

Sports nutrition is an invaluable practice that employs dietary strategies to optimize athletic performance. It is not merely about attaining peak performance during training and competitions; It is also about maintaining health and facilitating recovery after training and competitions.

We are delighted to announce the launch of new initiative by the Sports Performance Division under the National Sports Institute: ~ISN Sports Nutrition Day.

The ISN Sports Nutrition Day is a great chance to highlight the amazing impact sports nutrition has on helping athletes perform at their best.

Our main goal is to bring together nutritionist and dietitians from various fields, including academia, institutions, and other agencies engaged in the wonderful world of sports nutrition.

We'll be sharing all our knowledge, information, experiences, and research in the field of sports nutrition with each other, so we can all grow together!

We're really excited to be working more closely with other professional bodies on all kinds of research and academic projects, from curriculum reviews to recruiting practical students.



ISN

STEP 1

Scan QR code below for registration



OR

go to registration url at

<https://forms.gle/WfHdAjzEtKEAA1ib7>

STEP 2

Make an online transfer to bank acc

BANK ISLAM

1423 80100 10001

INSTITUT SUKAN NEGARA

STEP 3

Attach the receipt with ref: "ISN SND"

28 October 2024 (registration deadline)

For any inquiries, please contact:

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✉ tham@isn.gov.my



ISN



PERFORM
SND 2024

SPORTS
NUTRITION
DAY



11 NOVEMBER 2024



NATIONAL SPORTS INSTITUTE
OF MALAYSIA

- RM 80 per person (food is provided)
- Certificate of participation provided
- Free goodies bag upon registration



Assoc. Prof. Dr. Gary Slater
PhD Qld., MSc Qld., GDNutDiet Qld., BSc Qld.

- Program Coordinator, Master of Sports Nutrition by Research
- University of the Sunshine Coast, Australia



Liyan Huang
(SSI)

- Senior Sport Dietitian, Singapore Sport Institute



Mohd Farid bin Mohd Sharif
(NPRA)

- Principal Assistant Director, National Pharmaceutical Regulatory Agency (NPRA)



Atiqah Jalila binti Jusoh
(FSQD)

- Assistant Director Special Food Group Section Standard and Codex Division Malaysia's Ministry of Health (MOH)



Nageswary Thiagarajan
(ADAMAS)

- Principal Assistant Director of Anti-Doping Agency of Malaysia (ADAMAS)



Sharmendran A/I Raghonathan
(Nsc)

- Former National Athlete
- Coach National Sport Council of Malaysia (NSC)

08:00 Registration

Foyer Perdana Hall

09:00 **OPENING CEREMONY**

Perdana Hall

Welcoming Speech

Dr. Ahmad Zawawi bin Zakaria
(Director of Sport Performance, ISN)

Introduction Session: Overview of Sports Nutrition Day & Supplement in Sports Nutrition

Ms. Chai Wen Jin
(ISN)

Opening Speech

Mr. Ahmad Faedzal bin Ramli
(Chief Executive Officer, ISN)

09:45 Morning Tea

Foyer Perdana Hall

Perdana Hall **SYMPOSIUM I**

10:00 **Sharing Sport Supplement Practices From Australia (Online Session)**

Assoc. Prof. Dr. Gary Slater
(University of the Sunshine Coast, Australia)

11:00 **Sport Supplements – Does It Have A Role In Elite Sports?**

Ms. Liyan Huang
(Senior Sport Dietitian, Singapore Sport Institute)

11:45 **Forum: Dietary Supplement Practices Among Athletes**

Panel 1: Ms. Liyan Huang (ISN), **Panel 2:** Mr. Goh Kok Wei (ISN), **Panel 3:** Mr. Sharmendran A/I Raghonathan (National coach & Former National Athlete), **Moderator:** Mr. Izham bin Mohamad (ISN)

12:45 Lunch

Commonwealth Hall

Perdana Hall **SYMPOSIUM II**

14:00 **Supplements: Getaway To ADRVs?**

Ms. Nageswary Thiagarajan
Anti-Doping Agency of Malaysia (ADAMAS), KBS

14:25 **FDI, Regulation Of Supplements Under Pharmaceutical Registration**

Mr. Mohd Farid bin Mohd Sharif
National Pharmaceutical Regulatory Agency (NPRA), MOH

14:50 **Nutrition Claims & Guideline Under Food Regulations 1985 Perspective**

Atiqah Jalila binti Jusoh
Food Safety and Quality Division (FSQD), MOH

15:15 **Q & A Session With ADAMAS, NPRA & FSQD**

15:45 Afternoon Tea

Foyer Perdana Hall

16:00 **NETWORKING SESSION**

Seminar Room & Perdana Hall

ROOM 1

Sports nutrition practice
(grassroots, recreational, competitive, sports school, elite)

ROOM 2

Sports nutrition research, sports nutrition training
(academic curriculum, courses)

17:30 The End

