

| Time | 20th October 2020 (Day 1) |
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| 1330 - 1345 | Introduction - <i>Prof. Dr. Lee Chee Pheng, CEO, World Conference on Exercise Medicine</i> |
| 1345 - 1400 | Welcome Note - <i>Dr. Jessy Lai, (Global NCD Activist) Chairman, World Conference on Exercise Medicine</i> |
| 1400 - 1430 | Non - Communicable Disease & COVID -19 <i>Dato' Dr. Chong Chee Kheong, Deputy Director General - Public Health, Ministry of Health, Malaysia</i> |
| 1430 - 1500 | The Complex Role Of Regular Exercise On Aging Brain Function <i>Prof. Dr. Zsolt Radak, Chairman of The Doctoral School, Hungarian University of Physical Education, Budapest, Hungary</i> |
| Category : Exercise And Heart Chairman : Dr. Domenico Cianflone, Italy | |
| 1500 - 1530 | Can You Exercise Safely With An Arrhythmia ? <i>Dr. Domenico Cianflone, Italy</i> Chairman : Dr. Hashbullah Ismail, Malaysia |
| 1530 - 1600 | Exercise Prescription For Heart Failure Patients <i>Dr. Hashbullah Ismail, Malaysia</i> |
| 1600 - 1630 | Screening For Premature Coronary Heart Disease And Sudden Cardiac Death In Young People <i>Dr. Oteh Maskon, Malaysia</i> |
| 1630 - 1700 | Exercise-Based Cardiac Rehabilitation : The Neglected Role Of Exercise <i>Dr. Francesco Maranta, Italy</i> |
| 1700 - 1730 | Appropriate Exercise To Induce Cardioprotective Effects In Patients With CVD Risk: How To Do It? <i>Dr. Dominique Hansen, Belgium</i> |
| 1730 - 1800 | Workshop On Resistance Training - <i>Murphey Puniamurthy, Malaysia</i> |

| Time | 21th October 2020 (Day 2) |
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| Category : Exercise And Cancer Chairman : Dr. Ian Lahart, Ireland | |
| 1500 - 1530 | Exercise As A Therapeutic Approach To Reduce Cancer - Related Fatigue <i>Dr. Ian Lahart, Ireland,</i> Chairman : Dr. Goh Eng Hoong, Malaysia |
| 1530 - 1600 | Reporting Of Resistance Exercise Dose And Tolerance In Exercise Oncology <i>Dr. Ciaran Fairman, Australia</i> |
| 1600 - 1630 | Exercise Oncology In Prostate Cancer : A Urologist Point Of View <i>Dr. Goh Eng Hoong, Malaysia</i> |
| 1630 - 1700 | Workshop On HIIT - <i>Asja Pajk, Slovenia</i> |

| Time | 27th October 2020 (Day 3) |
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| Category : Exercise And Immune System Chairman : Dr. Dusan Hamar, Slovakia | |
| 1500 - 1530 | Exercise And Immune System Dr. Dusan Hamar, Slovakia Chairman : Zsombor Laczsa, Hungary |
| 1530 - 1600 | Cardiorespiratory Fitness & Immune System Dr. Kalaivane Subramaniam, Malaysia |
| 1600 - 1630 | Does Exercise Help Or Harm Our Immune System ? Dr. Mandy Zhang, Singapore |
| 1630 - 1700 | Sportsmen Infected With SARS2-CoV Recover By Secretary And Cellular Immune Responses And Do Not Develop Long-Term Immunity Through Neutralizing IgG Antibodies Dr. Zsombor Laczsa, Hungary |
| 1700- 1730 | Workshop On Aerobics - Adasandha, Malaysia |

| Time | 28th October 2020 (Day 4) |
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| Category : Exercise And Mental Health Chairman : Dr. Garry Kuan Pei Ern | |
| 1500 - 1530 | Cultivating Happiness With Appropriate Exercise Parameters Dr. Lim Boon Hooi, Malaysia |
| 1530 - 1600 | Impact Of Brain-Breaks Videos On Improving Coping Strategies For Malaysian : The New Norms Dr. Garry Kuan Pei Ern, Malaysia Chairman : Dr. Nurashikin Binti Ibrahim, Malaysia |
| 1600 - 1630 | Stages Of Exercise Behavior Change And Exercise Participation During Covid 19 Pandemic Among Adult Filipinos Dr. Henry Daut, Philippines |
| 1630 - 1700 | Exercise And Depression Dr. Nurashikin Binti Ibrahim, Malaysia |
| 1700 - 1730 | The Directive Function Of Autobiographical Memory : Recalling Positive Memories Increases Exercise Activity Mr. Lee Kean Mun |

| Time | 3rd November 2020 (Day 5) |
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| Category : Exercise And Metabolic Health Chairman : Dr. Norhayati Md Kassim, Brunei | |
| 1500 - 1530 | The Global Obesity Epidemic: Potential Caused And Solutions Dr. Robert Nello Girandola, USA |
| 1530 - 1600 | Endocrine Disorders And Physical Activity Dr. Irena Aldhoon Hainerova, Czech Republic |
| 1600 - 1630 | Exercise And Pandemic : New Sight In Type 1 Diabetes Dr. Luis Paulo Gomes Mascarenhas, Brazil |
| 1630 - 1700 | Is Breaking Up Sitting A Waste Of Time For Physically Active People? Dr. Arto J. Pesola, Finland |
| 1700 - 1730 | Non Communicable Diseases and Exercise Dr. Raven Lee Kean Leong, Malaysia |
| 1730 - 1800 | Workshop On Pilates - Ms. Sneha, India |

| Time | 4th November 2020 (Day 6) |
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| Category : Exercise And Social Aspects Chairman : Dr. Hanna Vehmas, Finland | |
| 1500 - 1530 | Socio-Economic Aspects Of Sports Dr. Hanna Vehmas, Finland, Chairman : Dr. Hazwanim Hashim, Malaysia |
| 1530 - 1600 | Understanding Physical Activity In A Social Context: Beyond Behavioural Science To Public Health Dr. Miranda Thurston, United Kingdom |
| 1600 - 1630 | Building Health Promoting Sports Clubs: Strategies And Key Leverage Dr. Aurilie Van Hoye, Germany |
| 1630 - 1700 | Wellness Hub : Empowering Community To Take Ownership For Health Outcomes Dr. Vanitha Subramaniam, Malaysia |
| 1700 - 1730 | A doctor's referral : Exercise Clinic Intervention In Non Communicable Disease Prevention (Smart Partnership Programme) Dr. Hazwanim Hashim, Malaysia |
| 1730 - 1800 | Workshop On Core Training - Dr. Lim Boon Hooi, Malaysia |

| Time | 10th November 2020 (Day 7) |
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| Category : Exercise And Injuries Chairman : Dr. Istvan Berkes, Hungary | |
| 1500 - 1515 | Exercise And Overuse Injuries Dr. Istvan Berkes, Hungary & Dr. Syed Rehan, Pakistan Chairman : Dr. Edgar Micheal, Philippines |
| 1515 - 1530 | |
| 1530 - 1600 | The Ultimate Healthy Lifestyle Checklist Dr. Edgar Micheal, Philippines Chairman : Dr. Yuling Wang |
| 1600 - 1630 | Battle Of The Bulge – Obesity, Its Toll On The Pelvic Floor Ms. Yew Su Fen, Malaysia |
| 1630 - 1700 | Impact Of Simplified Exercise Program On Weight Reduction And Quality Of Life (QOL) Of Overweight And Obese Inactive Diabetes Mellitus II Patients With And Without Non-Specific Chronic Low Back Pain Dr. Mahmoud Othman, Syria |
| 1700 - 1730 | Diabetic Adhesive Capsulitis And Exercises Dr. Srikanth Babu Venga, India |
| 1730 - 1800 | Research Trends Of Sports Injury On College/ University Students From 2000 To 2019: A Bibliometric Analysis Dr. Yuling Wang, China |

| Time | 11th November 2020 (Day 8) |
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| Category : Exercise And Ageing Chairman : Dr. Hanson Huang, Taiwan | |
| 1500 - 1530 | Case Study On The Effect Of Training Using The Keep It Simple (KIS) Principle On Osteoarthritis, Frailty, And Sarcopenia Mr. Kentaro Esaki, Japan |
| 1530 - 1600 | Therapeutic Plasma Exchange In The Treatment Ageing Associated Frailty Dr. Bradley Elliot, United Kingdom |
| 1600 - 1630 | Exercise To Prevent Falls In Older Adults: The Risk-Benefit Paradox Dr. Mathew W. Hill, United Kingdom |
| 1630 - 1700 | Exercise And Aging Biomarkers Of Cells : The Effect Of Exercise On Leukocyte Telomere Length Dr. Hanson Huang Sen - Fang, Taiwan Chairman : Mr. Kentaro Esaki, Japan |
| 1700 - 1730 | Precise Exercise Prescription For Non - Communicable Diseases Dr. Jing Jong Chen, Taiwan |