A Quantitative Study
	HPSC24	Acute Effects of Fasted Training Training on Body Composition Composition and Endurance Performance	HPSC15	Players Load Perceived Team Resilience Between High- and Low Low Player Load in Elite Men Netball Players
1600 – 1700	ISN Tour			