ACSM EXERCISE IS MEDICINE® Malaysia

# Exercise is Medicine Malaysia Workshop – Basic Certification



## Workshop for Exercise Professionals

Our workshop is led by experienced instructors who provide practical insights and hands-on learning experiences to help exercise professionals, dietitians, nutritionists, nurses, medical assistants, physiotherapists and other allied health professionals to successfully guide clients to adopt a physically active lifestyle

- Interactive Sessions
- Resource Access
- Certification

**EARLY BIRD : RM900.00**

**BEFORE 14TH APRIL**

**NORMAL PRICE : RM1,200.00**

Join Us!

Online 2 May - 13 June 2025

Physical: 14 & 15 June 2025

VENUE: BMU, FPSK, UPM

10% discount for Group of 5 registrations!
For more information contact us at:
info.eimmnc@gmail.com

The workshop includes:

- **American College of Sports Medicine (ACSM) modules**,
- **Assignments, &**
- **Single best answer exit exam**

Participants are to complete **6 weeks** online modules (starting 2 May 2025) and will be provided with reading materials, and relevant resources

Participants are to submit the **6 assignments** during this period.

Participants are to participate in a **2-days physical workshop** to have **hands-on training**

Physically sit for the **exit exam on 15 June 2025**

| 2 May 2025 – 13 June 2025<br>Online modules via Google Classroom Platform | | |
|---|---|---|
| 14 JUNE 2025 | 8:00 am – 8:30 am | Registration & Breakfast |
| | **8:30 am – 9:00 am** | **Introduction to Exercise is Medicine ® MALAYSIA** |
| | **9:00 am – 10:30 am** | **Health Benefits of Physical Activity** |
| | 10:30 am – 10:45 pm | Coffee break |
| | **10:45 am – 12:15 pm** | **Physical Activity Assessment** |
| | 12:45 pm – 14:00 pm | Lunch break |
| | **14:00 pm – 15:30 pm** | **Safety Screening and Considerations** |
| | **15:30 pm – 17:00 pm** | **Prescribing Physical Activity** |
| | | |
| 15 JUNE 2025 | **8:00 am – 9:30 am** | **Providing Physical Activity Referrals** |
| | 9:30 am – 9:45 am | Coffee break |
| | **9:45 am – 11:15 am** | **Foundation in Physical Activity Behaviour Changes** |
| | **12:00 pm – 13:00 pm** | **MCQs Certification Examination** |
| | 13:00 pm – 14:00 pm | Lunch break |
| | **14:00 pm – 15:30 pm** | **Building Effective Networking for Referrals** |

# Payment Details

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|---|---|
| Account No. | 21222800056210 |
| Name of account | PERSATUAN SENAMAN PERUBATAN |
| Bank address | RHB BANK JALAN STESEN, KLANG<br>24 & 26, Jalan Stesen,<br>41000, Klang, Selangor |
| ROS Registration No. | PPM-006-10-29012018<br>(29 January 2018) |

For any inquiries, contact us at: info.eimmnc@gmail.com