



**FOR ALL QUALIFIED PHYSIOTHERAPISTS**

# EXERCISE TESTING AND PRESCRIPTION WORKSHOP

Dates: **5th-6th March 2022**

Fee: **RM250** (MPA members)

**RM350** (non-members)

Venue:

**Red Giants Physio Clinic, Shah Alam**

**LIMITED  
SEATS**  
(FIRST COME, FIRST SERVED)



Speaker:

**En. Naim Faiz Ahmad Imran**

*Fakulti Sains Kesihatan, UiTM Puncak Alam*

**REGISTER BY 28.02.22**



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## ABOUT THE SPEAKER



**EN. NAIM FAIZ AHMAD IMRAN**, our esteemed speaker graduated with MSc in Clinical Exercise Science (Universiti Sains Malaysia), BSc Hons) Physiotherapy (Universiti Teknologi Mara) and Bachelor of Medical Science (University Of Melbourne).

He is currently working as a clinical instructor (Physiotherapy) at the Centre For Physiotherapy Studies, Universiti Teknologi Mara Puncak Alam.

He has contributed to the Physiotherapy field as a guest lecturer for the Exercise Prescription Workshop series organised by the Ministry of Health Malaysia and as a committee curriculum development for the Advanced Diploma in Exercise Therapy.

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## TENTATIVE PROGRAM

5TH MARCH 2022 (SATURDAY)

0830-0900	Registration
0900-0915	Opening speech
0915-0945	Breakfast
0945-1030	<b>THEORY: Introduction to exercise prescription</b> <ul style="list-style-type: none"><li>▪ Why do we need exercise prescriptions as a physio?</li><li>▪ Risks and benefits of exercises</li></ul>
1030-1230	<b>THEORY: Exercise prescription for aerobic training</b> <ul style="list-style-type: none"><li>▪ Pre-exercise evaluation</li><li>▪ Exercise testing</li><li>▪ Exercise prescription and programming</li></ul>
1230-1400	Lunch
1400-1630	<b>PRACTICAL: Testing for aerobic training</b> <ul style="list-style-type: none"><li>▪ Treadmill ergometer testing</li><li>▪ Field testing</li></ul>
1630	Tea break Adjourn

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## TENTATIVE PROGRAM

6TH MARCH 2022 (SUNDAY)

0830-0900	Registration
0900-0930	Breakfast
0930-1100	<b>THEORY: Introduction to resistance training prescription</b> <ul style="list-style-type: none"><li>▪ Physiological adaptations to resistance training</li><li>▪ Risks and benefits of resistance training</li></ul>
1100-1230	<b>THEORY: Exercise prescription for resistance training</b> <ul style="list-style-type: none"><li>▪ Principles of exercise training</li><li>▪ Exercise testing</li><li>▪ Exercise prescription and programming</li></ul>
1230-1400	Lunch
1400-1630	<b>PRACTICAL: Testing for resistance training</b> <ul style="list-style-type: none"><li>▪ Repetition maximum testing</li><li>▪ RPE-RIR based testing</li></ul>
1630	Tea break Adjourn

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## THE VENUE



THE RED GIANTS PHYSIO CLINIC is an elite sports rehabilitation and physiotherapy centre by Selangor Football Club.

This establishment offers a broad range of rehab services to the public as it is fully equipped with state-of-the-art exercise and therapy machines to cater to its clients recovery needs.

We are delighted to welcome all participants to this venue in hoping to create one-of-a-kind experience to all of them.

Address:  
Kompleks Sukan SUK Selangor,  
Persiaran Raja Muda, Seksyen 5,  
40000 Shah Alam,  
Selangor Darul Ehsan



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