

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 to successfully guide clients to adopt a physically active lifestyle.

Interactive Sessions ✓

Resource Access ✓

Certification ✓

EARLY BIRD :
RM 900.00

BEFORE
30 SEPT 2025

NORMAL PRICE :
RM 1,200.00

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

> Join Us!

Online:

20 Oct - 28 Nov 2025

Physical:

29 & 30 Nov 2025

VENUE:

BMU, FPSK, UPM



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 20 October 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 30 November 2025**

20 October 2025 – 28 November 2025		
Online modules via Google Classroom Platform		
29 Nov 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
30 Nov 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: Hands-on circuit sessions – 3MST, Resistance training, Aerobics

Feedbacks from previous workshop participants

“ Your guidance and exposure has been second to none! It was really engaging. All that we had gained will be used to the best! ”



General Practitioner

Cardiologist

“ Best RM900 ever spent on CPD! Very informative, loved the hands on sessions with plenty of tips. ”

It was very insightful for me! I have learned alot!

Exercise Trainer

Family Physician

“ A fruitful workshop! Very useful for patient care! ”

Payment Details

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

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