

PROGRAM TENTATIVE
International Conference on Movement, Health and Exercise 2025 (MoHE2025)
Universiti Pendidikan Sultan Idris (UPSI)

29 OCTOBER 2025 (WEDNESDAY)		
Time	Program Schedule	Venue
8.00 am	Registration & Breakfast	Blok 6, Faculty of Sports Science and Coaching
9.00 am	Conference Workshop Session 1 Workshop 1: Core Stability For Performance <i>Dr. Ebby Waqqash</i> <i>Location: Movement Studio</i> Workshop 2: Sports Periodization <i>Dr. Hafizuddin Baki</i> <i>Location: Seminar Room</i> Workshop 3: Sports Massage <i>Dr. Mohansundar Sankaravel</i> <i>Location: Massage Room</i> Workshop 4: Nutrition & Dietary Plan For Athletes <i>Dr. Nurul Fadhilah Abdullah</i> <i>Location: Smart Classroom</i>	
12.00 pm	Break – Lunch	
2.00 pm	Conference Workshop Session 2 Workshop 5: VO ₂ max Testing Dr. Norhazira Abdul Rahim <i>Location: Exercise Physiology Lab</i> Workshop 6: Psychological Skills Training PM DR. Thariq Khan Azizuddin Khan <i>Location: Smart Classroom</i> Workshop 7: Sports Taping Dr Mohd Azrul Anuar <i>Location: Sports Rehabilitation Lab</i>	
5.00 pm	End of Day One & Dismissal	
8.00 pm	MoHE@UPSI Bowling 2025	UPSI Sports Bowl

30 OCTOBER 2025 (THURSDAY)		
Time	Program Schedule	Venue
8.30 am	Registration & Breakfast	Dewan Muallim, Scholar Suite
9.00 am	Welcoming speech by the Organizer	
9.20 am	Keynote Speaker 1: Prof. Madya Dr. Phassakon Nuntapanich (Vice President, University Sport Board, Thailand) Moderator: Dr. Nurul Fadhilah Abdullah	
10.00 am	Break – Morning Tea	
10.20 am	Invited Speaker 1: Prof. Madya Dr. Jaffry Bin Zakaria (Universiti Pendidikan Sultan Idris) Speech Title: <i>Operationalizing Academic Flexibility for High-Performance Student Athletes</i> Next Slot: Oral Presentation (Refer to Appendix) Moderator: Dr. Neni Widiasmoro	Parallel Session 1 Dewan Muallim, Scholar Suite
	Invited Speaker 2: Dr. Ahmad Fadly Bin Abdul Rahman (Universiti Utara Malaysia) Speech Title: <i>An Integrated Training Framework to Enhance University Athletes' Performance: An Empirical Study</i> Next Slot: Oral Presentation (Refer to Appendix) Moderator: Dr. Noorzaliza Osman	Parallel Session 2 Bilik Titiwangsa 2, Scholar Suite
	Invited Speaker 3: Mr. Nor Ikhmar Bin Madarsa (Universiti Pertahanan Nasional Malaysia) Speech Title: <i>The 1% Rule: How Minimal, Maximum-Effort Strength Training Elevates Overall Student-Athlete Performance</i> Next Slot: Oral Presentation (Refer to Appendix) Moderator: Mr. Mohamed Azizul Bin Mohamed Afandi	Parallel Session 3 Bilik Titiwangsa 3, Scholar Suite

30 OCTOBER 2025 (THURSDAY) - CONTINUED		
Time	Program Schedule	Venue
10.20 am	Invited Speaker 4: Prof Madya Dr. Mohamad Nizam bin Nazarudin (Universiti Kebangsaan Malaysia) Speech Title: <i>Bridging Science and Practice in Rugby Officiating: Enhancing Performance, Decision-Making, and Education Pathways for Referees</i> Next Slot: Oral Presentation (Refer to Appendix) Moderator: Dr. Rozaireen Muszali	Parallel Session 4 Bilik Titiwangsa 4, Scholar Suite
12.30 pm	Keynote Speaker 2: Mr. Cheng Fave See Tow <i>Executive Committee, International University Sports Federation</i>	<i>Online</i>
1.00 pm	Break – Lunch	Dewan Muallim, Scholar Suite
2.30 pm	Invited Speaker 5: Dr. Azimah Ahmad (Universiti Pertahanan Nasional Malaysia) Speech Title: <i>Nutrition Periodization: Challenges and Reality of University Athletes</i> Invited Speaker 6: Dr. Norasrudin Sulaiman (Universiti Teknologi MARA) Speech Title: <i>Establishing Sport-Specific Performance Norms for University Elite Athletes: Implications for Training Load Management and Competitive Readiness</i> Next Slot: Oral Presentation (Refer to Appendix) Moderator: Dr. Neni Widiasmoro	Parallel Session 5 Dewan Muallim, Scholar Suite
	Invited Speaker 7: Prof. Madya Dr. Zulkarnain Bin Jaafar (Universiti Malaya) Speech Title: <i>The Nexus of Health and Performance in Athletes for Sustainable Excellence</i> Invited Speaker 8: Prof. Madya Dr. Asmadi Bin Ishak (Universiti Pendidikan Sultan Idris) Speech Title: <i>Effects of Daytime Napping on Sports: A Strategy to Improve Performance in Varsity Athletes</i> Next Slot: Oral Presentation (Refer to Appendix) Moderator: Dr. Noorzaliza Osman	Parallel Session 6 Bilik Titiwangsa 2, Scholar Suite

30 OCTOBER 2025 (THURSDAY) - CONTINUED		
Time	Program Schedule	Venue
2.30 pm	Invited Speaker 9: Prof. Madya Dr. Victor Selvarajah A/L Selvanayagam (Universiti Malaya) Speech Title: <i>More Mature, Less Prepared: Rethinking University Athlete Development</i> Next Slot: Oral Presentation (Refer to Appendix) Moderator: Mr. Mohamed Azizul Bin Mohamed Afandi	Parallel Session 7 Bilik Titiwangsa 3, Scholar Suite
	Invited Speaker 10: Prof Madya Dr. Mohamad Nizam Mohamed Shapie (Universiti Teknologi MARA) Speech Title: <i>Silat and the Madani Athlete: Reimagining Character, Competence, and Culture in University Combat Sports</i> Invited Speaker 11: Prof. Madya Dr. Nelfianty Binti Mohd Rasyid (Universiti Pendidikan Sultan Idris) Speech Title: <i>Beyond Physical Training: The Role of Psychological Skills Training (PST) in Optimizing Sport Performance among University Athletes</i> Next Slot: Oral Presentation (Refer to Appendix) Moderator: Dr. Faiznur Maisya Binti Annur Sani	Parallel Session 8 Bilik Titiwangsa 4, Scholar Suite
5.00 pm	End of Day Two & Dismissal	
8.00 pm	Gala Dinner Dress Code: Smart Casual	Dewan Muallim, Scholar Suite

31 OCTOBER 2025 (FRIDAY)		
Time	Program Schedule	Venue
8.30 am	Arrival of Invited Guests, Participants and Presenters	Dewan Muallim, Scholar Suite
9.00 am	Invited Speaker 12: Prof. Madya Dr. YM Raja Mohammed Firhad Raja Azidin (Fakulti Sains Sukan dan Rekreasi, Universiti Teknologi MARA) Speech Title: <i>From Data to Performance: Leveraging Training Load Monitoring to Optimise Outcomes and Reduce Injury Risk in Elite Sports</i> Moderator: PM Dr. Thariq Khan Azizuddin Khan	
9.30 am	Forum on High-Performance Sports Management in Higher Education Institutions Panel: 1) Mr. Mohd Razlan Shah Bin Mohamad Rabii (Universiti Pertahanan Nasional Malaysia) 2) Mr. Mohammad Faez Bin Mohamad Alias (Universiti Pendidikan Sultan Idris) 3) Prof Madya Dr. Zulakbal Bin Abdul Karim (Universiti Pendidikan Sultan Idris) Moderator: PM Dr. Thariq Khan Azizuddin Khan	
10.15 am	Break – Morning Tea	
10.30 am	Closing Ceremony Awards: • Best Presenter • Best Research Remark by Profesor Dato’ Dr. Md Amin Bin Md Taff Vice Chancellor, Universiti Pendidikan Sultan Idris (UPSI) Photo Session	Dewan Muallim, Scholar Suite
11.30 am	Lunch & Dismissal	

Parallel Session 1

Venue: Dewan Muallim, Scholar Suite

Time: 10:00 a.m. – 12:30 p.m.

No.	Presenter	Title
1	Dr. Nur-Hasanah Ruslan	Warning signs: How graphic labels affect knowledge and practices among university student-athletes
2	Mr. Mohamad Haziq bin Hasbullah	Influence of body somatotype on substrate utilization profiles during aerobic effort in university rugby players
3	Dr. Norasrudin Sulaiman	Team ranking and key performance differences by the team ranking in the 2024 Sepak Takraw League Championship Malaysia Cup
4	Mr. Rahmat Adnan	A new subgrouping of psychological and disability factors in young adults of nonspecific chronic low back pain: Cluster analysis study
5	Mr. Haashwein Mogan	The developmental pathways among elite and sub-elite collegiate track & field athletes

Parallel Session 2

Venue: Bilik Titiwangsa 2, Scholar Suite

Time: 10:00 a.m. – 12:30 p.m.

No.	Presenter	Title
1	Dr. Prabhu A/L Ragawan	The effects of plyometric and hill training on gastrocnemius muscle circumference among athletes across different phases of the menstrual cycle
2	Mr. Adam Hakimi bin Armansyah	Establishing the reliability of Software MyVideoAnalyser (MVA) in STL Premier Grand Prix team
3	Mr. Muhammad Zulqarnain bin Mohd Nasir	Effect of core strength training on selected physical performance among badminton athletes
4	Miss Nur Arina Shahirah binti Sharudin	Anthropometric and somatotype profiles across sport disciplines among university athletes
5	Mr. Hamirul bin Hamid	The effect of appealing aroma and pungent smell on maximal strength and muscular endurance performance
6	Mr. Mohd Aizzat Adnan	A comparative study of one-repetition maximum strength in hexagonal and olympic barbell deadlifts

Parallel Session 3

Venue: Bilik Titiwangsa 3, Scholar Suite

Time: 10:00 a.m. – 12:30 p.m.

No.	Presenter	Title
1	Mr. Mohamad Izzat bin Mohamed Narozi	The reliability and validity of the pulley system assisted towing device
2	Miss Phyllis Rinja anak James	The effects of trunk flexion angles on biomechanics and performance during bent over row exercise
3	Dr. Saidatul Nur Syuhadah binti Mohamed Sabadri	Effects of loading distributions on biomechanical responses during jumping kicks among Pencak Silat athletes
4	Mr. Jazredal Aboo Bakar	Learn-To-Swim as aquatic therapy for postural development: A quasi-experimental study with SPARISK Aquatic Therapy Application (SATA) and AI-Based Posture Evaluation (APECS) in preschool children
5	Miss Nurul Sazila binti Rashidin	Impact of wearable resistance on performance during the Wingate anaerobic cycling test in recreational cyclists: A comparative analysis of resistance loads
6	Mr. Ahmad Aqil bin Mohamad Jahizi	Effect of wearable resistance during chin-up exercise on repetition and muscle activation

Parallel Session 4

Venue: Bilik Titiwangsa 4, Scholar Suite

Time: 10:00 a.m. – 12:30 p.m.

No.	Presenter	Title
1	Miss Sharon Lai Sin Yee	Validity and reliability of physical literacy instruments among primary school physical education teachers
2	Mrs. Umami Kalthum binti Ismail	Needs analysis for empowering future teachers: A self-learning module on basic gymnastics skills
3	Miss Nor Fazila Abd Malek	The effect of attentional focus on turning kick kinematic and performance among novice university Taekwondo practitioner
4	Naila Nazar	The Effects of Dark Triad Elements on Sport Performance among Pakistani Athletes
5	Miss Sumiera Rajab	Influence of prosocial behaviors on the team cohesion: A moderating mechanisms of mindfulness, and perceived prejudice among women football players
6	Miss Ting Kin Hsia	Needs analysis of Physical Education teachers in developing a physical activity intervention module for 9-year-old students

Parallel Session 5

Venue: Dewan Muallim, Scholar Suite

Time: 02:00 p.m. – 05:00 p.m.

No.	Presenter	Title
1	Prof. Dr. Mohar Kassim	The coach at the centre: A grounded theory explaining how conceptual model of football contribute team performance
2	Dr. Nur Athirah Abd Rahman	A descriptive-comparative study of sport specific skill and biomechanical variable in male futsal and football players at NDUM
3	Dr. Ahmad Fadly bin Abdul Rahman	The effect of sport training and satisfaction among Malaysian university athletes
4	Mr. Ahmad Effendy Abdul Razak	Bridging the gap: A needs analysis for developing a Psychological Skills Training (PST) Module for rugby coaches in Malaysia
5	Mr. Jeckry John	The effects of different relaxation interventions on mood states and self-efficacy among football players

Parallel Session 6

Venue: Bilik Titiwangsa 2, Scholar Suite

Time: 02:00 p.m. – 05:00 p.m.

No.	Presenter	Title
1	Mr. Su Wanbin	The role of physical education in promoting holistic student development in the age of digital panoptic
2	Mr. Sasitheran Devarajan	Mapping the research landscape of coaching strategies in the pandemic: A bibliometric analysis with R
3	Nooraini Hamzah	From school pitch to elite contract: The role of school teachers on elite football player development
4	Mr. Kathiresan Moorthy	The significance of monthly age calculation in assessing gross motor skills in primary school pupils
5	Madam Siti Aishah Md Yusop	Validation of I-Sumo module constructs
6	Mr. Zulfadli Marsal	Differences of leg strength, power and flexibility between national level and district level taekwondo athletes

Parallel Session 7

Venue: Bilik Titiwangsa 3, Scholar Suite

Time: 02:00 p.m. – 05:00 p.m.

No.	Presenter	Title
1	Dr. Norhafizah Hamzah	Effects of complex power training on explosive performance among female teenage rugby players: A study on Johor SUKMA athletes
2	Dr. Suhana Aiman	Relationship between handgrip strength with selected hand anthropometric variables among handball players
3	Mr. Mohd Fitri bin Zaini	The effect of the FitKit Program on speed, agility, and quickness among adolescence volleyball athletes
4	Mr. Zhang Zhenyu	Bridging monitoring theory and practice: Applying sRPE to optimize training load in university swimmers
5	Dr. Abdul Muiz bin Nor Azmi	The impact of modified court size and game rules based on a body-scaling approach on accelerating badminton skill acquisition
6	Mrs. Ros Idayu binti Abdul Rahman	The effects of traditional weight training compared to supersets on muscle activation, repetition performance and Rate of Perceived Exertion (RPE) among trained athletes

Parallel Session 8

Venue: Bilik Titiwangsa 4, Scholar Suite

Time: 02:00 p.m. – 05:00 p.m.

No.	Presenter	Title
1	Miss Ernie Leong Yen Lee	Relationship Between Physical Fitness and Self-Confidence Among University Taekwondo Athletes
2	Mr. Farizul Athir bin Mohd Ramli	Assessing the need for a structured swimming and water safety training module among Malaysian swim coaches
3	Mrs. Nur Juhaida binti Basri	Pembangunan model pengurusan risiko aktiviti kokurikulum sekolah menengah di Malaysia: Satu pendekatan reka bentuk dan pembangunan
4	Mrs. Adilah binti Mohammad Mazli	Pembangunan dan penilaian Modul Latihan Psikologi Sukan (MLPS) bagi meningkatkan ketahanan mental atlet Majlis Sukan Sekolah Perak (MSS Perak)
5	Mrs. Nor Azlina binti Mohammed Suberi	Improving athletic execution in half squat: Acute video imagery training and self-efficacy mediation effects
6	Guan Huiyin	The study of pre-vocational education and training program among preschool Physical Education teachers in Shaanxi province