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Nota di contenuto	Chapter 1. Survey on Knowledge, Attitude and Confidence (KAC) on Cardiopulmonary Resuscitation (CPR) Among Recreational Athletes in Contact Sports -- Chapter 2. Influence of Boot Studs Shape on Rugby Players' Sprinting Performance -- Chapter 3. Influence of Receiver's Position on Short Serve Placement Among Double Badminton Players -- Chapter 4. Effect of Kinesiology Tape Application on Shoulder Pain and Mobility Among State-Level Badminton Players -- Chapter 5. Effects of Wheel Depth on Individual Time Trial Performance Among Skilled Cyclists -- Chapter 6. The Psychometric Properties of the Malay Version of the Depression, Anxiety and Stress Scale (DASS 21-M) among smokers -- Chapter 7. Malaysian Rugby Team Coaching Competency: A Review of Qualitative Study -- Chapter 8. Association between Obesity Risk Knowledge and Body Mass Index among Sport Students -- Chapter 9. High Intensity Interval Training Protocols Variation Response to Immune Parameters and Cardiovascular Risk Factors: A Scoping Review -- Chapter 10. Nutritional status and its influence on body composition

among healthy overweight men during COVID-19 lockdown -- Chapter 11. Development of an Instrument for Assessing Knowledge, Attitude, and Practices of PE Teachers towards COVID-19 Pandemic: A Rasch Measurement Approach -- Chapter 12. Enhancing Sustainable Tourism in Kundasang Through Hiking -- Chapter 13. Effect of the Hopa Program on Body Mass Index and Physical Activity Level Among Children -- Chapter 14. Relationship of Personality Traits and Competitive Trait Anxiety in Recreational Individual Event Sports -- Chapter 15. Determination of Essential Performance Indicator for Football for Discriminating Between Winner, Draw and Loser Matches in Malaysia Super League 2021. etc. .

Sommario/riassunto

This book gathers papers presented at the 8th International Conference on Movement, Health and Exercise (MoHE 2022) with the conference theme "Enhancing Health and Sports Performance by Design". The topics covered include exercise science; human performance; physical activity and health; sports medicine; sports nutrition; management and sports studies; and sports engineering and technology. Its content is of interest to sports scientists, researchers and practitioners from various sports and exercise sub-disciplines.
