

A Report of 2nd ASEAN Sport Medicine Conference

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

3. Tan Sri DR Haji Abdul Majid Ismail Young Researcher Awards Oral Presentation

I had been shortlisted for programme of Young Researcher Award oral Presentations and orally presented my research titled as below:

Session : Free Paper Symposium &
Date : 24 March 2018
Time : 17.00 pm – 18.00pm
Venue : Mahkota Conference room

Relationship Of Nutritional Status, Physical Activity Level And Knowledge With VO₂max Of Female Elite Athlete Futsal

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Background & Aim The objective of this study was to analyze the relationship between nutritional status, physical activity and knowledge with VO₂max of female elite athlete futsal player at Jaya Kencana Club Tangerang, Indonesia.

Methods The design of this study was cross sectional. The research was conducted between May and June 2017. Subjects were 14 elite female elite athlete futsal player at Jaya Kencana Club. The mean of Body Mass Index (BMI) (22.55 ± 4.2 kg/m²), percent body fat (PBF) ($26.14 \pm 5.2\%$), muscle mass (26.9 ± 2.5 g), physical activity (PA) (1.6 ± 0.1), nutrition knowledge (65.1 ± 11) and VO₂max (34.7 ± 5.1 mL/kg/minute).

Results There is significant positive correlation between muscle mass with vo₂max ($p < 0.05$).

Conclusions This implies that nutritional status and nutrition knowledge at female athlete is important to improve performance.

Keywords Female athlete, Nutritional Status, Physical Activity Level, VO₂max

Documentation

