

**A Report of 2<sup>nd</sup> ASEAN Sport Medicine Conference**

24-25<sup>th</sup> March 2018

Hotel Istana, Kuala Lumpur, Malaysia



Submitted by:  
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## 1. Background

According to the World Health Organization, by 2020, two-thirds of all diseases worldwide will be the result of modifiable behavioural risk factors. Currently, the leading causes of death worldwide are behavioural related: poor diet, physical inactivity, tobacco use, and unhealthy use of alcohol. The theme for the 2nd ASEAN Sports Medicine Conference 2018 is "Building a Healthier Nation Through Sports" addresses one of these risk factors. Adoption of a more active lifestyle, in particular engaging in sports and exercise, can be a potent medicine for various Non-Communicable Diseases such as obesity, diabetes, hypertension and high cholesterol. Unfortunately Malaysia has the highest prevalence of obesity in this region. Sports and exercise therefore may offer a solution to the complex issue of obesity.

The Malaysian Association of Sports Medicine (MASM) is proud to organise the 2nd ASEAN Sports Medicine Conference 2018 on 24th and 25th March 2018. The 1st ASEAN Sports Medicine Conference was held on 28th and 29th November 2015 with the theme of "Enhancing Performance Through Sports Medicine & Sports Science" with approximately 200 delegates from countries in the ASEAN region as well as from United Kingdom, Japan, Korea and elsewhere. The program emphasizes a strong scientific and clinical content. The conference is for MASM members and various professionals interested in the field of sports medicine, exercise science and rehabilitation of the amateur or professional athlete.

The 2nd ASMC 2018 in Kuala Lumpur will have an outstanding program of great interests for the sports physician, surgeons, physiotherapist, sports science and coaching fraternity in areas of, musculoskeletal interventional imaging, biomechanics and human control of movement, nutrition, psychology, electronic technologies in sports, training methods and three workshops on Musculoskeletal Ultrasound, Functional Rehabilitation (PASS) and 1st Responder Course. For about more than 200 Delegates from 13 Countries attend this conference.

## 2. Conference Programme

Time	Sat, 24 March 2018				Sun, 25 March 2018			
0730-0800	Registration/ Trade Exhibition / Poster Viewing				Registration/ Trade Exhibition / Poster Viewing			
0800-0830	<b>MAHKOTA 2</b> <b>PLENARY LECTURE 1</b> <i>Translating Research to Practice in Sports</i>				<b>MAHKOTA 2</b> <b>PLENARY LECTURE 3</b> <i>Urban Evolution: Exercise is Medicine</i>			
0830-0900	<b>PLENARY LECTURE 2</b> <i>Medical Emergency in Sports: 1<sup>st</sup> Responder</i>				<b>PLENARY LECTURE 4</b> <i>Technology and innovation in Sports, Health and Wellbeing</i>			
0900-0930	<b>PRESIDENTIAL GUEST LECTURE</b>				<b>KEYNOTE ADDRESS</b> <i>Regional Partnership &amp; Collaboration: Advancing Sports Medicine and Exercise Science in Asia</i>			
0930-1000	<b>OPENING CEREMONY</b>				<b>COFFEE BREAK / TRADE EXHIBITION / POSTER VIEWING</b>			
1000-1030	<b>COFFEE BREAK/ TRADE EXHIBITION / POSTER VIEWING</b>				<b>MAHKOTA 2</b>	<b>SAFIR 1</b>	<b>SAFIR 2</b>	
1030-1230	<b>MAHKOTA 2</b> <b>SYMPOSIUM 1</b> <i>Athlete's Care: Prevention, Treatment &amp; Return to Sport</i>	<b>SAFIR 1</b> <b>SYMPOSIUM 2</b> <i>Neural Control &amp; Biomechanics of Movement</i>	<b>SAFIR 2</b> <b>SYMPOSIUM 3</b> <i>Exercise for Health and Wellbeing</i>	<b>MAHKOTA 2</b> <b>SYMPOSIUM 5</b> <i>New Technologies in Sports and Health</i>	<b>SAFIR 1</b> <b>SYMPOSIUM 6</b> <i>Sports Injuries &amp; Rehabilitation - Recent Advances and Controversies</i>	<b>SAFIR 2</b> <b>SYMPOSIUM 7</b> <i>Nutrition in Sports Performance</i>		
1230-1400	<b>LUNCH / TRADE EXHIBITION / POSTER VIEWING</b> <b>ASEAN SPORTS MEDICINE SOCIETY MEETING</b> <b>(by invitation only) <u>NILAM</u></b>				<b>LUNCH / TRADE EXHIBITION / POSTER VIEWING</b>			
1400-1700	<b>MAHKOTA 1</b> <b>WORKSHOP 1</b> <i>Musculoskeletal Ultrasound: Lower Limbs</i>	<b>MAHKOTA 3</b> <b>WORKSHOP 2</b> <i>Functional Sports Rehabilitation: Lower limbs</i>	<b>SAFIR 2</b> <b>WORKSHOP 3</b> <i>1st Sports Responder Course</i>	<b>MAHKOTA 2</b> <b>SYMPOSIUM 4</b> <i>Training &amp; Adaptation to Exercise &amp; Sports</i>	<b>MAHKOTA 1</b> <b>WORKSHOP 1</b> <i>Musculoskeletal Ultrasound: Upper Limbs</i>	<b>MAHKOTA 3</b> <b>WORKSHOP 2</b> <i>Functional Sports Rehabilitation: Upper limbs</i>	<b>SAFIR 2</b> <b>WORKSHOP 3</b> <i>1st Sports Responder Course</i>	<b>MAHKOTA 2</b> <b>SYMPOSIUM 8</b> <i>Psychology in Sports and Health</i>
1700-1730	<b>MAHKOTA 2</b> <b>TAN SRI DR HJ ABDUL MAJID ISMAIL</b> <b>YOUNG RESEARCHER PRESENTATION</b>				<b>MAHKOTA 2</b> <b>PRIZE PRESENTATION</b> <b>&amp; CLOSING CEREMONY</b>			
1730-1800	<b>COFFEE BREAK / TRADE EXHIBITION / POSTER VIEWING</b>				<b>COFFEE BREAK / PHOTO SESSION</b>			

## 3. Free Paper Presentations

I had been shortlisted for programme of Free Paper Presentations and orally presented my research titled as below:

**Session :** Free Paper Symposium &  
**Date :** 25 March 2018  
**Time :** 10.00 am – 12.30pm  
**Venue :** Safir 2 Conference room

## Nutritional Status, Energy and Macronutrient Intake of Indonesian Elite Female Futsal Player

Nuzrina R<sup>1,2</sup>, Gifari N<sup>1,2</sup>, Kuswari M<sup>1,2</sup>, Siregar N<sup>1</sup>, Adelina L<sup>1</sup>, Cholilullah A<sup>1</sup>

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<sup>2</sup> Indonesian Association of Health and Sport Nutritionist Background & Aim Adequate consumption of energy and nutrients are essential for body build and to optimize sports performance.

Sufficient consumption of energy maximizes glycogen store. Futsal is a team sport is often recognized as a mini-soccer or indoor soccer. However, futsal will be played in a smaller field size, has shorter periods of play and has no restriction in a number of substitutions. Such differences in rule influence physiological abilities required by players of different sporting events thus influence the nutrient intake as well. This study aimed to examine nutritional status, Energy and Macronutrient Intake of elite professional Female futsal players at Jaya Kencana Club Tangerang. Methods Anthropometric and dietary assessments using 24 Hours Food Recall were conducted on 14 elite female futsal players. Results On Average, all samples had  $22.55 \pm 4.2$  Body Mass Index with Percent body fat of  $26.14 \pm 5.2\%$  and muscle mass  $26.9 \pm 2.5$ . Energy intake among all samples were  $1799.8 \pm 194.2$  kcal, Carbohydrate  $272.4 \pm 39.3$  g, Fat intake  $47.4 \pm 7.4$  g and Protein intake  $67.10 \pm 9.1$ . There is significant positive correlation between Energy and macronutrient intake and Body Mass Index  $p < 0,05$ . Conclusion This study suggests that increment of energy and macronutrient intake will increase BMI and Percent Body Fat, in the other hand the lower energy and macronutrient intake the greater Muscle mass.

Keywords Energy, Futsal, Macronutrient, Nutritional Status

### Documentation

