



SPECIALIST IN EXERCISE MEDICINE PROGRAM Thrissur – INDIA



Internationally approved for CPDs / CEUS

PART 1 – ONLINE SESSIONS				
Date	Timings IST	Subject	Faculty	Apparatus
Dec 16	13:30 – 14:30	Exercise & Sudden Death	Dr Lee CP	Via Zoom
	14:30 – 16:00	Disease Pathology (NCDs) & Pharmacological Contra Indication to Exercise	Dr. Henry Siew	
Dec 18	13:30 – 14:30	Exercise & Cancer	Dr Lee CP	
	14:30 – 16:00	Disease Management & Exercise	Dr Raven Lee	
Dec 20		Reserve		
Jan 06	13:00 – 14:30	Intervention on Obesity - Body Fat Control and Diet Strategy	Dr Lee CP	
	14:30 – 16:00	Vital Sign Monitoring & ECG	Dr. Henry Siew	
Jan 08	13:00 – 14:30	Metabolic Diseases of Elderly	Assoc. Prof. Hanson Huang	
	14:30 – 14:00	Intervention on Obesity - Body Fat Control and Diet Strategy	Dr Lee CP	
PART 2 – OFFLINE - PHYSICAL SESSIONS				
Date	Timings	Subject	Faculty	Apparatus
Jan 24	09:00 – 09:30	Introduction to Exercise as Medication	Dr Lee CP	Classroom
	09:30 – 11:00	Strength Measurement, Dosage & Adaptations	Dr Lee CP	Dyna Strength System
	11:00 – 11:15	Tea		
	11:15 – 13:00	Physical Fitness Assessment & Health Screening	Ms Nanirin & CH Chee	12-inch Height Board x 4
	13:00 – 13:45	Lunch		
	13:45 – 15:15	Exercise Prescription (Dr Fit System)	Dr Lee CP	DrFit System
	15:15 – 17:00	Intervention - Proprioceptive Neuromuscular Facilitation - PNF Stretching (Musculoskeletal System)	Ms Nanirin & CH Chee	Classroom
Jan 25	09:00 –	Body Fat Control & Target Heart Rate	Dr Lee CP	Treadmills &

	11:00	Training (Heart Rate Return)		Bicycles
	11:00 – 11:15	Tea		
	11:15 – 13:15	Target Heart Rate (Practical)	Dr Lee CP	Treadmills & Bicycles
	13:15 – 14:00	Lunch		
	14:00 – 15:30	Intervention - Resistance Training (Diabetes / Hypertension)	Dr Lee CP	Classroom
	15:30 – 17:00	Vital Sign Monitoring	Ms Nanirin & CH Chee	Classroom
Jan 26	09:00 – 10:00	Dr Fit Software & Report Interpretation	Dr Lee CP	Classroom
	10:00 – 11:00	Biomechanics of Exercise & Injuries Prevention (Shoulder & Arms)	Dr Lee CP	Gym Equipment
	11:00 – 11:15	Tea		
	11:15 – 12:30	Biomechanics of Exercise & Injuries Prevention (Shoulder & Arms)	Dr Lee CP	Gym Equipment
	12:30 – 13:00	Discussion	Faculty and Attendees	Classroom
	13:00 – 13:45	Lunch		
	13:45 – 15:15	Biomechanics of Exercise & Injuries Prevention (Trunk & Legs)	Dr Lee CP	Gym Equipment
	15:30 – 17:00	Assessments		Classroom

Teaching Faculty

Prof. Dr. Muhammad Lee

- Ph.D. Sports Sciences, Semmelweis University, Budapest, Hungary
- Master's in Health Sciences, Semmelweis University, Budapest, Hungary
- Bachelors in Sports Science, The Hungarian University of Physical Education, Budapest, Hungary
- Received Doctor Honoris Causa from The Hungarian University of Sports Sciences, Budapest, Hungary
- Counselor at the Joe Weider Body Building & Fitness Camp, Los-Angeles, USA
- Pioneered the research on 'Heart Rate Return' to prevent Hypo-kalemia
- Honorary Professor by The Oxford Academic Union, Oxford, U.K.
- Founder, Exercise Medicine
- CEO, International Society on Exercise Medicine
- External Consultant on Exercise Medicine to the Ministry of Health Malaysia
- Vice Chair - World Conference on Exercise Medicine
- Member, European Medical Association
- CEO, Asia College of Exercise and Sports Medicine
- CEO, International Scientific Committee on Exercise Medicine
- Founder and CEO, International Symposium on Active Ageing



Assoc. Prof. Hanson Huang

- Graduated from Institute of Health and Kinesiology at University of Texas at Tyler, USA
- Associate Professor and teaches physical activity and health, health promotion and others at undergraduate, graduate level at Tzu Chi University, Hualien, Taiwan
- Committee Member, International Society on Exercise Medicine
- Committee Member, International Scientific Committee on Exercise Medicine
- General Secretary of Society of Exercise Physiology and Executive Supervisor of Taiwan Society of Exercise Medicine in Taiwan



Dr. Raven Lee

- Medical Degree (First Moscow State Medical University I.M. Sechenov)
- Medical Advisor, Zuellig Pharma Malaysia
- Exercise Medicine Therapist, certified by Asia College of Exercise and Sports Medicine
- Member of MERCY Malaysia
- Medical Advisor / Affiliate Safety Representative at AbbVie (2017 – 2018)
- Scientific Committee, International Society on Exercise Medicine
- Invited Speaker on Exercise and Non-Communicable Diseases (NCD)
- Medical Consultant, National Association for Fitness Instructors (NAFI)
- Medical Advisor, Sports Research International Sdn Bhd (SRI)
- House Officer, Hospital Raja Permaisuri Bainun Ipoh
- Invited Lecturer, Asia College of Exercise Medicine



Dr. Henry Siew Qui Hen

- MD, FKU Gadjah Mada University, Joyjakarta, Indonesia
- MD, Ministry of Health Malaysia
- Exercise Medicine Therapist, certified by Asia College of Exercise and Sports Medicine
- President, International Society on Exercise Medicine
- Speaker & Exercise Leader, World Conference on Exercise Medicine (WCEM)
- Medical Advisor, International Symposium on Active Ageing
- Member, International Scientific Committee on Exercise Medicine
- Occupational Health Doctor, NIOSH, DOSH
- Ergonomic Trained Person, recognized by DOSH (2019)



Nanirin Noomi Rudimin

- Diploma in Exercise Science, Exercise Therapist- Graduated from Asia College of Exercise and Sports Medicine
- CEO Award in Asia College of Exercise and Sport Medicine (ACESM)
- Undergraduate, Bachelor's Degree in Sports Management, University Technology MARA (UiTM), Malaysia
- Senior Exercise Therapist, Asia College of Exercise Medicine (ACEM)
- Clinical Instructor, ACEM
- Head of Community Program, International Society on Exercise Medicine
- Co-Founder, Home Therapy Program
- Organizing Committee, World Conference on Exercise Medicine (WCEM)
- Committee Member, International Scientific Committee on Exercise Medicine (ISCEM)



Chee Cheng Hong

- Diploma in Exercise Science, Asia College of Exercise & Sports Medicine (ACESM)
- CEO Award in Asia College of Exercise and Sport Medicine (ACESM)
- Undergraduate, Bachelor's Degree in Business Administration, UNITAR International University
- Head, Clinical Instructor, Asia College of Exercise Medicine (ACEM)
- Consultant, Exercise Clinic Setup
- Head, Certification Program, International Society on Exercise Medicine
- Co-Founder, Home Therapy Program
- Coordinator, World Conference on Exercise Medicine (WCEM)
- Committee member, International Scientific Committee on Exercise Medicine (ISCEM)
- Head of DrFit Program

