

ASSI'25 X ICITS'25

ORAL SCHEDULE

30TH SEPTEMBER (TUESDAY) | 1145 - 1300 | GRAND BALLROOM 1

PAPER ID	THEME : Sports Performance, Biomechanics & Training
ICITS-41	Effectiveness of plyometric training on UTM netball athletes' jump height NORAZARIENA ATIRAH, KHAIRUNNISA NAZRI, ASHA HASNIMY MOHD HASHIM, HALIJAH IBRAHIM, IZWYN ZULKAPRI, AND DIYANA ZULAIKA ABDUL GHANI
ICITS-42	The relationship between the frequency of physical activities, fitness motives and academic achievement among Universiti Teknologi Malaysia (UTM) students NUR ANITA JOANNA JOHARI, ASHA HASNIMY MOHD HASHIM, HALIJAH IBRAHIM, HADAFI FITRI MOHD LATIP, NUR FATIHAH RAIMI, AND DIYANA ZULAIKA ABDUL GHANI
ICITS-13	Exploring defensive skill in netball using a video-based checklist NOOR AZILAH AZIZ, HALIJAH IBRAHIM, AND NUR FATIHAH RAIMI
ICITS-1	The misconception of ideal running form: a case for personalized biomechanics ERNIEZA NASIR, HASHBULLAH ISMAIL, SHARIMAN ISMADI ISMAIL, AND YUNUS ZIYA ARSLAM
ICITS-4	The effects of active-break exercises on primary school students' health-related physical fitness TEO BOON SIAN, CHIN NGIEN SIONG, AND ARTHUR LING

30TH SEPTEMBER (TUESDAY) | 1145 - 1300 | GRAND BALLROOM 2

PAPER ID	THEME : Sports Psychology, Coaching & Education
ICITS-40	Bridging the gap: a meta analysis of digital competence for physical education in the technology era NUR ADLINA MOHD ZAKI, KAMARUZAMAN SOEED, JAYSUMAN PUSPANATHAN, AND DIYANA ZULAIKA ABDUL GHANI
ICITS-23	Innovating motor creativity assessment: a conceptual framework for a home-based toolkit empowering parental involvement BOY DE FREDDIE JUHANES, HALIJAH IBRAHIM, AND NUR FATIHAH RAIMI
ICITS-36	Toward a rider specific recovery model: a conceptual framework for managing doms through proprioceptive awareness and kinesiology taping in athletes NUR AMALINA, KAMARUZAMAN SOEED, IZWYN ZULKAPRI, SAHARUDIN ISMAIL, HADAFI FITRI MOHD LATIP, AND FATIN AQILANAJWA
ICITS-35	Technology-assisted golf coaching: a conceptual overview of biomechanics, motion analysis tools, and coaching practices for grassroots development FATIN AQILANAJWA, KAMARUZAMAN SOEED, IZWYN ZULKAPRI, JAYSUMAN PUSPPANATHAN, FAKHRIZAL AZMY NASRUDDIN, AND NUR AMALINA
ICITS-30	Wireless triggered timing system using two-way esp-to-esp communication protocol for precise sports timing MUHAMMAD AQIB OTHMAN, MUHAMMAD HANIFF GUSRIAL, NUR AQILAH OTHMAN, LUQMAN HAKIM AMRI, MUHAMMAD NUR FAHMY AZMI, AND MOHD HASNUN ARIF HASSAN



1st OCTOBER (WEDNESDAY) | 1130- 1245 | GRAND BALLROOM 1

PAPER ID	THEME : Sports Performance, Biomechanics & Training
ICITS-5	Footwear and gait biomechanics in competitive sports: a review on performance optimization and injury mitigation SITI RABIATULL AISHA IDRIS
ICITS-6	The effect of brain-breaks physical activity on undergraduates' cognitive function and physical activity behaviour CHIN NGIEN SIONG, TING PEI YI, GARRY KUAN, AND KUEH YEE CHENG
ICITS-7	The effect of aquatic exercise with buoyancy belt on ankle stability and high jump performance among university's female recreational netball players WINNIE SHIRLEY WILFRED, CHIN NGIEN SIONG, AND FARIBA HOSSEIN ABADI
ICITS-9	A comparative analysis of performance indicators between winning and losing teams in the 2024 malaysia super league PRETEEV RAO AND SITI AZILAH ATAN
ICITS-10	The influence of ball possession and total passes on match outcomes in the KL women's super league 2023 NURUL AZURIN MAZLAN AND SITI AZILAH ATAN

1st OCTOBER (WEDNESDAY) | 1130- 1245 | GRAND BALLROOM 2

PAPER ID	THEME : Sports Technology, Devices & Analytics
ICITS-3	The efficacy of intermittent pneumatic compression and cold-water immersion on blood lactate threshold in young healthy adults SARAH SYAFIEQAH ANUWAR, DZULHAFIZ ZIKRIE DZULKAPLI, HAMAD HAZIQ ISMAIL, NUR SYAZRENA IRDAYU MOHD ZAINUDIN, SITI NURUL EZZAH CHE MAN, NURAMNANI SUFFIYA ROHIM@RAHIM, MUHAMMAD NUR SYAHID MOHD POZI, NURARIQAH NAZIHAH ALHAM, NURUL AIN SYAZWANI ZULKARNAIN@ISMAIL, NORSHAHIZAH HALIDI, NORASRUDIN SULAIMAN, HASHBULLAH ISMAIL, MOHD AZMIR ZANUL ABDIN, SHARIMAN ISMADI ISMAIL, AND RAHMAT ADNAN
ICITS-15	Evaluation of a chatgpt-based personalized prompt system for diet and exercise planning in adults with overweight and obesity: a fuzzy delphi study AZWA SURAYA MOHD DAN, ADAM LINOBY, AKHMAL RIZAL ASNOL, SAZZLI SHAHLAN KASIM, AND SUFYAN ZAKI
ICITS-16	Classification of movement intensity profiles in youth badminton players using bio-physiological parameters: a ridge-kernel svm technique RABIU MUAZU MUSA, ANWAR P.P ABDUL MAJEED, MOHD AZRAAI MOHD RAZMAN, AND MUHAMMAD AMIRUL ABDULLAH
ICITS-33	Does the perception of comfort of a rubber coated mock-up differs with a standard motorcycle grip? MUHAMMAD NA'IM SALIHIN BUSRAH, MOHAMMAD AZZEIM MAT JUSOH, AND HELMI RASHID
ICITS-43	Vprocycle2: enhancing VR cycling with motion, mixed reality, and smart connectivity SAGAR PREMA RAJAN, IMRAN MAHALIL, SHARIZAL PUJAAHAS BIN JAFFAR, SITI AZREENA BINTI MUBIN, VINESH THIRUCHELVAM, MOHAMMAD TAHMIDUL HASAN, HAKEEM YUNUSMETOV, AND VIMAN A/L VINESH



2ND OCTOBER (WEDNESDAY) | 1130 – 1245 | GRAND BALLROOM 1

PAPER ID	THEME : Sports Technology, Devices & Analytics
ICITS-11	Integrating digital exercise monitoring into hybrid cardiac rehabilitation: a feasibility study NUR SYAZWANI IBRAHIM, WAN LING LEE, SANJAY RAMPAL, ERMA RAHAYU MOHD FAIZAL, AND ANWAR SUHAIMI
ICITS-34	Comparative impact performance of conventional and 3d-printed mouthguard materials across varying thicknesses NABILAH HASSIM, SITI NADIA RAHIMI, FAEZAH ROKHANI, MUHAMMAD SYAFIQ ALAUDDIN, AND MOHD IFWAT MOHD GHAZALI
ICITS-54	Predictive modelling of ball motion trajectories through computer vision analysis MUHAMMAD AIDIL SYAFIQ ARSHAD AND SUKARNUR CHE ABDULLAH
ICITS-46	Development of gui mobile app and simulation of automated field line painting mobile robot LAI CHANG YUAN, MUHAMMAD NAZRIN SHAH SHAHROL AMAN, KAMARULZAMAN KAMARUDIN, TAN YEE HAN, AND HIROSHI TAKEMURA
ICITS-29	Examining the competitive anxiety parameters among athletes for sport performance: a systematic literature review WAN NURLISA WAN AHMAD AND MOHD AZRUL HISHAM MOHD ADIB

2ND OCTOBER (WEDNESDAY) | 1130 - 1200 | GRAND BALLROOM 2

PAPER ID	THEME : Sports Technology, Devices & Analytics
ICITS-39	Validation of surface impact response instrument in football field using impact analysis IQBAL HAKIMI BIN NAFIZAM, SHARIMAN ISMADI ISMAIL, ZULKIFLI MOHAMED, AND NURUL SYUHADAH KHUSAINI
ICITS-37	Development of a mechanized system for para swimmers performance monitoring AIDIL KHALID BIN OSMAN, CHOK CHUEN LEANG, ZULKIFLI MOHAMED, AND NURUL SYUHADAH KHUSAINI
ICITS-28	Qualitative research in football: challengers, possibilities and contribution MOHAR KASSIM AND MAT A. R.

2ND OCTOBER (WEDNESDAY) | 1200 - 1245 | GRAND BALLROOM 2

PAPER ID	THEME : Inclusive & Adaptive Sports Innovation
ICITS-68	Finite element analysis and optimization of transcarpal prosthetic arm for pursuit racing in malaysian para-cycling AHMAD WAEZ SANI, ZULKIFLI MOHAMED, NURUL SYUHADAH, NUR ASYIKIN HAMIZAN, SITI NUR KHAIRUNNISA MAD ARIFIN, AND EDIN GARDIN SUWARGANDA
ICITS-26	Why coaches need support: identifying the need for a structured swimming training module for children with autism ATIQA FAKHIRA SHAFUL AZLI, LIM PEI PEI, SHAHRULFADLY RUSTAM, SITI ATHIRAH, ZAFIRAH ABDUL RASHID, FAIZAL ABDUL MANAF, MOHD FAHMI MOHAMAD AMRAN, SHAMSULARIFFIN SAMSUDIN, AND NOOR HAMZANI FARIZAN

30th SEPTEMBER (TUESDAY) | 1145 – 1300 | INSPIRE 1

PAPER ID	THEME: Integrated Approaches to Athlete Performance and Talent Development Across Sports Disciplines
HPSC-4	Effects of 4-days short-term isothermic heat acclimation with permissive dehydration on recreational female endurance runners WENG FOONG CHONG, HUI YIN LER
HPSC-16	Evaluation of the validity and reliability of specific agility tests in badminton KOK SHEN TAN, HUI YIN LER, JIUN YANG LOW
HPSC-36	Physical fitness profiling of the national u15 football team: baseline data for longitudinal talent development NOR IKHMAR MADARSA, CRAIG DUNCAN, REUBEN JUDE BALRAJ, MOHD HAFIZUDDIN BAKI
HPSC-55	Isokinetic neuromuscular capacity of the lower limbs between sprinters and endurance runners: a comparative analysis ALIA AQILA SHAMNUR ZAINUDIN,RADIN RAFEEUDDIN RADIN DZULFAKAR
HPSC-82	Talent development environment questionnaire in Malaysia PEIQIANG YIN,MOHD FIRDAUS ABDULLAH

30th SEPTEMBER (TUESDAY) | 1145 - 1300 | INSPIRE 7

PAPER ID	THEME: Multimodal Training Strategies: Enhancing Physical Coordination, Biomechanics, and Performance Across Populations
HPSC-32	Effects of Pilates based – exercise on body coordination and balance on young untrained females MIA MANEESHA AMIR MAHMUD,NOOR HAMZANI FARIZAN,NURSYUHADA MOHD SUKRI
HPSC-48	Effects of an 8-week high intensity interval training program and foam roller application on flexibility among precision sports athletes AIZUDDIN AMRI ZAINUDDIN,AHMAD BISYRI HUSIN MUSAWI MALIKI,NURSYUHADA MOHD SUKRI
HPSC-49	Effects of resistance band training on body composition and muscular endurance in female university students NURSYUHADA MOHD SUKRI,SITI NOOR BALQIS ZULKIFLI,NURUL AIN PAZIN
HPSC-62	Comparison of volume matched high-load resistance training with low-load blood flow restriction training on physical performance among college basketball athletes HAOZE WEI, ASHRIL BIN YUSOF,TENG KEEN KHONG
HPSC-66	Effective of variable resistance training on punch impact force in youth boxing athletes: a randomized controlled experimental study ZHENYU LIU,ASHRIL BIN YUSOF,TENG KEEN KHONG

1st OCTOBER (WEDNESDAY) | 1145 – 1300 | INSPIRE 1

PAPER ID	THEME: Mind–body Interactions in Performance: From Cognitive States And Motivation to Biomechanics and Recovery
HPSC-2	Effects of acute mental fatigue on leg strength qualities among national athletes WAI LOK TAN,CYNTHIA ANNE CORNELIUS
HPSC-18	The relationship between foot arch angle and individual stability NUR FARHAH ILYANI MUZAINI,ASHA HASNIMY MOHD HASHIM
HPSC-37	Exploring flow state and intrinsic motivation in cognitive task: comparing modified and traditional stop signal task SYED MUADZ BIN SYED MAHMUD ISKANDAR,MOHD AZIM BIN NURAL AZHAN
HPSC-68	Outcome of anterior cruciate ligament reconstruction: an exploratory study at Hospital Tengku Ampuan Afzan QI JACK LOI,ZHUANG LI LIM, AHMAD KAMAL BIN ABDUL MANAN
HPSC-80	Development of multi-sensor wobble board prototype for postural sway assessment; sensor zone universal – balance exercise adaptive neural system AHMAD FITRI ABD RAHMAN,MOHD KHAIRUDDIN MOHD SAFEE,SAHARUDIN ISMAIL,NARESH BHASKAR RAJ,MOHD AMIR IDZHAM IBERAHIM

1ST OCTOBER (WEDNESDAY) | 1145 - 1300 | INSPIRE 7

PAPER ID	THEME: Evidence-based Performance Analytics: Technical–tactical Evaluation Across Team and Individual Sports
HPSC-24	Performance indicators of winning and losing teams in the 2024 Malaysia Super League PRETEEV RAO,SITI AZILAH ATAN
HPSC-27	Match analysis of pencak silat olahraga: identifying performance indicators in Sukan Malaysia athletes NUR FAZLINA SYAFIQA MOHAMMAD FAIRUS,SITI AZILAH ATAN,HOSNI HASAN
HPSC-28	The influence of ball possession and total passes on match outcomes in the Kuala Lumpur Women’s Super League 2023 NURUL AZURIN MAZLAN,SITI AZILAH ATAN
HPSC-29	Analysis of technical variables and tactical play for badminton women’s single player An Se Young SHAUN WEI JIUN YEOH,ANGELINA LI SAN TAN
HPSC-39	Technical and tactical performance model of elite women’s tennis on hard courts JINCHANG LIN,HUI YIN LER,WEIKE ZHAO
HPSC-46	Dive-start kinematics and benchmarking: Comparison across freestyle events in young adult Malaysian swimmers JOAN WOEI TYNG LIM, KANG MEA KEE, JIANHONG GAO, JIN SENG THUNG

2ND OCTOBER (THURSDAY) | 1130 - 1230 | INSPIRE 1

PAPER ID	THEME: Nutritional and Behavioural determinants of Athlete Balance, Endurance, and Well-being
HPSC-31	Effects of caffeine ingestion on 5-km running performance and perceived exertion in male Palapes cadets AZIMAH AHMAD,MUHAMMAD AZIZUL AHMAD MURAD
HPSC-63	Exploring determinants of herbal supplement consumption among university athletes: a multivariate analysis YANFENG YAN,HUI YIN LER,LEE CHANG LIN
HPSC-78	Knowledge, attitude and practice of sodium intake and its correlation with sodium intake, blood pressure and nutritional status in young (17-21 years old) Terengganu FC footballers NUR SYAHIRA MANSOR,ABBE MALEYKI MHD JALIL
HPSC-85	Disordered eating behaviours among bodybuilders and powerlifters: the role of aesthetic pressure and rapid weight loss WINNIE YIP WAI KUAN,SAREENA HANIM HAMZAH

POSTER SCHEDULE

TIME : 1300 – 1400 | FOYER

30TH SEPTEMBER (TUESDAY) | PANEL 1

PAPER ID	
HPSC-13	Challenges and roles of healthcare personnel and community in para swimming classification: a scoping review ROSDARA MASAYUNI BINTI MOHD SANI, WEI LYNG CHEN, SYAHRUL RIDHWAN BIN MORAZUKI, EAN HIN OOI
HPSC-44	Reliability of sprint test norms application in assessing speed fitness among reserve officer training unit cadets SHAHRULFADLY RUSTAM, JORRYE JAKIWA, MOHD IZWAN SHAHRIL
HPSC-42	Effects of short-term combined training on sagittal plane kinematics and body composition during overhead squat: a case study NUR ATHIRAH ABD RAHMAN, NOR IKHMAR MADARSA, SHAZLIN SHAHARUDIN

30TH SEPTEMBER (TUESDAY) | PANEL 2

PAPER ID	
HPSC-12	Exploring defensive skill execution in netball using a video-based checklist NOOR AZILAH AZIZ, HALIJAH IBRAHIM, NUR FATIHAH RAIMI
HPSC-47	Monitoring player readiness and training load in youth football players during high-intensity hybrid training: a pilot study MASZIM YAHAYA, NOR IKHMAR MADARSA
HPSC-83	A preliminary study on mechanical tension and metabolic stress: acute effects of contrast training on neuromuscular fatigue in trained football players MUHAMMAD SYAFIQ HAIKAL MOHD SHAHZUAN, NURUL AISYAH NAZRI, NOR IKHMAR MADARSA
HPSC-84	Acute effects of high-intensity hybrid training on squat jump performance in youth football players: a preliminary study NURUL AISYAH NAZRI, MUHAMMAD SYAFIQ HAIKAL MOHD SHAHZUAN, NOR IKHMAR MADARSA

30TH SEPTEMBER (TUESDAY) | PANEL 3

PAPER ID	
HPSC-54	Effects of resistance band training on forehand topspin accuracy in Malaysian youth table tennis players WEITONG ZHANG, ASHRIL BIN YUSOF, LIDAN ZHANG, TENG KEEN KHONG
HPSC-67	Linking upper body strength to spike ball speed in female volleyball players: insight from strength assessments NIEYLA SHAIRAH HARITH, SIEW KEW CHAN, JULIANA JOHAN JOHN
HPSC-86	Effects of exercise timing and intensity on physical fitness and body composition in college students JINBIAO ZHU, HUI YIN LER

1ST OCTOBER (WEDNESDAY) | PANEL 1

PAPER ID	
HPSC-21	Preventing injuries in wheelchair tennis: the role of strength training for para athletes – a scoping review ROSDARA MASAYUNI BINTI MOHD SANI, SYAHRUL RIDHUAN BIN MORAZUKI, SJAIFUL SJAHRUL BIN MOHAMED SAID, EAN HIN OOI, GARETTE CHANG ZHENG YEO
HPSC-38	Aerodynamic analysis in biomechanical optimization of marathon runners by using computational fluid dynamics and finite element analysis FARAH DIYANA BINTI AZIZAN, MOHD RIDZUAN MOHD ALI, MOHD AZIM BIN NURAL AZHAN
HPSC-72	Juvenile dermatomyositis mimicking early scleroderma in an adolescent athlete: a case report ZHUANG LI LIM, QI JACK LOI, SHAKIRA SELVANANDA, SITI NORHAFIZA BT MOHAMAD AZMI
HPSC-76	Athletic identity and sport injury: a systematic review and meta-aggregation YUNXI ZHANG, SIQI LIU, YOUNG-EUN NOH

1ST OCTOBER (WEDNESDAY) | PANEL 2

PAPER ID	
HPSC-58	Relationship between muscle cross-sectional area, thigh circumference and international knee documentation committee after anterior cruciate ligament reconstruction LIDAN ZHANG, ELIZA HAFIZ, LIN SONG
HPSC-69	Time interval and factor affecting return to sport following anterior cruciate ligament reconstruction: a retrospective study of 27 patient in Hospital Tengku Ampuan Afzan (HTAA) QI JACK LOI, ZHUANG LI LIM, KAMAL BIN ABDUL MANAN
HPSC-77	The athlete fear avoidance questionnaire and fear of return to sport scale: a cross-cultural validation SIQI LIU, YUNXI, YOUNG-EUN NOH, TONG ZHOU

1ST OCTOBER (WEDNESDAY) | PANEL 3

PAPER ID	
HPSC-34	Inhibitory control in athletes and non-athletes: a comparative study using the stop-signal task KYNEESHA BINTI KHAIRI, MOHD AZIM BIN NURAL AZHAN
HPSC-64	Cognitively engaging tennis intervention enhances executive function in children: the mediating role of physical fitness JIA FENG LIANG
HPSC-81	Effects of running app usage on the physical health of sedentary college students: the mediating role of exercise participation LIANG GUO, KANG MEA KEE, DONGGE JI



2ND OCTOBER (WEDNESDAY) | PANEL 1

PAPER ID	
HPSC-15	Motor imagery training in sports psychology improves tennis service performance among competitive young tennis players: a scoping review ROSDARA MASAYUNI BINTI MOHD SANI, LUQMAN NUL HAKEEM BIN ABDUL RAHIM, EAN HIN OOI, SYAHRUL RIDHWAN BIN MORAZUKI, JUSTIN WEI YUEN FU, JACQUE ZERN JIEH CHEW
HPSC-19	Toe grip strength and fall prevention in the elderly through sport insights NOORAFHAM NOORAZMAN, ZAINAL ABIDIN ZAINUDDIN
HPSC-60	Effect of 8 weeks barefoot plyometric training on ankle stability, agility and speed among competitive players in ultimate frisbee SOO ANNE, TIEW KEE AUN

2ND OCTOBER (WEDNESDAY) | PANEL 2

PAPER ID	
HPSC-59	Effects of a multi-ingredient protein supplement on muscular endurance in active female climbers ZI XUAN YEOH, YUN QI CHONG, KAI QUIN CHAN
HPSC-79	Effects of sodium citrate supplementation on anaerobic performance in female basketball players: a randomized crossover trial WENG KHAI XUAN, WENG FOONG CHONG, KAI QUIN CHAN
HPSC-87	Effects of aerobic exercise and dietary guidance program on body composition and physical fitness in obese male college freshmen XIYUN GUO, PENG ZHAO

2ND OCTOBER (WEDNESDAY) | PANEL 3

PAPER ID	
HPSC-43	Preliminary data of AI-based injury risk screening: a comparative analysis study across age groups JONATHAN JING WEI LIM, MUHAMMAD ANIQ ARSYAD FAKHRULLAH BIN BUJANG, ANN ANNABELLA ANAK NAIN, MUHAMMAD SULAIMAN BIN MOHAMMAD JAUHARI, JIN SENG THUNG, JIANHONG GAO
HPSC-51	Test-retest reliability of Holomotion system for functional movement and injury risk assessment JONATHAN JING WEI LIM, JIN SENG THUNG, SHAFEI LEE, KAI QUIN CHAN, ANGELINA LI SAN TAN, MUHAMMAD ANIQ JAMARUDIN, JIANHONG GAO
HPSC-56	Using artificial intelligence to detect movement issues: how age and gender affect your injury risk KAI QUIN CHAN, JET MING SEE, AMBER BOR-YINN THOW, JIANHONG GAO, JIN SENG THUNG



30TH SEPTEMBER (TUESDAY) | PANEL 4

PAPER ID	THEME: Sports Performance, Biomechanics & Training
ICITS-60	The effects of full range of motion and lengthened partial range of motion on chest hypertrophy and strength KEVIN OO, GEORGE WOON LUKIC, KHONG TENG KEEN, LIM YI ZHEN, AND ASHRIL YUSOF
ICITS-62	Acute effects of percussive vibration therapy on release velocity and throwing distance in ultimate Frisbee players MOHAMMAD NORBANI MDI, YUSOF A, AND MOHD RAZMAN R
ICITS-63	Effect of 5-week combined upper-body and hamstring resistance training on muscle reaction time SARAVANAN RAJADURAI, RAJKUMAR KRISHNAN VASANTHI, VINOSH KUMAR PURUSHOTHAMAN, KHONG TENG KEEN, AND ASHRIL YUSOF
ICITS-59	Relationship between muscle cross-sectional area, thigh circumference and international knee documentation committee after anterior cruciate ligament reconstruction ZHANG L.D., ELIZA H., AND SONG L.

30TH SEPTEMBER (TUESDAY) | PANEL 5

PAPER ID	THEME: Sports Technology, Devices & Analytics
ICITS-48	Intelligent monitoring and detection of water hazards in aquatic sports NURSYAZLEEN SYAZWANI, DEVIN BABU, MOHD AMIR SHAHLAN, MOHDASPAR, M.H. MUHAMMAD SIDIK, ABDUL NASIR, AND NORAIN ABDULLAH
ICITS-49	Surface EMG data acquisition wireless wearable device for sport application M.H. MUHAMMAD SIDIK, M. S. REZA, MUHAMAD RIDZUAN RADIN MUHAMAD AMIN, DEVIN BABU, ABDUL NASIR, AND WAHEB A. JABBAR
ICITS-50	Vision based assistive judging and posture monitoring system for weightlifting sport DEVIN BABU, NELVINSON NICHOLAS WONG, M.H. MUHAMMAD SIDIK, AHMAD SHAHIR JAMALUDIN, NORAIN ABDULLAH, AND ABDUL NASIR
ICITS-51	Upper body workout exercises monitoring device DEVIN BABU, FAHIM ADIB JAMALUDDIN, MOHD HANAFI MUHAMMAD SIDIK, MUHAMMAD HISYAM ROSLE, AND ABDUL NASIR

30TH SEPTEMBER (TUESDAY) | PANEL 6

PAPER ID	THEME: Inclusive & Adaptive Sports Innovation
ICITS-65	A review on visuals and tactile communication strategies in combat sports for deaf athletes AKKAS AHAMED ABDUL KAREEM, DHANISSH CHANTHIRAN, NUR AMIRA ZULKIFLLI, MOHAMAD FAUZI IBRAHIM, FATIN ALIAH PHANG ABDULLAH, ZULKARNAY ZAKARIA, KAMARUZAMAN SOEED, AND JAYSUMAN PUSPPANATHAN
ICITS-52	Advancing inclusive race start systems: visual and assistive signal technologies for deaf athletes in running sports MUHIN ASAM ISMAIL MIA, FATIN ALIAH PHANG ABDULLAH, ANWAR P.P. ABDUL MAJEED, RUZAIRI ABDUL RAHIM, NURUL HIDAYAT, ADAM WONG YOON KHANG, JAYSUMAN PUSPPANATHAN
ICITS-64	A brief review & introduction to drone sports ABDELMUNIEB OMAR SULIMAN AHMED, SYED FARIS SYED OMAR, VIKI BAARATHI, FATIN ALIAH PHANG ABDULLAH, RUZAIRI ABDUL RAHIM, AZLI YAHYA, AND JAYSUMAN PUSPPANATHAN
ICITS-58	Effects of resistance band training on forehand topspin accuracy in Malaysian junior table tennis players ZHANG W. T., YUSOF A., ZHANG L.D., AND KHONG T. K.

30TH SEPTEMBER (TUESDAY) | PANEL 7

PAPER ID	THEME:Sports Psychology, Coaching & Education
ICITS-45	High performance sports coaching competency: a case study of Malaysia rugby union national coach 2022 AHMAD FADZLEE AHMAD IDRIS, MOHAR KASSIM, AHMAD EFFENDY ABD RAZAK, NAZRUL FADZLI KHAIRULHALIMI, AND KAMARUL DINIS
ICITS-21	A contemporary pedagogical design: implementing a constraints-led approach (CLA) in triple jump event ELANNAH MADRAN, ELDAWATY MADRAN, MD. SAFWAN SAMSIR, AND PATMANATHAN SUPPIAH
ICITS-53	Blended curriculum model in physical education: a bibliometric analysis PANG YING AND ADJAH NAQKIAH MAZLAN
ICITS-44	A performance study of drivers through the development of a micro sleep prevention system AHMAD ABDUL HAKIM AB. RAHIM, MOHAMMAD AZZEIM MAT JUSOH, AND SUKARNUR CHE ABDULLAH

1ST OCTOBER (WEDNESDAY) | PANEL 4

PAPER ID	THEME:Sports Performance, Biomechanics & Training
ICITS-14	The relationship between foot arch angle and individual stability NUR FARHAH ILYANI MUZAINI AND ASHA HASNIMY MOHD HASHIM
ICITS-17	Toe grip strength and fall prevention in the elderly through sport insights NOORAFHAM NOORAZMAN AND ZAINAL ABIDIN ZAINUDDIN
ICITS-18	Effects of pineapple juice on hydration level during post exercise recovery NURSYUHADA MOHD SUKRI, MUHAMMAD IZHAM ZURAINI, AND AZIMAH AHMAD
ICITS-20	Identifying key physiological and physical fitness indicators in youth badminton development MOHAMMAD FIRDAUS MOHD ISRAJ, AHMAD BISYRI HUSIN MUSAWI MALIKI, RABIU MUAZU MUSA, NUR SYAZWANI IBRAHIM, AND NOR IKHMAR MADARSA

1ST OCTOBER (WEDNESDAY) | PANEL 5

PAPER ID	THEME:Sports Technology, Devices & Analytics
ICITS-67	Design and development of a mobile line painting robot for sports fields TAN YEE HAN, MUHAMMAD NAZRIN SHAH SHAHROL AMAN, KAMARULZAMAN KAMARUDIN, AND LAI CHANG YUAN
ICITS-12	Quantitative analysis of the follow-through phase in golf swing using wrist-mounted imu sensor ATIQULLAH HUZAIFAH, MOHD NADZERI OMAR, NASRUL HADI JOHARI, MOHD HASNUN ARIF HASSAN, MAHADZIR ISHAK, AND ZUAZIZI AZIZ
ICITS-32	Real-time tennis stroke classification using deep learning: a comparative analysis of yolo-based models AMIR FAKARULISROQ ABDUL RAZAK, MUHAMMAD NUR AIMAN SHAPIEE, NUR ALIYA SYAHIRAH BADROL HISAM, MOHD AZRAAI MOHD RAZMAN, AND MUHAMMAD AMIRUL ABDULLAH

1ST OCTOBER (WEDNESDAY) | PANEL 6

PAPER ID	THEME:Sports Performance, Biomechanics & Training
ICITS-27	Match performance analysis of pencak silat olahraga: identifying performance indicators in sukan malaysia (sukma) athletes NUR FAZLINA SYAFIQA MOHAMAD FAIRUS, SITI AZILAH ATAN, AND HOSNI HASAN
ICITS-29	Examining the competitive anxiety parameters among athletes for sport performance: a systematic literature review WAN NURLISA WAN AHMAD AND MOHD AZRUL HISHAM MOHD ADIB
ICITS-31	Anxiety and musculoskeletal discomfort among novice climbers: a case study of a multi-day hike at gunung tok nenek (1,916 meter) NOOR HAMZANI FARIZAN, MUHAMAD ALIFF ABDULLAH, SHAMSULARIFFIN SAMSUDIN, MUHAMMAD FARIZ DANISH FAZIL, AND ALIAH MAISARAH MAHATHIR

1ST OCTOBER (WEDNESDAY) | PANEL 7

PAPER ID	THEME:Sports Performance, Biomechanics & Training
ICITS-38	Characterising neuromuscular fatigue indices and cycle performance during a time-to-exhaustion task and an isowork cycling time-trial FAIZAL ABDUL MANAF, AARON RAMAN, JEREMIAH J PEIFFER, GARTH L MAKER, AND TIMOTHY J FAIRCHILD
ICITS-25	Injury risks among novice swimmers due to incorrect techniques: an observation of pilot study MOHAMAD SHAMIR MOHAMAD AMRAN, NUR ATHIRAH ABD RAHMAN, AHMAD BISYRI HUSIN MUSAWI MALIKI, NOR IKHMAR MADARSA, SHAMSULARIFFIN SAMSUDIN, AND NOOR HAMZANI FARIZAN
ICITS-55	The effects of kettlebell versus dumbbell training on upper limb strength and functional movement performance among sedentary college students SHI C X, YUSOF A, AND KHONG T K
ICITS-22	The influence of small-sided and conditioned game formats on technical patterns in football MOHD SYRINAZ AZLI, SITI AZILAH ATAN, JORRYE JAKIWA, ILMAN ZUHAIRI SAZALI, AND EMMY HAINIDA KHAIRUL IKRAM