



THE INSTITUTION OF ENGINEERS, MALAYSIA

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Talk On “CONQUERING MOUNT KINABALU”

(Organised by Highway & Transportation Engineering Technical Division, IEM)

Date: 4 May 2012 (Friday)

Time: 5.30 pm - 7.00 pm

Venue: Tan Sri Prof Chin Fung Kee Auditorium, 3rd Floor, Wisma IEM

Speaker: Mr. Roger Rozario

SYNOPSIS

The talk will cover the following topics:

- **Mount Kinabalu** – to understand the basic demographics of the mountain
- **Mount Kinabalu Trails/Routes** - to understand the trail and the journey up the mountain
- **Pre-participation Health Screening** - to understand the health risk factors and other limitations
- **Assessment of physical fitness capabilities** - to understand the physiological demands of the climb/hike
- **Physical fitness training** - to understand the basic physical fitness conditioning prior to the climb
- **Energy and nutrient intake** - to understand the energy and nutritional requirements for the climb
- **Equipment** - to understand the necessary gear needed for the climb
- **Questions/Answers**

SPEAKER'S PROFILE

Mr. Roger Rozario

Mr. Rozario has extensive experience in many areas of sports science and physical fitness. Throughout his 20 years in the business, he has garnered a variety of awards in the USA, worked all over the world, both as a trainer and as a lecturer and researcher in fields as diverse as weight management, sport specific training and special needs instruction, and recently he even helped to establish a regional certification and education center for health and fitness professionals in the South East Asia region.

Ir. K. Gunasagaran

Chairman – Session 2011/2012

Highway and Transportation Engineering Technical Division, IEM

ANNOUNCEMENTS TO NOTE

1. The Talk is open to IEM members and non members. (pre-registration is **NOT** required)
2. Telephone and/or fax reservation will **NOT** be entertained.
3. Seats are available on a "first come first serve" basis.

FUNDS FOR IEM BUILDING FUND (WISMA IEM)

- Kindly be informed that IEM will be charging participants RM10.00 administrative fee for talks organized by IEM.
- The fee would be used for overhead costs, building maintenance expenses as well as to support the purchase of the new building.
- All contributions will be deeply appreciated by IEM.
- Students are however exempted.

Your understanding is greatly appreciated.

