

Lecture Notes in Bioengineering

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Ahmad Munir Che Muhamed ·  
Nik Shanita Safii · Lian Yee Kok ·  
Raja Mohammed Firhad Raja Azidin ·  
Noor Azuan Abu Osman ·  
Roosfa Hashim *Editors*

# Proceedings of the 8th International Conference on Movement, Health and Exercise

MoHE 2022—Refocusing on Sports and  
Exercise for a Post-pandemic World

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# Lecture Notes in Bioengineering

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# Proceedings of the 8th International Conference on Movement, Health and Exercise

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# Preface

The 8th International Conference on Movement, Health and Exercise (MoHE) was held on 27–29 September 2022 in Melaka, Malaysia. MoHE Conference is organised by the Malaysian *Movement, Health and Exercise (MoHE Journal)*—published by Wolters Kluwer—mohejournal.org) and supported by the Sports Section, Policy Planning and Research Division, Ministry of Higher Education Malaysia.

The theme of the 2022 MoHE Conference is “Refocusing on Sports and Exercise for a Post-pandemic World” and featured keynote addressors from internationally renowned speakers in various sports and exercise sub-disciplines. This conference serves to bring together sports scientists, researchers, and practitioners from various backgrounds to share and disseminate current research updates and evidence-based findings. Conference participants presented their research according to sub-themes such as Physical Activity and Health, Exercise Science, Human Performance, Sports Nutrition, Sports Medicine, Sports Technology, and Management and Sports Studies.

Pekan, Malaysia  
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Shah Alam, Malaysia  
Kuala Lumpur, Malaysia  
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Roosfa Hashim

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## Congratulations!

Dear Roosfa Hashim,

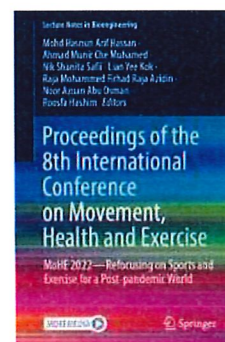
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