



ASIA COLLEGE OF EXERCISE MEDICINE

FA4338

CHANGING LIFESTYLE & ACE IN EXERCISE

ABOUT US

ASIA COLLEGE OF EXERCISE MEDICINE

Welcome to the college of exercise medicine. This college marks the only one in the country and is aimed to produce Exercise Therapists. As a graduate, you will perform the task to practice exercise medicine to manage geriatrics and non-communicable diseases (NCD) which includes mental health and cancer. As proven in our two years of pilot studies with the Ministry of Health, exercise is now a prescription as a new form of treatment.

FROM THE DESK

OF DATUK SRI AZALINA OTHMAN SAID

PARLIAMENT MEMBER OF PENGERANG JOHOR



Datuk Sri Azalina, 58, is actively engaged with mountain biking, canoeing, yoga and TRX suspension training. She believes that staying healthy is the better way to serve her constituency with a full heart. She is aware that our country has arrived as an aged population in 2020 and will be declared as a aged nation by 2030.

We cannot avoid aging but we can delay the process and lead a better quality life by staying physically active. She had set up the first Active Ageing Center (better known as 'Rakan Aktif Parlimen Pengerang) in the country for Malaysians above the age of 60. This center provides program to improve balance and prevent falls, it monitors patients' vital sign and prescribe exercise program to improve their heart health and muscular skeletal system. This centre will be spread across the country to ensure our nation will age gracefully with minimum dependency.

OUR COURSES

DIPLOMA IN EXERCISE SCIENCE

The students will be trained intensively for 3 years to perform health screenings, physical assessments, exercise prescriptions and instruction and graduates as Exercise Therapist (ET). Students will be train in the use of software and testing devices designed by the research & development unit of the college.

CRITERIA

- 18 - 24 years old
- Pass SPM with 3 credits of any subjects

CERTIFICATE IN EXERCISE MEDICINE

As approved by the Ministry Of Higher Education, ACEM is presenting a specialized program called the Certificate in Exercise Medicine. This program is specially tailored to graduates in the allied health sciences sector.

Systematically designed , this field of treatment refers to the measures taken to intervene and treat diseases. A pilot test was successfully conducted to identify the adaptation of exercise which can be used to treat non-communicable diseases (NCD).

Upon completion of the program, participants are qualified to receive referrals from medical doctors to treat patients who are suffering from NCDs.

CRITERIA

- Diploma in a relevant field of Allied Health Sciences
- One (1) year working experience in relevant field (Gym, personal trainer)
- Completed advanced level certification by Kementerian Belia dan Sukan or other related Government agencies.

CERTIFICATE IN HOME HEALTH CARE

A program designed on monitoring vital signs, safety use of wheelchair, walking aides and basic first aids of an elderly. Open to all Malaysians who are 18 years and above.

CERTIFICATE IN EXERCISE REHAB

A form of exercise rehabilitation that reduce inhibition of movement caused by muscular & joint pains.

CONTACT US



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