

INFORMATION PACK

UPSI STRENGTH AND CONDITIONING CONFERENCE 2019

Applied Strength & Conditioning
Conference for Practitioners

21 & 22 September 2019

FACULTY OF SPORTS SCIENCE & COACHING,
SULTAN IDRIS EDUCATION UNIVERSITY,
35900, TANJONG MALIM, PERAK,
MALAYSIA.



www.sigconditioning.com



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THE EVENT

BACKGROUND

UPSI Strength & Conditioning Conference (UPSISC) is an annual event in areas related to strength training and physical conditioning (S & C). Since 2012 SIGCONDITIONING has been organizing yearly seminars or conference in the area of S & C. But inconsistency in the branding name and venue every year making the event hard to be recognized as the SIG's annual event. Beginning 2018 the event officially being known as 'UPSI Strength & Conditioning Conference', open to all national and international participants and speakers. As SIGCONDITIONING is based at Sultan Idris Education University (UPSI), using the brand name 'UPSI' at the beginning of the conference name seems the most appropriate.

CONCEPT

The event has been designed to be applied in nature, focusing on practical application inspired or originated from scientific research evidence. The keynotes sessions presenting ideas, concepts or past experiences. This will be followed by invited speakers sessions with workshops, which gives opportunities for previous studies or experiences be presented together with it method of applications. Posters and oral sessions of research abstract are accepted but not considered as a 'must-have' elements of this event.

MAIN OBJECTIVES

- Medium for current knowledge and practice sharing in the S & C area.
- Interaction and networking arena.

THEME

Applied Strength and Conditioning Conference for Practitioners.

ORGANIZER

Special Interest Group in Strength & Conditioning (SIGCONDITIONING), Kinesiology Centre of Excellence (KINESCOE), Faculty of Sports Science & Coaching, UPSI.

OFFICIAL EVENT WEBSITE: www.sigconditioning.com/conference



CONTACT, VENUE, ATTIRE ETC.

Secretariat

- Nor Fazila Abd Malek +6 017-604 2047
- Kevin Tan +6 017-213 1175
- Khairun Hanisah Kamarudin +6 013-441 4645
- Secretariat Counter @ Main Hall Entrance

Accommodation

The Scholar's Suites, UPSI

Venue

- Main hall- RMIC UPSI building across Block 6 Faculty's building
- Hallway - RMIC
- All rooms and labs ground floor, FSSK Block 6.
- Exercise Physiology Lab, Level 1, FSSK Block 6.

Attire & Gear

- Brings your own exercise gear: mat, water bottle, towel.
- Wear clothing appropriate for exercise (track pants, t-shirts).
- Changing room & bath-room available at UPSI Stadium.

Food & Beverages

- Bring your own food & beverages.
- Create your own group potluck at all designated F & B area.

MORE QUESTIONS?

Nur Ikhwan: nur.ikhwan@fsskj.upsi.edu.my



KEYNOTES & CONTENT

Dr. Victor Selvarajah A/L Selvanayagam

Deputy Director (Research & Development), Centre for Sport & Exercise Sciences, University of Malaya.

Topic: A Case for Applying "Estimated Repetitions to Failure" in Resistance Training.

Dr. Ali Nadzalan

Editor-in-Chief, Journal of Sports Science & Physical Education (JSSPJ), KINESCOE), FSSKj, UPSI.

Topic: Movement velocity and strength adaptation.

Dr. Ler Hui Yin

Associate Dean, Faculty of Applied Sciences, Tunku Abdul Rahman University College (TAR UC)

Topic: Baking Soda - A raising agent for sport performance?

Dr. Fairuz Fariza Zainudin,

Head of Department (Health Sciences), Faculty of Sports Science & Coaching, UPSI.

Topic: Prehab and concussion in sports.

YM Dr. Raja Mohammed Firhad Raja Azidin

Deputy Dean (Academic), Faculty of Sports Science & Recreation, UiTM.

Topic: Soccer conditioning

Assoc. Prof. Dr. Jeffrey Low Fook Lee

Faculty of Sports Science & Coaching, UPSI.

Topic: Effects of focus attention instructions on strength & conditioning exercise

Assoc. Prof. Dr. Lee Ai Choo,

Faculty of Sports Science & Coaching, UPSI.

Topic: Balance training and Prehab

Assoc. Prof. Dr. Nur Ikhwan Mohamad,

KINESCOE, Faculty of Sports Science & Coaching, UPSI.

Topic: Verification of professional competencies for strength and conditioning practitioners.



INVITED SPEAKERS & CONTENT

Mohd Ezwan Jamil, Strength and Conditioning Coach, Malaysia Rugby Union. Previous games analysis, Functional Movement Screening (FMS) & Pre-Exercise Warm-up.

Dr. Fariba Hossein Abadi. FSSK UPSI. Swimming pool strength and conditioning.

Azimah Ahmad, UPNM. Nutritional recovery

Dr. Nor Aijratul Asikin Mohamad Shalan, KINESCOE FSSK, UPSI. Protein biomarkers in sport and exercise: The importance and method to discover.

Dr. Norhazira Abdul Rahim, KINESCOE FSSK, UPSI. Resistance training on cardiometabolic perspectives.

Raiza Sham Hamezah, Everlyfit Studio. Nutritional strategy for University athletes.

Nur Syuhada Zofiran Bt Mohd Jamil, ADAMAS, KBS. Association between doping knowledge, doping attitude and supplementation practices among Malaysian elite athletes.

M. Hafizuddin Baki, ADAMAS, KBS / World Rugby S&C Educator. Rugby & team sports performance monitoring.

Mohamad Hamka Nizam Bin Mohamad Rosni, SMK Tinggi Batu Pahat. Youth Physical Development Model-Applied

Mohansundar Sankaravel, Rehab Clinic FSSK, UPSI. Pain vs. Injury



WORKSHOP PRESENTERS & CONTENT

Kevin Tan, FSSK, UPSI. Motion analysis with Vicon systems.

Nor Fazila Abd Malek, FSSK, UPSI. EMG application & body weight's "touch" training.

Aida Azmi, FSSK, UPSI. Notational analysis with longomatch.

Ahmad Aqil Mohamad Jahizi, FSSK UPSI. Conducting and interpreting Yoyo-test

Ernie Leong Yen Lee, FSSK UPSI. Wingate Cycling Test.

Jamaluddin Mohamed, FSSK UPSI. 1-RM test protocol and variations. EMS demo.



SCHEDULE 1

Day 1, Saturday, 21 September 2019

9.30-10.00am

Registration

Main Hall

10.00-11.00am

KEYNOTES

(Main Hall)

Dr. Victor Selvarajah A/L Selvanayagam, Deputy Director (Research & Development), Centre for Sport & Exercise Sciences, University of Malaya Topic: A Case for Applying "Estimated Repetitions to Failure" in Resistance Training (Main Hall RMIC)

Dr. Ali Nadzalan, Editor-in-Chief, Journal of Sports Science & Physical Education (JSSPJ), Kinesiology Centre of Excellence (KINESCOE), FSSKj, UPSI. Topic: Movement velocity and strength adaptation.

11.00-11.30

Opening Ceremony

11.30-12.30

WORKSHOPS / INVITED SPEAKERS

1. Kevin Tan, FSSK, UPSI. Motion analysis with Vicon systems. (Biomech Lab 1)
2. Nor Fazila Abd Malek, FSSK, UPSI. EMG application & body weight's "touch" training. (Biomech Lab 2)
3. Aida Azmi, FSSK, UPSI. Notational analysis with longomatch. (Seminar Room)
4. Dr. Fariba Hossein Abadi. FSSK UPSI. Swimming pool strength and conditioning. (Movement Education Room)
5. Mohd Ezwan Jamil, Strength and Conditioning Coach, Malaysia Rugby Union. Previous games analysis, Functional Movement Screening (FMS) & Pre-Exercise Warm-up. (Main Hall)

12.30-2.00pm

Lunch Break



SCHEDULE 2

Day 1, Saturday, 21 September 2019

2.00-3.00pm

KEYNOTES

Dr. Ler Hui Yin, Associate Dean, Faculty of Applied Sciences,
Tunku Abdul Rahman University College (TAR UC) Topic: Baking Soda -
A raising agent for sport performance ? (Main Hall)

Dr. Fairuz Fariza Zainudin, Head of Department (Health Sciences),
Faculty of Sports Science & Coaching, UPSI. Topic: Prehab and
concussion in sports. (Main Hall)

3.00-4.00pm

WORKSHOPS / INVITED SPEAKERS

6. Azimah Ahmad, UPNM. Nutritional recovery. (Main Hall 1)

7. Dr. Nor Aijratul Asikin Mohamad Shalan, KINESCOE FSSK, UPSI.
Protein biomarkers in sport and exercise: The importance and method
to discover. (Seminar Room)

8. Dr. Norhazira Abdul Rahim, KINESCOE FSSK, UPSI. Resistance
training on cardiometabolic perspectives. (Movement Education
Room)

9. Raiza Sham Hamezah, Everlyfit Studio. Nutritional strategy for
University athletes. (Hallway RMIC)

10. Nur Syuhada Zofiran Bt Mohd Jamil, ADAMAS, KBS. Association
between doping knowledge, doping attitude and supplementation
practices among Malaysian elite athletes. (Main Hall 2)

4.00-4.30pm

Tea break

4.30-5.00pm

AGM sigconditioning & Photo Session

8.00-10.00 pm

Networking & Collaboration Discussion's session



SCHEDULE 3

Day 2, Sunday, 22 September 2019

9.30-10.00am

Registration

Main Hall

10.00-11.00am

KEYNOTES

(Main Hall)

YM Dr. Raja Mohammed Firhad Raja Azidin, Deputy Dean
(Academic), Faculty of Sports Science &
Recreation, UiTM. Topic: Soccer conditioning

Assoc. Prof. Dr. Jeffrey Low Fook Lee, Faculty of Sports Science
& Coaching, UPSI. Topic: Effects of focus attention instructions on
strength & conditioning exercise (Main Hall)

11.00-12.00pm

WORKSHOPS / INVITED SPEAKERS

11. M. Hafizuddin Baki, ADAMAS, KBS / World Rugby S&C Educator.
Rugby & team sports performance monitoring. (Main Hall)

12. Dr. Nur Ikhwan Mohamad, KINESCOE FSSK, UPSI. Foam rolling
core development & recovery (Hallway)

13. Ahmad Aqil Mohamad Jahizi, FSSK UPSI. Conducting
and interpreting Yoyo-test (Physical Conditioning Lab 1 / Open
Space FSSK)

14. Mohamad Hamka Nizam Bin Mohamad Rosni, SMK Tinggi Batu
Pahat.. Youth Physical Development model-Applied (Physical
Conditioning Lab 2 / Open Space FSSK)

12.00-2.00pm

Lunch Break



SCHEDULE 4

Day 2, Sunday, 22 September 2019

2.00-3.00 pm

KEYNOTES

Assoc. Prof. Dr. Lee Ai Choo, Faculty of Sports Science & Coaching, UPSI. Topic: Balance training and Prehab (Main Hall)

Assoc. Prof. Dr. Nur Ikhwan Mohamad, Director, Kinesiology Centre of Excellence (KINESCOE), Faculty of Sports Science & Coaching, UPSI. Topic: Introduction to Verified Strength & Conditioning Professional (VSCP): Verification of professional competencies for strength and conditioning practitioners. (Main Hall)

3.00-4.00pm

WORKSHOPS / INVITED SPEAKERS

15. Ernie Leong Yen Lee, FSSK UPSI. Wingate Cycling Test. (Exercise Physiology Lab 1)

16. Jamaluddin Mohamed, FSSK UPSI. 1-RM test protocol and variations. EMS demo. (Physical Conditioning Lab 1)

17. Mohansundar Sankaravel, Rehab Clinic FSSK, UPSI. Pain vs. Injury (Main Hall)

4.00-4.30pm

Tea break

4.30-5.00pm

Closing & Photo Session



ENDUROLIFT CHALLENGE 2019

When : 21 & 22 Sept. 2019 | 7.30am - 5pm

Where : Sultan Azlan Shah Campus, UPSI, Proton City, Malaysia

What : Tire Flip 1v1 / Deadlift 1v1 / Barbell Roll with 60s x 20s RI
x 5 Sets

Who : Open to all healthy adults.

More info: www.sigconditioning.com/endurolift

What Will You Get?

Endurolift e-Certificate of Achievement | Listed in Endurolift Ranking 2019-2020 | Full access to UPSI Strength & Conditioning Conference 2019 (UPSISC 2019) | e-Certificate of Participation for UPSISC 2019

Understanding the Event

60s x 20s RI Tire Flip 1v1:

- It means perform 60 seconds and then rest interval 20 seconds.
- The event is tire flip.
- You compete one-on-one with another participant.
- If you do more repetitions when the time stop for each set, you will be considered as winner's of that set.
- Total 5 sets for each time of one-on-one competition (round).
- Additional set(s) will be add-on if no clear winner can be decided for that round.
- You will compete one-on-one till all other participants can be eliminated.
- Endurolift marshals will ensures all participants will perform each event correctly.
- Briefings on event technicalities will be given prior the start of the competition.
- This is SURVIVAL OF THE FITTEST. And you should be fit and healthy before you register yourself !!!



CONFERENCE FEES

Normal Rate: RM 100

Non-UPSI Student Rate / Affiliates: RM50

UPSI Student & Staff Rate: RM10



SUPPORTING ORGANIZATIONS

Anti-Doping Agency Malaysia (ADAMAS) : Anti-doping exhibition, presenter, opening ceremony

Everlyfit Studio : e-certificates, foam rolling workshop, presenter

Maniac Fitness & Recovery: Exhibition

School of Fit: Presenter



STRENGTH & CONDITIONING EDUCATION @ UPSI

Where theory meets practice...

Postgraduate

FACULTY OF SPORTS SCIENCE & COACHING,
SULTAN IDRIS EDUCATION UNIVERSITY.

Kinematics & Kinetics | Metabolic Responses & Adaptations | Muscle Architecture | Physical Literacy

Do Strength & Conditioning Related Research :

- Master of Science (M.Sc.) MT 97 Sports Coaching
- Master of Education (M.Ed.) MT16 Sports Science
- Doctor of Philosophy (PhD) PT68 Sports Coaching

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THANK YOU

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The Team 2019

Assoc. Prof. Dr. Nur Ikhwan Mohamad
Dr. Ali Md Nadzalan
Dr. Nor Aijratul Asikin Mohamad Shalan
Dr. Norhazira Abdul Rahim
Nor Fazila Abd Malek
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