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إمامة في القيادة

AN INTERNATIONAL AWARD-WINNING INSTITUTION FOR SUSTAINABILITY



# INTERNATIONAL CONFERENCE ON SPORTS FOR SUSTAINABLE DEVELOPMENT (ICSSD)



***“Challenges and Opportunities  
in Sports during the Pandemic and Beyond”***

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**15th – 16th June 2021**

VENUE:  
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The artwork on the cover page was designed by Dr. Mahyuddin Daud from Ahmad Ibrahim Kulliyah of Laws, International Islamic University Malaysia.

The ICSSD21 was held on the 15-16<sup>th</sup> of June 2021 virtually with the theme “Challenges and Opportunities in Sports during the Pandemic and Beyond”.

This conference was organised by Sports Development Centre, International Islamic University Malaysia in collaboration with Sports Division of Ministry of Higher Education Malaysia, Ahmad Ibrahim Kulliyah of Laws IIUM, and Sultan Ahmad Shah Medical Centre. One of the publishing partners was the JUMMEC journal.

There were plenary sessions and four concurrent oral sessions during the conference.

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## **FOREWORD**

Assalamu'alaikum wa Rahmatullahi wa Barakatuh  
In the Name of Allah, The Most Beneficent and Most Merciful.

We would like to express our heartfelt gratitude for the success of Sports Development Centre (SDC) in organising the 1st International Conference on Sports for Sustainable Development 2021. The conference intended to gather researchers and students from IIUM community and members of the public who would like to know about sports development and related issues. Long has the tradition been that sport activities have been left only as mere recreational activities that only selected few from this academic world took note of. It is certainly time to change such perspective by involving and inviting more people to be active in any sports discourses available, in line with our university agenda to achieve the United Nation's Sustainable Development Goals. It is our hope that Sports Development Centre would continue to be relevant and plays vital role in the realization of the missions and visions of IIUM. SDC strives to ensure all programmes and services could match the needs of students and staff as effectively as possible. The coming of COVID19 certainly does not cause SDC to close its business. In fact, it has made us more engaging with our clients as SDC explores virtual activities alongside physical ones guided by the directives issued by the government. With the recent development on COVID19 issue, the Malaysian government has allowed sports activities to continue. In this regard, SDC is proud to announce that IIUM is the only sports centre in Malaysia that has developed a specific Standard Operating Procedure for each game, which has become a reference to other universities. Such is truly Leading the Way. This conference is also one of our efforts to create a sports discourse platform across multiple disciplines in sports, law, medicine and more. It is hoped that this conference would benefit IIUM community, and we pray to Allah s.w.t. that our hard work will be accepted as Ibadah. Thank you.

Dr. Mahyuddin Daud  
Dr. Muhammad Harith Rosdi  
International Islamic University Malaysia

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# A DEDICATED LEGAL MEANS TO ADDRESS VACCINE HESITANCY IN MALAYSIA: A PASSPORT TO THE UNITED NATION'S SUSTAINABLE DEVELOPMENT GOALS?

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## **Abstract**

Vaccine, and vaccinations programs, are always being viewed with disgust and mistrust by many. With the growth of technology and social media, vaccine hesitancy among the members of society is growing at an exponential rate day by day. Even though vaccine and vaccination are products of the medical field, however issues and challenges that beleaguered it are rather legalistic, which unfortunately insufficiently addressed in Malaysia. The lack of consumer's legal guarantees over issues such as patient's rights, consent to vaccination, and access to information in our local law further fuelled vaccine hesitancy among the members of the public. The objectives of this paper are what are the current related laws in regard to the aspect of vaccine hesitancy in Malaysia? Whether the existing law and government policies in regard to the aspect of vaccine hesitancy in Malaysia are adequate? What are the factors that contributes to vaccine hesitancy in Malaysia? The research methodology used shall be based on the qualitative method where doctrinal research shall be adopted. The research finds that the current laws in Malaysia are not sufficient to address several issues relating to vaccine hesitancy including compulsory vaccination, right to disclosure of information, medical malpractice, religious concerns, and misinformation relating to vaccine. To ensure that the Malaysian National Immunization Program (NIP) is successful and to be fully utilized, a legislative backing in form of dedicated parliamentary legislation that directly or indirectly addressed vaccine hesitancy be enacted.

**Keywords:** Vaccine Hesitancy, Vaccination Law, Medical Law, Constitutional Law and Human Rights

# THE OLYMPIC VILLAGES AND OLYMPIC URBAN PLANNING. ANALYSIS AND EVALUATION OF THE IMPACT ON TERRITORIAL AND URBAN PLANNING (XX-XXI CENTURIES)

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**Abstract**

The Olympic Games editions created a big urban transformation, which allows for a new critical perspective, concerning public services and management measures. I will examine how management models will either prevent or increase the exploitation of the in- tangible benefits, necessarily associated to the Olympic event. Olympic Village are at the hearth of the Olympic planning, as they constitute the citizens' Olympic legacy. The purpose of my research is to demonstrate how socio-urban implications, impact, legacy, and sustainability are fundamental aspects to be considered when planning and evaluating the Olympic Games. The analysis of the Olympic Village will also describe the obstacles around the creation of a new neighbourhood and the linking network in the future Olympic city. The project involves a multi- and inter-disciplinary methodology which, through a critical analysis approach, aims to develop a new way to study the Olympic Games. This investigation shows how cities should be favoured by these intangible benefits, which develop because of the Olympic bid's success and the infrastructural evolution. Only thanks to these new philosophies, cities and regions could profit from the intangible benefits belonging to the Olympic game such as: employment, structure and infrastructure use, tourism, job offers, SME, cultural development, decision making, trade.

**Keywords:** Olympics Games, Olympic Legacy, Sustainability, Urbanism, Territorialisation Approach



# **PATTERNS OF ARTHROSCOPICALLY MANAGED ANTERIOR CRUCIATE LIGAMENT RUPTURES AND POST-OPERATIVE REHABILITATION OUTCOME IN A SPORTS SURGERY PRACTICE HOSPITAL QUEEN ELIZABETH 2, KOTA KINABALU, SABAH**

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## **Abstract**

Anterior Cruciate Ligament (ACL) tear is one of the most commonly injured ligaments of the knee presented in a Sports Medicine Clinic. This is a 2018 retrospective study describing the pattern of ACL rupture in patients who underwent knee arthroscopic procedure and its post-operative rehabilitation outcome in Queen Elizabeth 2 Hospital, Kota Kinabalu, Sabah. Out of 57 knee arthroscopic procedures, 59.6% (n=34) had ACL injuries. The mean age of patients was 30.4 years old  $\pm$  4.7. Football (n=14,48.3%), and futsal (n=5,17.2%) contributed large number of ACL injuries in this study. Out of the 34 patients with ACL injuries, 74% had complete ACL tears, while 26% had partial ACL tears. 33 patients (97.1%) underwent ACL reconstruction. 82.4% of the ACL tears had concomitants injuries; 17.6% (n=6) were with posterior cruciate ligament tears, 47% (n=16) with medial meniscus tears, 38% (n=13) with lateral meniscus tears and 53% (n=18) with cartilage defects. 20 % of patients defaulted follow up at 6 months, and a further 47% defaulted follow up by one year. Out of 11 patients with 1 year follow up, 91% of them had achieved more than 85% of limb symmetry index. The findings would give better understanding into the types and causes of ACL injury in Sabah, which would be beneficial to the future planning of a more comprehensive rehabilitation strategies.

**Keywords:** ACL, ACL injuries, post-operative rehabilitation, arthroscopic surgery

# "WE ARE UNITED THROUGH SPORTS": A HEROIC NARRATIVE OF GROUP IDENTITY AMONG GOALBALL STUDENT-ATHLETES IN MALAYSIA

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*Over the years, the visually impaired community's participation in goalball sport has shifted from rehabilitation to professional purposes. As one of the significant sports in the Paralympic programme, it has gained global popularity. A plethora of research work related to goalball has focused on coaching and biomechanical aspects due to its competitive readiness. The absence of socio-cultural understanding among goalball athletes in schools has moved the researchers to study this aspect further. Based on the ethnographic fieldwork, several issues regarding the life experiences of goalball student-athletes were discovered. Using the heroism framework, this paper aims to narrate the experiences of student-athletes with visual impairments in goalball, particularly the formation of group identity among them. To obtain relevant information, the study recruited 20 goalball student-athletes (N=20) from B1, B2, and B3 categories aged between 14-19 years old. All of them attended the same school located in Kuala Lumpur, Malaysia and have won various goalball competitions at the national level. All interviews have been transcribed and data were analysed using the thematic approach. The study revealed three critical themes: i) school as a place to learn group identity, ii) goalball strengthens solidarity among players and iii) goalball is their legacy and pride. Although these narratives carry different interpretations and meanings, goalball provides substantial meaning to group identity formation among participants. This study is relevant because group identity among vulnerable communities is pertinent to promote group cohesion, increase the sense of belongingness, and shape their self-image.*

**Keywords:** Goalball, Group Identity, Ethnography, Paralympics, Visual Impairments

# EFFECTS OF REGENERATIVE TREATMENT FOR ROTATOR CUFF TENDINOPATHY: A SYSTEMATIC REVIEW AND META-ANALYSIS

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## **Abstract**

*This review investigates the efficacy of platelet-rich plasma and prolotherapy for chronic shoulder pain. Specifically, to reduce pain and improve shoulder function for patients diagnosed with rotator cuff tendinopathy. This study follows the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guideline and registered under PROPERO. Three reviewers analysed articles from five databases: CINAHL, EMBASE, Ovid (Medline), PubMed, Scopus, and Web of Science. This study's inclusion criteria were articles in English published before 1st March 2020, studies in human, diagnosis of rotator cuff tendinopathy, partial tear and supraspinatus tendinopathy, and non-surgical treatment. All the analysis were done according to the Cochrane Handbook for Systematic Reviews. This study included seventeen randomized clinical trials for the analysis. PRP reduced pain more than control up to 6 months. After six months, PRP improved shoulder functions than control, but there was no difference before six months. Prolotherapy was neither reduced pain nor improved shoulder functions for rotator cuff tendinopathy. Although, all studies showed improvement in shoulder pain and functions from baseline, regardless of the treatment. It was concluded that platelet-rich plasma is a potentially effective treatment for rotator cuff tendinopathy. It is a safe alternative to steroid and surgery.*

**Keywords:** PRP, regenerative, rotator cuff, shoulder pain, tendinopathy

# INJECTION AND NON-INJECTION THERAPY IN OVERUSE INJURY OF FOOT AND ANKLE: A SYSTEMATIC REVIEW AND NETWORK META-ANALYSIS

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## **Abstract**

*There is multiple treatment to alleviate pain in overuse injuries that can be delivered either in injectable or non-injectable form. However, there is evidence that injection treatment may be more effective as it imparts greater placebo effects. The aim of this network meta-analysis (NMA) is to investigate the relative efficacy of injectables, non-injectables and combination of these two in overuse injuries of the foot and ankle region. NMA is an efficient method to synthesize evidence when comparison of two or more treatments are needed. This is a subgroup analysis from a larger NMA (PROSPERO - CRD42020149740) and aimed to explore if injection therapy is better than non-injection for overuse injuries of the foot and ankle. Studies were searched from four online database without language restriction. Update of search was last performed in January 2021. Treatment effect size and its 95% confidence interval was compared at three different time points. The common comparator was placebo injection. 91 articles were included for the primary NMA. Only 9 were eligible for this subgroup analysis (plantar fasciitis=6, Achilles tendinopathy=3; participants=559; mean age at arm level =38-52 years-old). At <4 months, injection (0.23; -1.65, 2.11) and non-injection (0.05; -2.42,2.52) was better than placebo with combination therapy the least effective (-0.64; -3.91,2.63). For time points between 4-<8 months, and ≥8 months, none of the treatment groups were better than placebo. It was concluded that injection therapy is marginally better than non-injection therapy. However, both provided only short term relieve.*

**Keywords:** Overuse Injury, Meta-Analysis, Plantar Fasciitis, Injection

# PHYSICAL ACTIVITY MENTAL HEALTH AND THE QUALITY OF LIFE OF COLLEGIATE ATHLETES AMIDST PANDEMICS

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## **Abstract**

*The goal of this study was to determine the physical activity, quality of life, challenges and coping strategies of student athletes amidst the pandemic. For the Quantitative Data, 76 participants from five campuses (53 females and 33 males) joined the survey. The age ranges from 17-25years; General Health Questionnaire-12, Quality of life and International physical activity questionnaires were administered via email and use of social media. Most of athletes in this time of a pandemic were categorized as having low physical activity level (40.79%), 31.58 % were having moderate activity level and 27.63% were having high activity level. Comparing the four domains of the athletes, physical health domain was the highest with a mean score of  $70.83 \pm 12.69$  while the environmental domain was the lowest with a mean score of  $61.98 \pm 13.76$ . For the qualitative part, the athletes reported psychological impacts from the pandemic. Most of them have reported psychological and physical challenges, which were summarized in the identified themes: expressed feelings of anxiety, depression, and frustration; fear of being infected by COVID-19 due to social discrimination; Academic Stress due to Transitioning into the distance learning environment and worry of loss of fitness. Qualitative data also reveals new essential themes as coping strategies used by athletes to face the challenges brought about by the pandemic in their physical and mental health such as positive mind-set, family support, prayer and being productive emerges as effective tools.*

**Keywords:** Athlete, Physical Activity, Mental Health

# ASSESSMENTS OF EXECUTIVE FUNCTIONS IN OPEN- AND CLOSED-SKILL SPORT

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## **Abstract**

*In sport, executive functions (EFs) are equally essential for athletes as physical, technical, and emotional skills. The athletes are required to adapt to changing situations, modulating attention, and recalling game tactical. Measuring EFs has been used as domain generic abilities to explain future success in a chosen competency. Assessment in EFs is widely explored using several cognitive-motor executions. However, the investigations are limited to the targeted component of EFs merely based on previous studies despite the problems of task-impurity. The present review aims to identify the common assessments of EFs in a sport setting, as well as considerations and challenges in relation to the assessment purposes. A narrative general literature review was employed to understand EFs assessment in sport focusing on open- and closed-skills. The evidence from different types of sport that particularly investigated components related to EFs were discussed. Finally, the present review described to what extent the assessments need to be constructed to ensure that the EFs evaluation could measure real task while emerging the functional difficulties. Based on the findings, the most common EFs assessment employed in sport settings were Stop-signal, Flanker, and Design fluency tasks. They adopted reaction time and accuracy as behavioural outcomes. These selected assessments were executed towards different types of open- and closed-skill sports. Future research should explore current EFs assessment to accommodate specific context, including modifying and revising the test procedures.*

**Keywords:** Executive Functions, Assessment, Open-Skill, Closed-Skill

# ASSESSING THE LEVEL OF PHYSICAL ACTIVITY AMONG UiTM PERLIS STUDENTS

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## **Abstract**

Physical inactivity has become a major health concerns in Malaysia. It is associated with several cardiovascular diseases, chronic diseases and death. The purpose of this study was to assess the level of physical activity (PA) among students of Universiti Teknologi MARA Perlis. A cross sectional study was carried out among 167 students in age group of 20 to 27 years old. The Malaysian version of Global Physical Activity Questionnaire (GPAQ) was used to measure the PA level. The results were expressed in MET-minutes/week (metabolic equivalent). More than half of the students (59%) engaged in high physical activity per-week, while 40% of the students engaged in moderate PA. Low level of physical activity was reported by 1% of the students. There was a significant contrast in level of PA between gender where male was found more in total PA than female ( $p = 0.001$ ). Sports Science students were significantly higher in total PA (4600.13 MET) than Business Administration students (3354.05 MET) ( $p = 0.002$ ). There was a weak significant relationship between METS and gender ( $r = -0.233$ ,  $p = 0.002$ ) and between MET and faculty ( $r = -0.287$ ,  $p = 0.002$ ), respectively. The present result indicates most of the university student were physically active, where males were most active comparative to females. A negative relation was found determined the MET and gender or faculty, respectively. In essence, further research is necessarily to identify the physical activity determinants among these populations.

**Keywords:** Physical Activity Level, GPAQ, Metabolic Equivalent, Students



# LEGAL REMEDIES AGAINST VIOLENCE AGAINST WOMEN IN SPORTS

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**Abstract**

The purpose of this article is to increase the knowledge on the legal aspects of protecting the women's sports community against the prevailing violence in women's sports. The focus of the present paper is on the current events and issues from the legal aspect of violence against women athletes. This article aims to show the lack of a law protecting women athletes and their impact on the occurrence of such violence by analysing the criminal laws governing sports, including the Islamic Penal Code (2014). This research can help to formulate and optimize a proper model of legal protection for women against the hidden and blatant violence in the sports community. The existence of sports laws prevents behaviours that lead to violence against women in sports and violate their rights, and its absence causes serious negative damages to the physical and mental health of women in the sports community.

**Keywords:** Violence against Women, Violence in Sport, Women's Sport, Sports Law, Women Law

# FITNESS FACILITIES ACCESSIBILITY ASSOCIATION WITH PHYSICAL ACTIVITY PARTICIPATION: COMPARISON BETWEEN DISABLED ATHLETE AND DISABLED PEOPLE

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## **Abstract**

Accessibility is one of the essential elements that involve all the open environment that offers a sense of freedom, competence, and autonomy for use and active participation. However, there is still a doubt on the accessibility provided at the sports facilities and fitness facilities especially for the disabled people which affecting their participation in becoming actively involved in physical activity. This study was conducted in identifying the association between fitness facilities accessibility with physical activity participation between disabled people and disabled athletes. This study included 140 individuals with disabilities, and they were divided into disabled people and disabled athletes. The accessibility and physical participation were assessed using the Accessibility Instrument Measuring Fitness and Recreation Environments (AIMFREE) and Physical Activity Scale for Individuals with Physical Disabilities (PASIPD). The result was analysed by using the statistical analysis of the Independent Sample t-test. The result showed a significant association between fitness facilities accessibility and physical activity participation with ( $p < 0.01$ ,  $r = 0.356^{**}$ ) and there is also a significant difference between the physical activity participation between the disabled people and disabled athlete with ( $p < 0.05$ ). The result revealed that fitness facilities' accessibility will influence the level of physical activity participation and the disabled athlete is more attached to the physical activity compared to the disabled people. The study could be expanded in understanding the factors influencing the differences in physical activity participation between the disabled athlete and disabled people.

**Keywords:** Accessibility, Fitness Facility, Physical Activity, Disabled People, Disabled Athlete

# WOMEN ATHLETES WITH DISABILITIES IN SPORT: AN ANALYSIS OF MUSLIM COUNTRIES IN THE PARALYMPIC GAMES

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## **Abstract**

Today, things have changed enormously particularly in the field of para-sport. Women's participation in the multi-event para-sports program is significant like the able-bodied athletes. It all started with a rehabilitative purpose, sports for women with disabilities entered the competitive era since the Paralympic inception in 1960 that marked their appearance at the global stage. For Muslim countries, sport is considered essential. Hence, this study examines the participation of women athletes with disabilities among 57 Muslim nations in four Paralympic Games from Athens 2004 to Rio 2016. Relevant data for 57 Muslim countries was taken from the Paralympic movement official website. Descriptive content analysis was conducted based on the data to see variations in types of sports, medal tally and new records. The analysis suggests that from 2004-2016, there is a significant rise of 5.07% among Muslim countries women athlete with disabilities participation in the Paralympics. Data also indicates that Turkey has the highest number of women athletes with disabilities who qualified for Paralympics since 2004 with 63 athletes followed by Tunisia, Nigeria, Egypt and Iran. Women athlete with disabilities contributed significantly to two events: athletics and power lifting. In terms of podium standings, a total number of 178 medals were obtained by Muslim countries women athletes with disabilities in the past four Paralympics programmes. In short, the increasing number of women athletes with disabilities in the Muslim countries during the Paralympics demonstrated a remarkable continuous effort and advocacy for people with disabilities, reducing gender inequality, empowered women and breaking feminine stereotypes in the sporting arena.

**Keywords:** Women Athletes with Disabilities, Multi-sports, Muslim Countries, Paralympics

# ELUCIDATION OF ANXIETY EXPERIENCE AMONG TEAM AND INDIVIDUAL SPORTS ATHLETES

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**Abstract**

This study aims to investigate athlete's anxiety experience in team and individual sports during training and competition. Total of (N = 219) youth athletes (Individual n = 112, Team n = 107), (Male n = 110, Female n, 109) in various types of sports represented for Sukan Malaysia competition (SUKMA) completed questionnaires assessing athletes' anxiety experience. CSAI-2 scale (score range 1-4) were used in the study consist of three components, which are somatic anxiety  $\alpha = .74$ , cognitive anxiety  $\alpha = .77$ , and self-confidence  $\alpha = .86$ . Result revealed that (i) there is a significant correlation (weak to a strong, negative, and positive correlation) between all the variables of anxiety (somatic, cognitive and self-confidence). The t-test showed (ii) no significant difference among all the variables of anxiety between the team and individual sports. Additionally, the result indicated, (iii) no significant difference among the variables of anxiety between gender except for confidence. As for the conclusion, anxiety in athletes is an uncomfortable psychological condition in response to a perceived stressor on the success of a task under pressure.

**Keywords:** Anxiety Experience, Confidence, Genders, Team and Individual Sports

# REPEATABILITY OF BODYMETRIX (BX2000) ULTRASOUND DEVIDE IN MEASURING MUSCLE THICKNESS

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## **Abstract**

The physiological adaptation which includes increase in muscle mass and strength may be benefit to metabolic health. To monitor any resistance exercise training intervention, the accurate quantification of skeletal muscle mass must be conducted. The aim of this study was to investigate repeatability of BodyMetrix (BX2000) ultrasound device in measuring muscle thickness between 35 – 65 % of thigh length along the belly of vastus lateralis on 4 consecutive days. Thirteen female and male (age  $35.2 \pm 12.6$  years; height  $174 \text{ cm} \pm 7$ ; weight  $75.4 \text{ kg} \pm 7.05$ ; body mass index  $24.2 \text{ kg m}^{-2} \pm 3$ ) were recruited to the study. Muscle thickness between 35 – 65% of the thigh length along the belly of the vastus lateralis measured on four consecutive days at the same time of each day by the same investigator. Midpoint of the thigh across the vastus lateralis was determined using Trochanterion and Tibiale Laterale landmark. Measurement of complete cross-sectional image of fat layer and muscle layer were performed on the dominant side after 20 minutes resting in a supine position. It was found that the repeated measurement of vastus lateralis muscle thickness over 4 consecutive days using BodyMetrix BX2000 are  $29.9 \pm 1.3\text{mm}$ ,  $30.0 \pm 1.1\text{mm}$ ,  $28.9 \pm 1.0\text{mm}$  &  $30.3 \pm 1.0\text{mm}$  resulted a Coefficient of Variantion (CV) of 4.36%. We conclude that A-mode, BodyMetrix (BX2000) ultrasound is a repeatable measure of muscle thickness over four consecutive days in female and male participants. These measurements were conducted with no intervention applied to the participants along the study.

**Keywords:** Ultrasound, Muscle Thickness, Bodymetrix

# COMMUNICATION IN SPORTS ORGANISATION: A CASE STUDY OF COMMUNICATION BETWEEN JAQ YOGYAKARTA SWIMMING CLUB AND ATHLETE'S PARENTS

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## **Abstract**

Nowadays, sports organisations operate in highly dynamic environments. To survive in highly dynamic environment, sports organisation should be able to build communication with stakeholders. This research was conducted to examine how JAQ Yogyakarta build communication with athlete's parents, as of key player stakeholder, to socialize club's values. This research is a qualitative research with case study method. Research finding indicate that generally, JAQ Yogyakarta already did some aspects in strategic communication scheme explained by Argenti (2003: 34). They determined objective, decided what resources that available, structured the messages, analysed stakeholder's attitude toward some issues, and evaluated stakeholder's responses. From organisation aspect, they missed one thing; JAQ Yogyakarta did not diagnose organisation reputation. Research finding suggest that JAQ Yogyakarta's management needs to diagnose organisation's reputation before deciding communication strategy, creating control system for coaching method used by all the coaches, and creating guidance for coacher how to communicate with parents to build more effective communication strategy. In addition, findings also suggest that it is necessary to analyse athlete's perception toward their parent's involvement in their sports participation since one of JAQ Yogyakarta management's communication objective is to educate parents how to get involve in their kid's athletic participation.

**Keywords:** Organization Communication, Stakeholders, Sports Organization, Sport Communication, Sports Stakeholders

# ANALYSIS OF OFFENSIVE AND DEFENSIVE TECHNIQUES TOWARDS POINT AND ACTION SUCCESSION AMONG THE PESILAT OF SEA GAMES 2019, PHILIPPINES

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## **Abstract**

The offensive techniques and defensive techniques were very crucial in Pencak Silat especially in the category of silat olahraga to gain points in matches. The purpose of this study is to analyse the correlation between offensive and defensive techniques towards action succession among Pesilat in Sukan SEA 2019, Philippines. The researcher observed 18 videos of the silat matches towards both winners and losers. The notational analysis focused on specific techniques (indicators) of Silat Olahraga, which were straight punch, swing kick, front kick, side kick, back kick, sweep, scissor, trip, catch and throw, block, parry, clamp, and evade. The indicators were categorized into 2 main categories which are successful and unsuccessful. This study showed that 27.6% of the actions was swing kick and 24.6% for straight punch were the highest of the offensive techniques that have been used during matches. For defensive, evade action was dominant with 29.3% compared to others. Cross Tabulation and Chi-Square test ( $p < 0.05$ ) were used to analyse the action for offensive and defensive techniques. The results showed that there was a significant correlation between the successful types of offensive techniques that have been used by Pesilat and point succession ( $p = 0.001$ ). Besides that, there was a significant correlation between the successful types of defensive techniques that have been used by Pesilat and action succession ( $p = 0.001$ ). In this study, the author concluded that punch and swing kick were the main offensive technique that Pesilat used during silat matches and Pesilat also performed more successful actions using evade and clamp during a defensive phase.

**Keywords:** Silat Olahraga, Offensive Technique, Defensive Technique, Martial Arts, Performance Analysis

# A AND B-MODE ULTRASOUND MEASURES OF MUSCLE THICKNESS ARE VALID METHODS TO QUANTIFY MUSCLE SIZE

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## **Abstract**

The aim of the present study was to evaluate validity of A-mode, BodyMetrix (BX2000) ultrasound to B-mode, Telemed ultrasound and Magnetic Resonance Imaging (MRI) to quantify muscle size. Twenty men (age  $26 \pm 6$  years; height  $177 \text{ cm} \pm 8.3$ ; weight  $78.4 \text{ kg} \pm 12.9$ ; body mass index  $25.1 \text{ kg m}^{-2} \pm 3.7$ ) were recruited to the study. Muscle thickness of vastus lateralis (50% of superior pole of patella, 10% of thigh circumference in the lateral direction from the original mark) were performed on the dominant side after 20 minutes rest in supine position by using A-mode, BodyMetrix (BX2000) ultrasound and B-mode, Telemed ultrasound. Ultrasound measurement (LS128 CEXT-IZ by telemed, Lithuania) were made by placing linear transducer over the point marked with pen. Furthermore, total body lean mass and right anterior thigh volume mass were measured using Magnetic Resonance Imaging (MRI). The pulse sequence was a 3D dual echo spoiled gradient echo sequence within (1.15 ms) and opposed phase echo time (2.3 ms). The image protocol (repetition time 3.7 ms, flip angle  $10^\circ$ , resolution  $2.0 \times 2.0 \times 3.0 \text{ mm}^3$ ) was applied to the participants repeatedly in supine position and arms at the sides. We found measurement of muscle thickness using BodyMetrix (BX2000) and Telemed ultrasound resulted positive relationship 0.962 ( $p < 0.01$ ). Furthermore, there were positive relationship between both BodyMetrix (BX2000) and Telemed ultrasound muscle thickness measurements and muscle volume and lean mass, although these associations were weaker. The mean difference between ultrasound devices in measurement of muscle thickness was  $1.10 \pm 1.96 \text{ mm}$ , 95% confidence intervals. Positive correlations of muscle thickness between both A and B mode ultrasound were found in this study together with MRI measures of thigh muscle volume and total lean mass. Both A and B mode ultrasound provide valid measures of muscle mass, compared to the gold standard MRI.

**Keywords:** A-Mode, B-Mode, Ultrasound, Muscle Size, Muscle Thickness, MRI



# RESTRICTIONS ON MUSLIM WOMEN'S ATTIRE IN SPORTS COMPETITIONS: SHARĪ'AH COMPLIANT OR FASHION FRIENDLY?

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## **Abstract**

There are various issues related to Muslim women's involvement in sports competitions, such as image, the managing of competition schedule and intermingling among participants. One's image or appearance is an issue that is often the focus as it is related to clothing and 'awrah. This paper aims to discuss the constraints that need to be overcome in designing shari'ah-compliant Muslim women's sportswear. This qualitative study was conducted based on an inductive examination of Islamic guidelines on women's clothing and observations of Muslim women's sportswear that are currently available. The study found that there are at least five main constraints in ensuring that Muslim women's sportswear in sports competitions achieve shari'ah-compliant status: (i) safety issues, (ii) rules of a particular type of sport, (iii) performance, (iv) 'awrah and (v) decency. Based on these constraints, the clothes selected can only minimize the element of non-compliance with shari'ah in line with the method of fiqh, "if something cannot be fully acceptable, then do not reject all". The study concludes that to achieve shari'ah compliance in women's sports competitions, it would be impossible to only focus on the clothing aspect. What is more manageable is to achieve the status of shari'ah-friendly women's sportswear.

**Keywords:** Sport, Sports Attire, Women, Shari'ah, Compliance

# RESTRUCTURING HUMAN RIGHTS AND CONSTITUTIONAL RIGHTS OF ATHLETES IN INDONESIA

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**Abstract**

One of the less desirable professions in developing countries such as Indonesia is to become a sports athlete profession. The athlete profession is the least in demand because being an athlete is not a promising profession until old age. A successful profession can only be achieved by reaching a maximum age of 40 years. After that, the athlete will enter retirement age. However, after retirement, many athletes do not get a pension to ensure their family life. The athlete profession is different from other professions that can reach the retirement age of up to 60. After that, they still get a pension salary to be passed on to their families. The difference in the athlete profession's rights compared to other professions is very contrary to human rights and constitutional rights regulated in each country's constitution. In this research, it will be discussed to what extent the Indonesian state roles in safeguarding athletes' human rights and constitutional rights in their countries. The athlete profession also becomes one of the professions that have the same rights as other professions.

**Keywords:** Athletes, Sports, Human Rights, Constitutional Rights, Constitution, Indonesia

# THE EFFECT OF FIVE NEUROMUSCULAR WARMS-UP AS PHYSICAL CONDITIONING PROGRAM AMONG SUB-ELITE FUTSAL PLAYERS

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## **Abstract**

The purpose of this study was to investigate the effects of FIVE Neuromuscular warm-up on physical fitness components among sub-elite futsal players. This experimental study recruited two groups of sub-elite male futsal players by purposive random sampling to the districts' futsal teams in Indonesia. Twenty-two players (age 21.14 + 0.94 years old; weight 64.36+10.34 kg; height 1.67+0.05 m; and BMI 23.02+3.86 kg/m<sup>2</sup>) participate in this study. The players were randomized into two groups; 13 players were in the experiment (EXP) group, and nine players were in the control (CON) group. The EXP group performed the FIVE Neuromuscular warm-ups while the CON group performed their routine training. Both groups performed the intervention three times per week for eight weeks. All players completed pre-and post-intervention physical fitness tests comprising the core strength (plank test), leg strength (leg dynamometer), leg power (triple hops test), and agility (Illinois test). Changes in performance (pre- vs. post-intervention) of each group were analysed using paired t-test and Wilcoxon. Changes in performance between EXP and CON groups were compared using a non-paired t-test. Statistical significance was set to  $p < 0.05$ . The results showed that the core strength ( $p = 0.01$ ) of the EXP group increased significantly, while no significant change was observed in the CON group. The leg strength improvement in the CON group was significantly different from the EXP group's result ( $p = 0.05$ ). This study indicates that FIVE Neuromuscular warm-up can be used as an alternative program to improve physical fitness components for sub-elite futsal players.

**Keywords:** *Conditioning, FIVE, Futsal, Physical Fitness*

# THE INFLUENCE OF COACH'S REGRET MESSAGE TO COACH-ATHLETE RELATIONSHIP

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**Abstract**

A good performance in sports highly depends on the coach and athlete building a good relationship. To build a good relationship, successful interpersonal communication is needed. Communication between coaches and athlete occurs during practice and in competitive events. During practice communication occurs to deliver instructions and corrections. During competition communication occurs to deliver support before competition and performance feedback. Performance feedback is an important feature of any instructional process whereby coaches are afforded the opportunity to provide an assessment of athlete's overall performance. As the positive coaching might attest, the messages coaches select to frame their feedback can directly influence the attributions athletes makes about their athletic experience. The message coaches choose to deliver can be powerful predictors for how athletes view their athletic experiences, and most individuals are predisposed to interpret behaviours, actions, and events that occur around them in connection with their causes. The messages that coaches employ during these competitive situations have also been found to produce feelings of regret as athletes are called upon to reflect upon what could have or should have happened. Regret is defined as a complex emotion causing individuals. Turman (2007) explored that the impact of regret on a variety of athlete outcomes and found that success and status determine the extent to which athletes will perceive increases in coach performance and future regret messages. This research examined the influence of regret messages delivered by coaches in artistic swimming on coaches-athlete relationship. Artistic swimming known as a complex sport requires super intensive training and great level of self-handling skill. The regret message delivered by the coaches during the competition is one of important factor on gaining an excellent performance at the competition. The regret message divided into six types: accountability regret, individual performance regret, social significance regret, regret reduction, and future regret (Turman, 2009). The relationship concept divided into four models: closeness, commitment, complementarity, co-orientation (Jowett, 2005). Questionnaire will be distributed virtually to artistic swimming coaches and athletes in five area

(Jakarta, West Java, East Java, Yogyakarta, South Sulawesi, Bali), those are regions with the most active artistic swimming communities in Indonesia.

**Keywords:** Interpersonal Communication, Sports Communication, Coach-Athlete Relationship

# THE MYTH OF SPORTING MEGA-EVENTS LEGACY FOR DEVELOPING COUNTRIES

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**Abstract**

Sporting mega-events such as the Olympics have an Olympic legacy of economic, social, environmental, urban, and sporting impacts for the hosts. Olympic legacy seems to be the trigger for a country/region/city to host sporting mega-events. Whereas in the end, many stadiums became white elephants, facilities became neglected, and the host's sports achievements did not significantly increase. Moreover, if this is combined with corrupt behaviour and government inefficiency, the returns on investment will quickly disappear. As a developing country, Indonesia has hosted more than 10 sporting events, ranging from regional to continental levels, and at the national level, there is also a National Sports Week (Pekan Olahraga Nasional) every four years. In the future, Indonesia plans to host the 2032 Olympics. However, these sports events did not actually make Indonesia had a proud legacy, at least from the infrastructure point of view. So, hosting sporting events is an ineffective and inefficient strategy for developing countries, especially Indonesia.

**Keywords:** Olympic Legacy, Sporting Mega-Events, Sports Infrastructure, Stadium

# RECALIBRATING THE FUNCTION OF SPORTS IN SCHOOL SETTINGS: A REFLECTION OF MALAYSIAN NATIONAL EDUCATIONAL PHILOSOPHY (NEP)

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## **Abstract**

Sports programmes have been used as an instrument for the well-being of human civilisations for many centuries. They have been used to maintain the physical body and at the same time sustain the sociability of its actors. For many years, sports programmes in schools remained a substantial agenda for schools for various purposes and have been the backbone of education. Numerous studies have shown that sports programmes are the tool for integration, particularly in the multi-cultural environments at school. However, the manifestation and aspiration of sports programmes among school fraternities declined due to the fundamental role of class-based academic excellence at school. Academic success is said as the key to determining the overall student achievement in schools. This paper conceptualises the function of sports in Malaysian school settings. It intends to review the four aspects of NEP: intellectual, spiritual, emotional, and physical dimensions and explore how these four elements were contextualised in the school sporting programmes. Using qualitative content analysis, the paper analyses the present practice and policy of sports programmes in Malaysian schools. The researchers identified three essential themes, namely, (i) sports in schools complement academic achievement, (ii) sports in schools require a better assessment, and (iii) sports in school needs a strong support system. In conclusion, sports programmes are paramount to pupils' life experience in schools as it supports the aspiration of NEP and crucial in preparing the future human capital.

**Keywords:** National Education Philosophy (NEP), Sports, Qualitative, Well-Being, Education

# SPORTS RELATED INJURIES AND ILLNESSES DURING FOUR FEATHER ULTRAMARATHON, SABAH: A RETROSPECTIVE STUDY

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## **Abstract**

There were limited studies on the prevalence of injuries and illnesses among ultramarathoners especially ultra-trail marathons which was held in Borneo, Sabah, as this area related to extreme weathers and anticipation of animal or insect-related injuries in jungle area. This was a retrospective study to describe the injuries and illnesses seen during Four Feathers Ultra Trail Marathon 2020, Sabah, held from 29th February 2020 to 1st March 2020, for future preparation of medical team standby. Out of 504 runners, 166 (33%) runners encounter at least 1 injury or medical illness with a total of 254 injuries/illnesses. The incidence of injury was 504 per 1000 athletes, 478 per 1000 km run, and 401.4 per 1000 h run. There was no severe injury or medical illness that require urgent referral to a hospital. For minor injuries and illnesses, 54.3 % due to medical conditions, 39.8% due to musculoskeletal injuries and 5.9% due to skin conditions. For heat-related illness, 31.5% were heat cramps and 15.7% were heat exhaustion. The mean age of diagnosing heat-related illness was  $40.3 \pm 9.1$  years old. There were 71.7% male and 28.3% female. 50KM category runners have the highest percentage of heat-related illness (78.3%) followed by 90km category (11.7%) and 20km category (10%). 74.2% (n=89) of heat-related illness occurred at kilometre 19, 20% (n=24) occurred at kilometre 37, 2.5% (n=3) at kilometre 50, and 3.3% (n=4) at kilometre 70. 23 of 33 medical "Do Not Finish" due to heat exhaustion. It is important to identify the early signs of severe heat-related illness by removing ultramarathoners from hot environment, initiate fluids resuscitation and cooling measures. Thus, pre-planning medical standby is crucial to alert all medical staff during the event regarding symptoms and signs of heat-related illnesses during the event.

**Keywords:** Four Feather Marathons, Ultramarathon, Heat Related Injuries, Musculoskeletal Injuries



# THE EFFECTS OF CARBOHYDRATE-ELECTROLYTE INGESTION ON SPRINTS AND SOCCER SKILL PERFORMANCES IN YOUNG SOCCER PLAYERS

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**Abstract**

The aim of this study is to examine the effects of carbohydrate-electrolyte (CHO-E) ingestion on sprints and soccer skills performances. Sixteen young male outfield soccer players (n=16) (Age: 15, Height: 1.66±0.1 m, body mass: 53.3±4.6 kg) volunteered to participate in the study. Players were allocated to two trials (drink treatment x placebo) in a double-blind randomized cross-over design separated by 7 days. Players ingested 6% of CHO-E or placebo (PLA) during 80 min of U15 Soccer Simulation Protocol (SSP) (5 ml·kg<sup>-1</sup> of body mass pre SSP and 2 ml·kg<sup>-1</sup> of body mass at every 20 min of exercise). Skills test were performed pre and post SSP. Blood sample was collected pre SSP, 40 and 80 minutes of exercise. The ingestion of CHO-E has no significant influences on the perceptual scales (RPE, FS, FAS), sprints and leg power performance (p> 0.05). The change mean in LSPT and LSST are not significantly difference between CHO-E and PLA trial (p> 0.05). No differences in blood glucose concentration in both trials. This is the first study investigating young players in hot and humid environment (32.2±2.1 °C and 61±13.2%) by using a valid and reliable SSP for U15. The findings of this present study showed that the 6% CHO-E drinks did not significantly improve sprint and skills performance during a simulated soccer match for young soccer players.

**Keywords:** Football, Youth, Intermittent Exercise, Carbohydrate, Soccer Skills

# FOSTERING SPORTS FOR HEALTHY COMMUNITY IN AFFORDABLE HOUSING PROGRAMS

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**Abstract**

The necessary provisions for health include solidity, accommodation, food, wealth with regards to financial and ecological sustainability, and social justice. The provision of an adequate housing is crucial for enhancing a community's quality of life through providing healthy welfare, sufficient employment, financial stability, and safety. While inadequate housing has resulted in numerous health and social issues in the community. To focus on the values, lifestyles and social aspects of the community's everyday lives, the Government launched the National Community Policy. Among the components is sports and recreational activities to be promoted as part of the healthy community lifestyle. As part of wellbeing of the society, the community's role will look after health and have an educated mind by keeping involved. As such, the aims of this paper are to explore the sports' role in safeguarding healthy community and to promote sports community integrated as part of the affordable housing programme. Literature and content research on different platforms from previous reports, articles and mass media can provide an overview into the need on sports community policy as sustainable development targets for affordable housing program. The research will be restricted to international and local policy applicable in recognising the right to healthy community. This paper concludes that sports community should be assimilated in affordable housing program in fostering its sustainability.

**Keywords:** Adequate Housing, Affordable Housing Program, Health and Wellbeing, Healthy Community