

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>	MAHKOTA 2 SYMPOSIUM 5 <i>New Technologies in Sports and Health</i>	SAFIR 1 SYMPOSIUM 6 <i>Sports Injuries & Rehabilitation - Recent Advances and Controversies</i>	SAFIR 2 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 4 <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. Free Paper Presentations

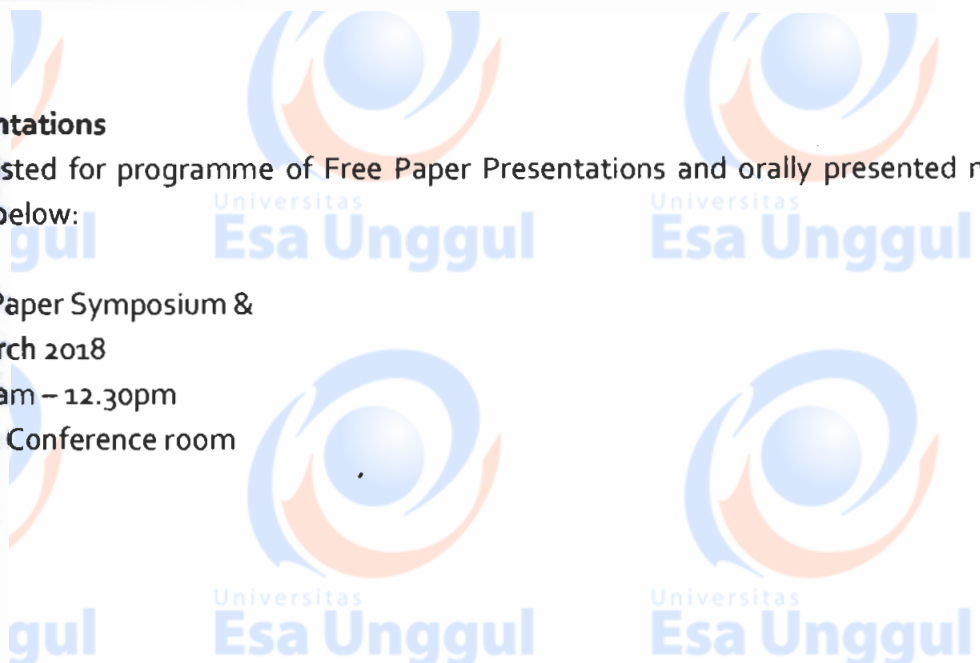
I had been shortlisted for programme of Free Paper Presentations and orally presented my research titled as below:

Session : Free Paper Symposium &

Date : 25 March 2018

Time : 10.00 am – 12.30pm

Venue : Safir 2 Conference room



Energy Intake As Dominant Factor To Fitness Level Among Rugby Athletes At Universitas Negeri Jakarta

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Background & Aim Rugby is a sport that requires good cardiorespiratory endurance. Intake of nutrients and physical activity are a few factors that can support fitness. Consuming adequate intake of nutrients can be a energy reserves so there will be no significant fatigue during daily tasks and low physical activity is one factor that can decrease the resistance of cardio respiratory.

Methods This research uses a quantitative research design with cross sectional study design. Population in this research is all university students KOP Rugby University of Jakarta with sample counted 25 respondents. Data analysis in this study used Pearson and Spearman test for bivariate test and Analysis Regression for multivariate test.

Results The results from multivariate analysis showed that there is a relation between energy intake ($p=0.0001$, $r=0.702$), protein intake ($p=0.001$, $r=0.644$), lipid intake ($p=0.0001$, $r=0.656$), carbohydrate intake ($p=0.001$, $r=0.613$) with university student KOP rugby fitness.

Keywords energy intake, fitness, macro nutrients intake, physical activity

Documentation

