

ITINERARY PROGRAM ICS 2024

7.30 am	Registration
8.30 am	Safety Briefing







13.00 pm

Lunch Break

2.00 pm

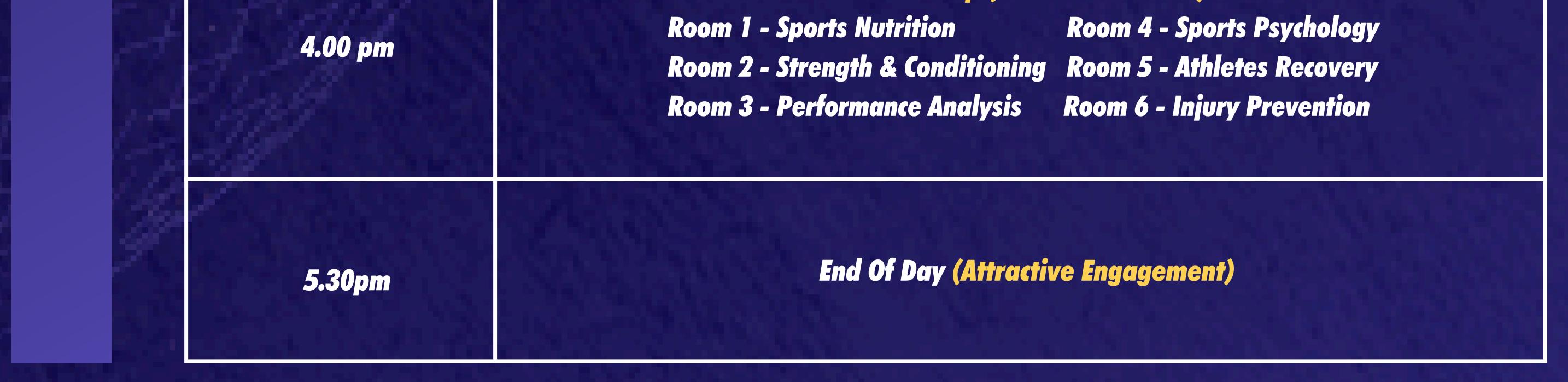
Workshop (Breakout Session)

Room 1 - Sports Nutrition Room 4 - Sports Psychology Room 2 - Strength & Conditioning Room 5 - Athletes Recovery **Room 3 - Performance Analysis Room 6 - Injury Prevention**

3.30 pm

Coffee Break (Networking Session)

Workshop (Breakout Session)



#ICS2024 #COACHINGANDBEYOND #WOMENCANCOACH #AKADEMIKEJURULATIHANKEBANGSAAN #ISNMALAYSIA #TEAMISN





Ž

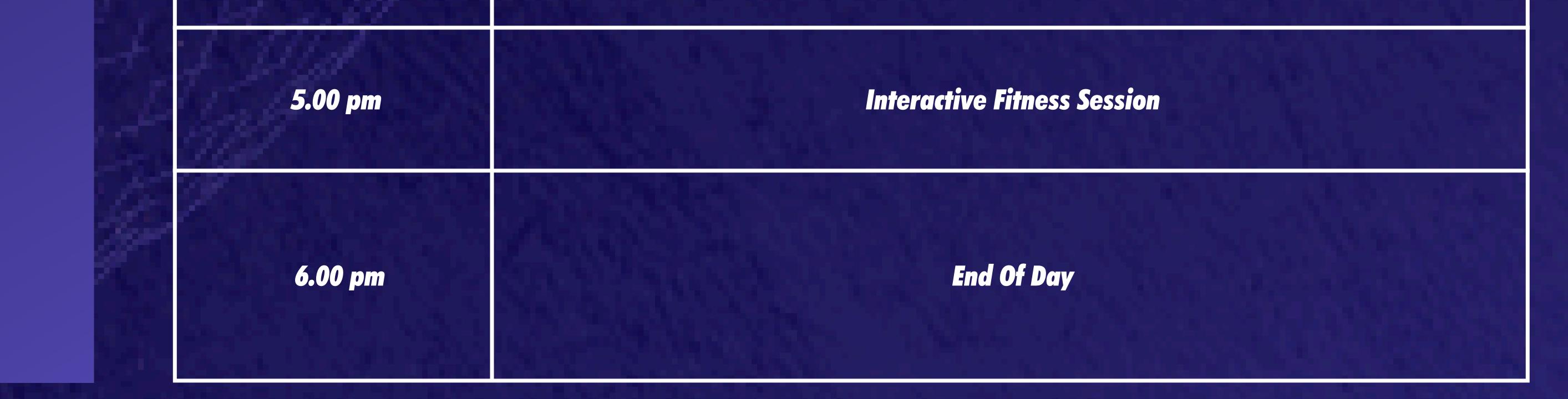
N

ITINERARY PROGRAM ICS 2024

9.00 am	Forum 1 : (Coaching and Integrated Sports Science)
10.00 am	Coffee Break (Networking Session)

10.30 am	Forum 2: Moderator - Prof. Madya Dr. Mohd Nahar Azmi Mohamed Panel 1 - Prof Dato' Seri Dr. Jeffrey Jeswant Dillon Panel 2 - Dr. Rizmy Najme Khir
	(Sudden Cardiac Death In Sport)
11.30 am	Keynote Speaker 3 : Aaron Alsop (Applying Integrated Holistic Development Within the Performance Environment: An Ecological System Approach)
12.15 pm	Work Shop : Aaron Alsop (Wellbeing Enabling Performance)

1.00 pm	Lunch Break
2.00 pm	Workshop (Breakout Session)Room 1 - Sports NutritionRoom 4 - Sports PsychologyRoom 2 - Strength & ConditioningRoom 5 - Athletes RecoveryRoom 3 - Performance AnalysisRoom 6 - Injury Prevention
3.30 pm	Coffee Break (Networking Session)
4.00 pm	Keynote Speaker 4 : Prof Oleksandr Krasilschikov (Coaching Methodology)



#ICS2024 #COACHINGANDBEYOND #WOMENCANCOACH #AKADEMIKEJURULATIHANKEBANGSAAN #ISNMALAYSIA #TEAMISN

O AKK_ISNMALAYSIA f Akademi Kejurulatihan Kebangsaan



ITINERARY PROGRAM ICS 2024

9.00 am	Keynote Speaker 5 : Dr. Jerilee Mariam Khong Binti Azhary (Menstrual Disorders Among Athletes: What Coaches Should Know)

	10.00 am	Coffee Break (Networking Session)
		Keynote Speaker 6 : Syahirah Latiff (Adopting Safe Sport Practices in Coaching)
EMBER 202	11.30 am	Keynote Speaker 7 : Prof Masamitsu Ito (Coach Developers: Catalyst for Change in Today's Coaching Landscape)
24 (MO	12.30 pm	Lunch Break





#ICS2024 #COACHINGANDBEYOND #WOMENCANCOACH #AKADEMIKEJURULATIHANKEBANGSAAN #ISNMALAYSIA #TEAMISN

O AKK_ISNMALAYSIA f Akademi Kejurulatihan Kebangsaan