



Nur Ikhwan Mohamad

Professor in Sports Science

Nur Ikhwan Mohamad, PhD, is a Professor of Sports Science (Strength & Conditioning) at Faculty of Sports Science & Coaching, Sultan Idris Education University (UPSI), Malaysia. As an educator, he has successfully supervised numerous postgraduate students, guiding them to achieve their academic and professional goals. Throughout his 20+ years of career, he has held various management positions, showcasing his leadership and commitment to advancing the discipline. Nur Ikhwan is a firm believer in practicing what he preaches, embodying the principles of strength & conditioning in his own life, which further inspires his students and colleagues alike.

Contact

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Faculty of Sports Science & Coaching,
Sultan Idris Education University, 35900,
Tanjong Malim, Perak. MALAYSIA.

Education

2010

Doctor of Philosophy

Edith Cowan University (ECU)

2005

Master of Science (Sport Science)

MARA University of Technology (UiTM)

2003

Bachelor of Science (Sport Science)

MARA University of Technology (UiTM)

2001

Diploma in Health & Fitness

MARA University of Technology (UiTM)

Expertise

- Strength & Conditioning
- Kinesiology
- Physical Conditioning Education
- Health & Fitness Promotion

Language

Malay

English

Experience

Administrative Positions

- **Senate Member, UPSI.** 10 January 2022 - 9 January 2028.
- **Chairman, Human Research Ethics Committee, UPSI.** 1 Nov. 2021 - 31 Oct. 2027.
- **Director,** International & Mobility Centre UPSI. April 2022- April 2023.
- **Dean,** Faculty of Sports Science & Coaching, UPSI. July /2016- July 2018
- **Deputy Dean for Research & Postgraduate,** Faculty of Sports Science & Coaching, UPSI. April 2013- July 2016.
- **Head of Coaching Science Department,** Faculty of Sports Science & Coaching, UPSI. June 2011-March 2013.

Research & Publications

- 9 research projects as principal investigator/leader.
- 21 research projects as co-investigator/member.
- 94 peer reviewed publications.
- RM612,276.00 cumulative amount of research grant

Supervision

- 8 PhD and 35 master's students (completed/graduated) as main supervisor.
- 2 PhD and 2 master's students (completed/graduated) as co-supervisor.
- 6 PhD and 3 master's students (current on-going) as main supervisor.
- 4 PhD and 3 master's students (current on-going) as co-supervisor.

Teaching

- QAC 3113 Advanced Practical Strength & Conditioning
- QAC 3103 Basic Strength & Conditioning
- QSU 3013 Training Methodology & Physical Conditioning

Selected Consultation & Engagement

- Sports Science Experts Committee Member, National Sports Institute, Malaysia. 2024-2025
- Adjunct Professor (Sports Science), Universitas Negeri Semarang (UNNES), Semarang, Indonesia (2024).
- Adjunct Professor, University Sriwijaya, Palembang, Indonesia (2023).
- Advisory Panel for National Coaching Academy (AKK), National Sports Institute (ISN) (2013-2021).
- Pioneer (2011) and past President of Malaysian Strength & Conditioning Association (MSCA).
- Visiting research fellow at Sports Performance Research Institute New Zealand (SPRINZ) (2017).
- Research fellow / visiting professor at Thaksin University Thailand (2016-2018).
- Member for Malaysia Health Promotion Board (2017-2018).
- Member of Perak Sports Council Management Board (2016-2017).
- Conducted over 100 strength & conditioning workshops, seminars, advisory works etc. till now to various organizations with tagline "fitness, performance & health", which appropriately described targeted area of focus.

Links

Google Scholar



Scopus ID



Webpage CV



Selected Activities 2024-April 2025

- Sports Science Experts Committee Member, National Sports Institute, Malaysia. 2024-2025
- Panel of Experts, 2024 Paris Olympic & Paralympic post-mortem, Ministry of Youth & Sports, Malaysia
- Invited Speaker, 14th Asia Conference of Kinesiology and Sport Science and 10th International Conference on Movement, Health, and Exercise (MoHE) 2024 /Asian Society of Kinesiology.
- Expert Panel for National Child Data Centre (NCDC) Data Analysis Report's Workshop 2024.
- Expert Panel & Advisors for Physical Conditioning Program for the Perak State SUKMA Contingent 2024
- Evaluation Panel for Program Compliance Audit Evaluation, 6 May 2024 - 31 Oct 2024.
- Adjunct Professor (Sports Science), Universitas Negeri Semarang (UNNES), Semarang, Indonesia (2024)
- External Examiner (Viva-Voce) Doctor of Philosophy (Education) 1002060862 Faculty of Social Sciences and Liberal Arts UCSI. 6 Sep. - 30 Nov.2024.
- UPSI FRGS Grant Evaluation Panel 2024.
- Academic Appointment (Senate Representative) Interview Panel . Mar. 2024.
- PhD Thesis Examiner, Nur Athirah Abd Rahman. MAc-Nov. 2024.
- Course Instructor, Level 1 National Coaching Certification Scheme (SPKK), National Coaching Academy (AKK) ISN at APBM Tronoh, Perak. 13 Oct 2024.
- Course Instructor, Level 3 National Coaching Certification Scheme (SPKK), National Coaching Academy (AKK) ISN at MSN Penang, 13 May 2024.
- Invited Speaker, Workshop for New Panel of Evaluators for Human Research Ethics UPSI. 27 June 2024.
- Mentor, UPSI Staff Mentoring Program Phase 3 2024 (Dr. Mohd Hafizuddin Baki & Dr. Abdul Mu'iz Bin Nor Azmi).

Current Activities May - Nov. 2023

International Sports Science Conference (ISSC 2023): Keynote Speaker (Topic: Exploring human movement for physical literacy: Unlocking the pathway to lifelong physical performance). Bayview Hotel, Georgetown, Penang. 23rd-25th August 2023.

9th Asian Society of Sport Biomechanics Conference (ASSB 2023). Invited Speaker (Topic: Mechanical responses in strength & conditioning). Grand Fourwings Convention Hotel, Bangkok, Thailand. 29th August-2nd September 2023.

Makassar International Conference on Sports Science and Health (MICSSH) 2023: Keynote Speaker (Topic: Equated volume and velocity-based training for sports performance.) Menara Pinisi Universitas Negeri Makassar (UNM), Makassar, Indonesia. 13 - 14 September, 2023.

UPSI Human Research Ethics Workshop. Speaker (Topic: Human Research Ethics @ UPSI). Online
<https://upsi.webex.com/upsi/j.php?MTID=m55eabc600ce76caf90b910047a38ae07> (WEBEX). 19 September 2023.

Bengkel Kejurulatihan Elit Olahraga Daerah Bangsar/Pudu 2023. Speaker (Topic: Theory into practice for program design, MCS and need analysis). Victoria Institution, Kuala Lumpur. 24 Oktober 2023.

Adjunct Professor's Program, Universitas Sriwijaya. Speaker (Topic: Writing scientific articles in international journals). Universitas Sriwijaya, Palembang, Indonesia. 7th Nov. 2023.

Adjunct Professor's Program, Universitas Sriwijaya. Speaker (Topic: Strength & Conditioning Course Level 1 hybrid). Universitas Sriwijaya, Palembang, Indonesia. 9th Nov. 2023.

UPSI-TSU Mobility Program's Sports Science Seminar. Presenter (Topic: Acute metabolic responses to eccentric training-preliminary study). Thaksin University, Songkhla, Thailand. 29 October - 2 Nov 2023.

Johor Sports Council S&C Workshop. Consultant/Speaker/Instructor (Strength & Conditioning Course Level 1). Johor Sports Council, Johor Bahru, Johor. 3 Nov - 5 Nov 2023.

Teaching

CURRENT CORE COURSES 2023

QAC 3113 Advanced Practical Strength & Conditioning (3 credit hours)

Course Synopsis: Experience-based and evidence-based learning of strength and conditioning practices for human performance. Students will be practicing various types of strength training protocols while at the same time applying an evidence-based training process (developing questions). (Find evidence, evaluate evidence, incorporate evidence, and reevaluate evidence.) This course is the continuation of the previous semester's course, with the current course emphasis on sports-specific and special populations strength and conditioning training.

QAC 3103 Basic Strength & Conditioning (3 credit hours)

Course Synopsis: Experience-based and evidence-based learning of strength and conditioning practices for human performance. Students will be practicing various types of strength training protocols while at the same time applying an evidence-based training process (develop questions, find evidence, evaluate evidence, incorporate evidence, and reevaluate evidence).

QSU 3013 Training Methodology & Physical Conditioning (3 credit hours)

This course will expose students to the concepts of physical fitness, the principles of physical training, component of training, source and energy system, factors influencing individual fitness, training methodology and application in sports, talent identification, phase and cycle of training, and preparing a training program.

Research

1. Development Of Physical Literacy Assessment Module For 5-6 Years Old Children: The First Step Toward National Profiling. (2017). Jabatan Perdana Menteri. Completed.
2. Development Of New Badminton-Specific Assessment For Lower Limb Kinematics And Kinetics Output : Predictor Of In-Court Speed And Strength. (2014). Leader. NGO. Completed.
3. Assessment and Development of Multiple Types of Repeated Sprint Ability (RSA) Training Methods for Soccer Specific Sprint Performance Enhancement with Specific Linkage to Game Formation Used. (2013). Leader. KPT. Completed.
4. Comparison Between Student Centred Versus Lecturer Centred Learning Approach In Physical Conditioning Short Course. (2017). Leader. UPSI. Completed.
5. Acute Metabolic And Mechanical Effect Of Power - Lifting As A Training Approach On Recreationally Trained Athletes. (2013). Leader. UPSI. Completed.
6. Relationship Between Floor Sit And Reach With Leg Length Among University Badminton Athletes. (2013). Leader. UPSI. Completed.
7. The Effect Of Whole Body Vibration (WBV) During Inter-Set Rest Period On Squat Kinematics And Kinetics. (2011). Leader. UPSI. Completed.
8. Ageing Mechanism: Elucidation Of Mechano-biological Responses Of Ageing Process With Regimented Hypertrophy Training Practice Among 30-50 Years Old. (2021). Leader. KPT. In-progress. .
9. Developing New Model For Youth Physical Literacy & Physical Conditioning. (2019). Leader. UPSI. In-progress.
10. Development Of Teacher Education Model For Preparing Quality Teacher For The Future - Developing And Validating A Teaching And Learning Framework For Preparing Quality Teachers For The Future. (2014). Member. KPT. In-progress.
11. Social Enviroment And Infrastructure Sustainability Towards Healthy and Quality Lifestyle Of Youth In The Marginalized Community. (2014). Member. KPT. Completed.
12. Developmental Pathways of Elite Malaysian Badminton Players. (2012). Member. KPT. Completed.
13. Perbandingan Tahap Ketangkasan Pemain Bola Sepak Melalui Modul Latihan To N Fro Zig Zag (TFZZ) Tanpa Bola Dan Dengan Bola. (2018). Member. UPSI. Completed.
14. The Effects Of Morus Nigra (Black Mulberry) Fruit And Vitamin E Supplementation With Exercise On Students? Cognitive Ability. (2018). Member. UPSI. Completed.
15. The Effects Of Unilateral Versus Bilateral Resistance Training On Physical Performances, Movement Mechanics, Bilateral Deficit And Muscle Architecture. (2018). Member. UPSI. Completed.
16. Teaching Physical Conditioning Class: The Effects Of Internal And External Focus Attention Instructions. (2017). Member. UPSI. Completed.
17. The Effect Method Of Instructions Given On Muscle Activation, Kinematic And Kinetic Output During Vertical And Horizontal Based Strength Training. (2017). Member. UPSI. Completed.
18. The Effects Different Volumes Of Dynamic Stretching On Repeated Sprint Ability Protocols. (2016). Member. Completed.
19. Penilaian Pelaksanaan Program Ijazah Sarjana Muda Pendidikan, Fakulti Sains Sukan Dan Kejurulatihan. (2015). Member. Completed.
20. Kesahan Dan Kebolehppercayaan Instrumen Naik Turun Bangku (SEGAK). (2014). Member. Completed.
21. Profil Status Kecergasan Aerobik Di Kalangan Atlet MASUM Universiti Pendidikan Sultan Idris. (2013). Member. Completed.
22. Profil Status Penghasilan Kinetik & Kinematik Dan Kemungkinan Risiko Kecederaan Di Kalangan Atlet MASUM Universiti Pendidikan Sultan Idris. (2013). Member. UPSI. Completed.
23. Faktor Yang Mempengaruhi Pemilihan Dan Pembangunan Atlet MASUM UPSI 2013. (2013). Member. UPSI. Completed.
24. Explicating The Mechanism Regulating Lipolysis In Response To Individualized Exercise Program For Abdominal Obese Treatment. (2022). Member. KPT. In-progress.
25. Biomechanical Analysis and Training Adaptations of Wearable Resistance Training On Taekwondo Kicking Performance. (2019). Member. KPT. In-progress.
26. The Effects Of Physical Training And Martial Art Participation On Physical Fitness And Psychological State Among Overweight Secondary School Students. (2022). Member. In-progress.
27. Association Between Sedentary Behaviour And Mild Cognitive Impairment Through The Modulation Of Neurodegenerative Biomarkers In Middle-aged Adults. (2021). Member. UPSI. In-progress.
28. Wellness Program In Overweight Woman Employees: Physical Activity And Nutritional Education As Health Parameters. (2021). Member. UPSI. In-progress.

Supervision (PhD)

1. Mohd Mohni bin Iskandar. PhD. Main Supervisor. (2017). Kos Metabolik Latihan Menggunakan Tayar dan Tali serta Kesannya Terhadap Kecergasan Kardiovaskular, Kuasa dan Komposisi Tubuh. Graduated.
2. Azlan Bin Derwish. PhD. Main Supervisor. (2021). The Effect of 12 Weeks Basic Malaysian Commando Training on Physical, Bio-Chemical and Hydration Status among Successful Commando Candidates. Graduated
3. Roshdan Bin Ahmad. PhD. Main Supervisor. (2021). The Effects of Vertical Versus Horizontal based Strength on Muscle Activation, Kinematics and Kinetics Output in Relation with the Method of Instructions Given. Graduated.
4. Ali Bin Md Nadzalan. PhD. Main Supervisor. (2017). Biomechanical Analysis and Training Adaptations of Different Lunge Protocols. Graduated.
5. Su Zhanguo. Main Supervisor. (2020). The Effect of Badminton Special Speed Training Method towards Success Score and Time Perception Predictive Skills Performance of Badminton Players. Graduated.
6. Yu Lin. Main Supervisor. (2022). The Effect of Wearable Resistance on Kinematics and Kinetics of Typical Footwork Technique in Badminton. Graduated (Best PhD Student Award).
7. Mohd Hafizuddin Bin Baki. Main Supervisor. (2022). The Effect of Training Monotony on Sensitivity to Potential Training Strain Among Elite Malaysian Rugby Players. Graduated.
8. Ellail Ain Binti Mohd Aznan. Co-Supervisor. (2022). The Development of Fitness Facilities Grading Scale and Risk Management in Malaysian. Graduated.
9. Alhossin Alali Azzam. Main Supervisor. (In-progress). The Effect of Wearable Resistance on Sprint Performance.
10. Nor Fazila Binti Abd Malek. Main Supervisor. (In-progress). The Relationship between Taekwondo Kicking Characteristic with Mobility and Core Strength Across Maturation Level Among Youth
11. Jiang Wenming. Main Supervisor. (In-progress). Syllabus Design of Athletic Ability Training for Children Aged 3-13 Years Old - Based on Practical Research.
12. Zulkernain Bin Marzuki. Main Supervisor. (In-progress). Kesan Latihan Jalur Rintangan Terhadap Peningkatan Prestasi Pasca Pengaktifan dan Penggunaan 'MyJump 2' Bagi Pemain Bola Sepak Fc Mergong bawah 17 Tahun
13. Nor Ikhmar Bin Madarsa. Main Supervisor. (In-progress). Effect of Time-Efficient Training Method on Hypertrophy and Sports Performance among Late Adolescents.
14. Saidatul Nur Syuhadah Bt Mohamed Sabadri. Co-Supervisor. (In-progress). The Effects of Wearable Resistance Load Distribution during Horizontal Direction Plyometrics on Jumping Performances and Mood Responses.
15. Mohd Azzat Bin Adnan. Co-Supervisor. (In-progress). Acute and chronic effects of wearable resistance on kicking mechanics and soccer specific performance.
16. Mirza Azny binti Mustafa. Co-Supervisor. (In-progress). The Effect of Wellness Program in Prevention of Cardiometabolic Diseases among Overweight Woman Employees.

Supervision (Masters)

1. Azrena Zaireen binti Ahmad Zahudi. MSc. Main Supervisor. (2014). The Effect of Whole-Body Vibration (WBV) During the Inter-Set Rest Period on Rate of Muscle Activation During Strength Training Exercise. Graduated.
2. Afizudin bin Idrus. MSc. Main Supervisor. (2016). The Influence of Supporting Leg On Strength and Balance During Maximal Instep Kick Towards Kicking Performance Among UPSI Futsal Recreational Players. Graduated.
3. Abdul Hafiz Bin Ahmad Sazili. MSc. Main Supervisor. (2017). Influence of Different Body Position and Saddle Setup on Muscles Activity and Joint Kinematic During Cycling. Graduated.
4. Nor Ikhmar Bin Madarsa. MSc. Main Supervisor. (2020). Relationship between Sprint Time, Cardiovascular Fitness and sRPE during In-Season's Training among Professional Soccer Players. Graduated.
5. Mohd Kamal bin Mohammed Suhaimi. MEd. Main Supervisor. (2013). Perbandingan Kesan Tiga Jenis Lompat Skip Terhadap Peningkatan Daya Tahan Kardiovaskular. Graduated.
6. Zulkernain bin Marzuki. MEd. Main Supervisor. (2014). Profil dan Korelasi Daya, Kuasa dan Halaju dalam Ujian Lompatan Horizontal dan Vertikal Atlet Pecut UPSI. Graduated.
7. Daung Anak Bungkong. MEd. Main Supervisor. (2015). Comparison of Muscle Activation Level During the Performance of Modified Razor Curl and Nordic Curl Exercises. Graduated.
8. Mohd Redzuan Bin Amat. MEd. Main Supervisor. (2017). Ciri-ciri Antrpometri dan Tahap Kematangan Fizikal Pemain Bola Sepak Bawah 12 dan 15 Tahun MSSPK. Graduated.
9. Mohadzir Bin Haji Mokhtar. MEd. Main Supervisor. (2017). Ciri-ciri Antropometri, Somatotaip, Kekuatan Kaki dan Pencapaian Pemain Bola Sepak MSSPK Perak Bawah 15 dan 18 Tahun. Graduated.
10. Kigen Anak Satong. MEd. Main Supervisor. (2018). Kinetic, Kinematic and Muscle Activation between Maximal and Sub-Maximal Squat Among Novice Lifters. Graduated.
11. Sharon Kezia Leela Sanjivee A/P Sundararaj. MEd. Main Supervisor. (2017). The Acute Response of 3 Minutes Versus 5 Minutes Rest Interval After Squat Exercise on Standing Broad Jump Distance and Leg Maximum Force Output. Graduated.
12. Ahmad Shairazi Bin Abdul Fatah. MEd. Main Supervisor. (2021). The Acute Metabolic Response during Crossfit-based and Tabata-based Workout Protocol Among Healthy Individuals. Graduated.
13. Nursyaidatul Hafiza binti Madzlan. MEd. Main Supervisor. (2020). The Effects of Three Different Resistance Levels of Using Rubber Bands during A Warm Up Protocol on Vertical Jump Performance. Graduated.
14. Ismadalya Binti Yusof. Med. Main Supervisor. (2021). The Effect of Foam Rolling Versus Cycling Recovery during Deadlift Exercise. Graduated.
15. Sharon Yeap Sze Nie. MEd. Main Supervisor. (2022). The Effect of Lower Limb Wearable Resistance on Kicking Kinematics and Kinetics during A Martial Art's Front Kick Performance. Graduated.
16. Iqbal Hanafi Bin Masduki. MEd. Main Supervisor. (2013). Perkaitan Antara Tahap Kekuatan Maksima 'Bench-Press' Dengan Kemampuan Lontaran Maksima Berdasarkan Kategori Berat Badan Di Kalangan Remaja Lelaki. Graduated.
17. Siti Salmah Binti Mohd Nasir. MEd. Main Supervisor. Kolerasi Di Antara Tahap Kekuatan Maksima 'Bench-Press' Dengan Berat Badan Semasa Remaja Perempuan Bukan Atlet. Graduated.
18. Ganesa Nambiar A/L Gopal Krishnan. MEd. Main Supervisor. (2014). Kesan Metabolik Akibat Dari Latihan Kekuatan. Graduated.
19. Mohammad Faez Bin Mohamad Alias. MEd. Main Supervisor. (2016). Reliability and Validity of 20M Tyre Flip Among Varsity Athletes. Graduated.
20. Mohamad Hamka Nizam Bin Mohamad Rosni. MEd. Main Supervisor. (2017). Kesan 4 Minggu Latihan Serentak Terhadap Komposisi Badan Di Kalangan Peserta Pusat Kecergasan. Graduated.
21. Khairulnuar Bin Maslam @ Amran. MEd. Main Supervisor. (2017). Keberkesanan Latihan Pliometrik Dan Latihan Imbangan Terhadap Tendangan Penalti Pemain Bolasepak Amatur. Graduated.
22. Fazli Bin Mohamed. MEd. Main Supervisor. (2017). Meningkatkan Kemahiran Hurdles Clearance Lari Berpagar Bagi Murid Tahun 6 Dengan Prinsip Ansur Maju. Graduated.
23. Firdaus Bin Mohamed @ Mohd. MEd. Main Supervisor. (2017). The Effect Of Training Load Volume Among University Rowers. Graduated.

Supervision (Masters)

24. Subramaniam S/O Kumarasamy. MEd. Main Supervisor. (2017). Keberkesanan Jenis Regangan Statik Dan Regangan Dinamik ke atas Prestasi Masa Lari Pecut 50 Meter Terhadap Pelajar Sekolah Menengah. Graduated.
25. Azli Bin Puddin. MEd. Main Supervisor. (2017). Kesan Latihan Squat Terhadap Tahap Kecergasan Atlet Pencak Silat UTHM Dan Johor. Graduated.
26. Norhasmiza Bt Md.Hashim. MEd. Main Supervisor. (2018). Kesan Umur Relatif Dalam Kalangan Atlet Lelaki dan Perempuan SMK Mutiara Impian. Graduated.
27. Nurdiyana Binti Mohamad. Med. Main Supervisor. (2018). Weight Loss Program Comparison. Graduated.
28. Lye Wei Wan. MEd. Main Supervisor. (2018). Hubungan Antara Daya Tahan Kardiovaskular, Kuasa Lompatan Menegak dan Antropometri Tubuh dalam Kalangan Pemain Bola Keranjang Wanita UPSI 2017. Graduated.
29. Lau Chin Meng. MEd. Main Supervisor. (2018). Kesan Jangka Masa Panjang Antara Isipadu Bebanan dengan Prestasi Pecutan : Kajian Kes Muhammad Aqil Yasmin. Graduated.
30. Nur Syahira Binti Jamel. MEd. Main Supervisor. (2018). A Meta-Analysis and Systematic Review of Physical Literacy on Physical Activity among Children. Graduated.
31. Zakwan Hazmi Bin Zakariah. MEd. Main Supervisor. (2019). Perkaitan antara kelajuan pukulan bola dengan reaksi daya bumi dalam kalangan Atlet Sofbol UPSI. Graduated.
31. Mohamed Azizul Bin Mohamed Afandi. MEd. Main Supervisor. (2020). The Relationship between Core Strength Performance with Sprint Acceleration. Graduated.
32. Shazwan Muhamad Ali. MEd. Main Supervisor. (2022). Comparison of Acceleration Step Kinematics Among Malaysian Youth Sprinters and Development Of The BAPPS Instrument. Graduated.
33. Syaiful Bin Hamzah. MEd. Main Supervisor. (2022). Kajian Tinjauan Terhadap Hubungan antara Penggunaan Kadar Nadi Dan 'Pace' Larian Dalam Kalangan Pelari Maraton. Graduated.

Publication

1. Chinnasee, P., Sukwong, T., Liamputtong, P., Suwankong, D., Mohamad, N. I., & Nadzalan, A. M. (2023). The Injury Incidence and Treatment Experience among Elite and Beginner Thailand Bodybuilders. *Physical Education Theory and Methodology*, 23(1), 80-84.
2. Madarsa, N. I., & Mohamad, N. I. (2022). Profiling the effects of pre-season on cardiovascular and sprinting performance among elite youth football players. *Journal of Physical Education and Sport*, 22(11), 2676-2680.
3. Yu, L., & Mohamad, N. I. (2022). Development of badminton-specific footwork training from traditional physical exercise to novel intervention approaches. *Physical Activity and Health*, 6(1).
4. Baki, M. H., Mohamad, N. I. B., & Md Nadzalan, A. B. (2022). Monitoring Training Load on Malaysian Rugby 15s Players. *Annals of Applied Sport Science*, 10(3), 0-0.
5. Yasim, M. M., Mohamad, N. I., & Zakaria, J. (2022). Does Outdoor Education Effective on Team Cohesion?. *Jurnal Sains Sukan & Pendidikan Jasmani*, 11(2), 39-47.
6. Yasim, M. M., Otman, A., Khan, T. K. A., & Mohamad, N. I. (2022). Perception of Student Athletes towards the Leadership Behavior of Coaches at Malaysian Sports School Terengganu. *Jurnal Sains Sukan & Pendidikan Jasmani*, 11(1), 89-97.
7. Ibrahim, T. M. S. T., Tan, K., Abd Malek, N. F., Jahizi, A. A. M., Mohamad, N. I., Ab Malik, Z., & Nadzalan, A. M. (2022). Effect of Wearable Resistance Loading during Warm-Up Protocol on Front Kick Biomechanics in Taekwondo. *Physical Education Theory and Methodology*, 22(2), 223-228.
8. Sukwong, T., Chinnasee, P., Prajongjai, V., Chinnasee, C., Nadzalan, A. M., & Mohamad, N. I. (2022). The difference of anthropometric characteristics between elite and novice bodybuilders in Thailand. *Physical Education Theory and Methodology*, 22(1), 101-105.
9. Afandi, M. A. M., Mohamad, N. I., Fazila, N., Malek, A., Chinnasee, C., & Nadzalan, A. M. (2021, February). The Relationship between Core Strength Performance with Sprint Acceleration. In *Journal of Physics: Conference Series* (Vol. 1793, No. 1, p. 012056). IOP Publishing.
10. Nadzalan, A. M., Janep, M., Jahizi, A. A. M., Mohamad, N. I., Rahim, N. A., Shalan, N. A. A. M., & Zainudin, F. F. (2022). The Effects of Wearable Resistance Loading on Kinematic of Front Kick among Elite Taekwondo Athletes. *Человек. Спорт. Медицина*, 22(2), 92-99. <https://elibrary.ru/item.asp?id=48745972>
11. Derwish, A., Abd Malek, N. F., & Mohamad, N. I. (2021). Biochemical profile of Elite Army personnel. *Jurnal Sains Sukan & Pendidikan Jasmani*, 10(2), 64-68.
12. Nie, S. Y. S., & Mohamad, N. I. (2021). The effect of lower limb wearable resistance on kicking kinematics and kinetics during a martial art's front kick performance. *Malaysian Journal of Movement, Health & Exercise*, 10(2), 128.
13. Nadzalan, A. M., Shafiee, M. S., Mohamad, M. H., Tan, K., Rahman, R. I. A., Mohamad, N. I., & Pratama, R. S. (2021, May). The Effects of Loadings during Forward Lunge on Force Output in Dominant and Non-Dominant Leg. In *Journal of Physics: Conference Series* (Vol. 1874, No. 1, p. 012001). IOP Publishing.
14. Mohamad, N. I., Alali, A. A., Abd Malek, N. F., & Nadzalan, A. M. (2021, May). Relationship between Squat Mobility with Snatch and Clean & Jerk Technique. In *Journal of Physics: Conference Series* (Vol. 1874, No. 1, p. 012017). IOP Publishing.
15. Manaf, M. I. A., Mohamad, N. I., Abd Malek, N. F., Jahizi, A. A. M., & Nadzalan, A. M. (2021, May). The Relationship between Ball Speed and Shooting Accuracy during Field Hockey Hit. In *Journal of Physics: Conference Series* (Vol. 1874, No. 1, p. 012014). IOP Publishing.
16. Yu, L., Mei, Q., Mohamad, N. I., Gu, Y., & Fernandez, J. (2021). An exploratory investigation of patellofemoral joint loadings during directional lunges in badminton. *Computers in Biology and Medicine*, 132, 104302.
17. Yu, L., Mei, Q., Xiang, L., Liu, W., Mohamad, N. I., István, B., ... & Gu, Y. (2021). Principal component analysis of the running ground reaction forces with different speeds. *Frontiers in bioengineering and biotechnology*, 9, 629809.
18. Afandi, M. A. M., Mohamad, N. I., Fazila, N., Malek, A., Chinnasee, C., & Nadzalan, A. M. (2021, February). The Relationship between Core Strength Performance with Sprint Acceleration. In *Journal of Physics: Conference Series* (Vol. 1793, No. 1, p. 012056). IOP Publishing.
19. Guo, S. Z., Mohamad, N. I., Zakaria, J., Yu, L., & Abd Malek, N. F. (2021, February). Reliability and Validity of Badminton Special Speed Training Method toward Success Score and Time Perception Predictive Skills Performance of Badminton Players. In *Journal of Physics: Conference Series* (Vol. 1793, No. 1, p. 012059). IOP Publishing.
20. Lee, E. L. Y., Abd Malek, N. F., Tan, K., Pratama, R. S., Mohamad, N. I., & Nadzalan, A. M. (2021, February). The Effects of Unilateral versus Bilateral Resistance Training on Bilateral Deficit, Unilateral and Bilateral Strength Adaptation among Trained Men. In *Journal of Physics: Conference Series* (Vol. 1793, No. 1, p. 012057). IOP Publishing.

Publication

1. Madarsa, N. I., Mohamad, N. I., Abd Malek, N. F., Chinnasee, C., & Nadzalan, A. M. (2021, February). Profiling and Relationship between Sprint Time and Cardiovascular Fitness during In-Season's Training among Professional Soccer Players. In *Journal of Physics: Conference Series* (Vol. 1793, No. 1, p. 012058). IOP Publishing.
2. Nadzalan, A. M., Janep, M., Jahizi, A. A. A., Abd Malek, N. F., Ibrahim, T. M. S. T., & Mohamad, N. I. (2021). The Influence of Wearable Resistance Loading on Taekwondo Axe Kick Kinematics among Elite Taekwondo Athletes. *International Journal of Human Movement and Sports Sciences*, 9(5), 893-898.
3. Khan, T. K. A. (2021). The effect of method of instruction given on muscle activation and kinematic during vertical and horizontal based strength training.
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21. Mohamad, N. I., Nosaka, K., & Cronin, J. (2011). Maximizing hypertrophy: possible contribution of stretching in the inter-set rest period. *Strength and Conditioning Journal*, 33(1), 81-87.
22. Meylan C, McMaster T, Cronin J, Mohammad NI, Rogers C, deKlerk M (2009) Single-leg lateral, horizontal, and vertical jump assessment: Reliability, interrelationships, and ability to predict sprint and change-of-direction performance. *Journal of Strength and Conditioning Research*: 23: 1140-1147.
23. Azrena Zaireen Ahmad Zahudi, Nur Ikhwan Mohamad, Erik Tan, and Sharil Mohamad. The effect of whole body vibration (WBV) during inter-set rest period on squat muscle activation level. (2013) *Coaching Journal: National Coaching Academy*, 2(2). pp 18-27.

Consultations & Other Contributions

1. Panel Penasihat Akademi Kejurulatihan Kebangsaan, Institut Sukan Negara. (2019-2021).
2. Hakim (bidang), Malaysia Technology Expo 2020.
3. Invited Speaker National Scientific Seminar in Pharmacy n Health Sciences 2019, Syeun Hotel, Ipoh, Perak, 2019.
4. Panel Penasihat Pakar Bidang Projek Penerbitan Buku Panduan Kecergasan Fizikal Jemaah Haji dan Umrah 2019, Exco Belia dan Sukan Negeri Sembilan.
5. Penilaian Instrumen Kajian Pelajar Doktor Falsafah, Universiti Malaysia Sabah DP1711069T, 2019.
6. Visiting Research Fellow, National Institute of Fitness & Sports in Kanoya, Japan. 2018.
7. Profesor Pelawat Thaksin University (Thailand) 2018
8. Research Fellow / Visiting Scholar Auckland University of Technology (AUT), New Zealand. 2018.
9. Ahli Lembaga, Lembaga Promosi Kesihatan Malaysia (Akta Lembaga Promosi Kesihatan Malaysia 2006 - Akta 651) 2017-2018.
10. Panel Penasihat Akademi Kejurulatihan Kebangsaan (Pakar Bidang), Institut Sukan Negara. Lantikan Menteri Belia & Sukan (2016-2018).
11. AJK Penilaian Produk UPSI Bagi Pertandingan British Invention Show 2018 (BIS 2018).
12. Penasihat & Penceramah Bengkel Pembinaan Modul Suaian Fizikal Bagi Keperluan Taktikal Jabatan Bomba & Penyelamat Malaysia Siri 1/2018.
13. Profesor Pelawat Thaksin University (Thailand) 2016.
14. Ketua Fasilitator dan Panel Penasihat Bengkel Pemurnian Program Kecergasan Jabatan Belia dan Sukan Negara, KBS, 2018.
15. Invited Speaker, 2nd ASEAN Sports Medicine Conference, 2018.
16. Scientific Committee, 3rd FIEP Asia Conference in Physical Education and Sports (ACPES) 2018.
17. Pemeriksa Tesis Calon Sarjana UiTM 2013870318, 2018.
18. Pemeriksa Tesis Calon PhD UiTM 2013666918, 2018.
19. Invited Speaker, 3rd FIEP Asia Conference in Physical Education and Sports (ACPES), 2018.
20. Panel Penilai (Pakar Bidang) Universiti Malaya Pengakreditasi Sementara Program, Fakulti Pendidikan, Universiti Malaya, 2017.
21. Ahli Jawatankuasa Etika Penyelidikan (Manusia), Institut Sukan Negara Malaysia, 2016-2017.
22. Panel Pakar Penyelidikan Calon PhD HB140172, Universiti Tun Hussein Onn Malaysia (UTHM), 2017.
23. Jawatankuasa Kertas Saintifik, Physical Conditioning & Biomedical Conference 2017.
24. Invited Speaker (Key-note) 2nd International Conference on Physical Education, Health & Sports Science 2016.
25. Pemeriksa Luar Tesis Calon PhD S*** S*** Limkokwing University of Creative Technology 2016.
26. Pemeriksa Tesis Calon Ijazah Sarjana UiTM 2014814062, 2016
27. Pemeriksa Luar Tesis Calon PhD D*** Z*** UTM 2016
28. Ketua Fasilitator Training@Fitness Gimnasium 1Malaysia Trainer Course, Mac 2016.
29. Pemeriksa Luar Tesis Calon Sarjana VGB130006, Universiti Malaya 2015.
30. Reviewer Abstract & Article for 1st International Conference on Sustainable Health Development (ICSHD), Thailand, 2015.
31. Panel Forum, ISN-UPM Sports Science Governed Sports Leadership Empowerment Series, Tower Regency Hotel, Ipoh, Perak, 2015.
32. Pakar Rujuk, Bengkel Penyediaan Bahan Pengajaran dan Latihan Kursus Instruktur Gimnasium 1Malaysia, Kompleks Sukan Kg. pandan, Kuala Lumpur, 2015.
33. Invited Speaker, 1st ASEAN Sports Medicine Conference 2015.
34. Panel Penasihat Akademi Kejurulatihan kebangsaan, Majlis Sukan Negara. Lantikan Menteri Belia & Sukan Dato' Sri Ahmad Shaberi Cheek (2012-2014).
35. Penguaptama Seminar Kebangsaan Suaian Fizikal 2014.
36. Ahli Jawatankuasa Saintifik Persidangan Conclave Antarabangsa Tiga Penjuru 2013.
37. Pemeriksa Tesis Calon PhD 2010298092 FSR UiTM, 2013.
38. Panel Pakar Bidang Bengkel Merangka Modul Latihan dan Kompetensi Metriks Pusat Suaian Fizikal, Institut Sukan Negara Malaysia, Feb 2013.
39. Panel Bengkel Penambahbaikan dan Pemurnian Program TOT Elemen Sains Sukan dalam Manual Tahap I, II dan II Fasa 2 April 2013.
40. Invited Speaker, Strength & Conditioning Conference 2012 Malaysia, 2012.

Consultations & Other Contributions

1. Panel Pakar Bidang Bengkel Pemantapan Pembangunan kecergasan, Kementerian Belia dan Sukan Malaysia, 2012.
2. Penilai, Jawatankuasa Teknikal Penilaian Standard (JTPS) Bagi Dokumen Standard Kemahiran Pekerjaan Kebangsaan (NOSS) (Sports Coach) 2012.
3. Ahli Jawatankuasa Penyediaan Proforma Bagi Program Diploma Profesional Pendidikan FSSKj (Ketua bagi Diploma Profesional Suaian Fizikal Taktikal 2020).
4. Pensyarah Semakan Modul Program Ijazah Sarjana Muda Pendidikan Awal Kanak-kanak Francais (UPSI-Francais) (Modul Fizikal) 2018.
5. Penyelaras Bidang Suaian Fizikal Semakan Kurikulum Program Ijazah Sarjana Pendidikan Sains Sukan 2015.
6. Pensyarah Semakan Kursus Elektif Senaman Bagi Semakan Kurikulum Program Ijazah Sarjana Pendidikan Sains Sukan, 2015.
7. Ahli, Bengkel Semakan Semula Program Pengajian Siswazah Universiti Pendidikan Sultan Idris, 2015.
8. Ahli Jawatankuasa Penyediaan Kertas Cadangan Bidang Pengkhususan Baharu Program Ijazah Sarjana /Doktor Falsafah FSSKj, 2014.
9. Jawatankuasa Kerja Penyediaan Dokumen Agensi Kelayakan Malaysia (MQA) Pasca Siswazah FSSKj 2013.
10. Jawatankuasa Pembinaan Kurikulum Program Baharu (Ijazah Sarjana Muda Sains Sukan: Sains Kejurulatihan) 2012
11. Panel Silibus Sains Sukan Skim Perlesenan Kejurulatihan Kebangsaan (SPKK), Akademi kejurulatihan Kebangsaan 2012-2021.
12. Ahli Jawatankuasa Penulisan Modul Instructor's Training Course (ITC) Jurulatih Kecergasan Taktikal Bomba & Penyelamat Malaysia (2018 - 2019).
13. Panel, Pemurnian Silibus Kursus Sains Sukan, Kejurulatihan Berterusan dan Jurulatih Pembangunan Siri 2, 2017.
14. Panel, Pemurnian Silibus Kursus Sains Sukan, Kejurulatihan Berterusan dan Jurulatih Pembangunan Siri 3, 2017.
15. Penulis, Bengkel Peningkatan Mutu Pruf Muka Surat (PMS) Tender Buku Teks Pendidikan Jasmani dan Pendidikan kesihatan Tingkatan 3, Kementerian Pendidikan Malaysia, 2017.
16. Ahli Panel, Bengkel Pemantapan Silibus Kursus Sains Sukan, Pendidikan Kejurulatihan Berterusan dan Jurulatih Pembangunan, Akademi Kejurulatihan Kebangsaan, Institut Sukan Negara, Nov. 2016.
17. Pakar Rujuk Bengkel Penggubalan Modul Akademi Pembangunan Belia dan Sukan Malaysia 2016.
18. Ahli Jawatankuasa Pengajian Program Ijazah Tinggi, Fakulti Pendidikan, Universiti Malaya 2015.
19. Penggubal Modul Instruktur Kecergasan Gimnasium, Kementerian Belia dan Sukan Malaysia, 2015.
20. Panel Penggubalan Kurikulum Pendidikan Jasmani KSSM Menengah Rendah, Kementerian Pendidikan Malaysia, Bi.2/2014.
21. Panel Pemurnian Kurikulum Pendidikan Jasmani Tahun 6 KSSR dan Panduan Pengajaran Pendidikan Jasmani Tahun 6, 2014.
22. Ahli Jawatankuasa Kerja Penyediaan Dokumen Agensi Kelayakan Malaysia (MQA) Pasca Siswazah FSSKj 2013.
23. Panel Penggubalan Konsep dan Pemetaan Kurikulum KSSR Pendidikan Jasmani Tahap 1 (Semakan) dan Penggubalan Konsep dan pemetaan KSSM Pendidikan Jasmani Bil. 1/2013.
24. Panel Bengkel Penambahbaikan dan Pemurnian Program TOT Elemen Sains Sukan dalam Manual Tahap I, II dan II Skim Pensijilan Kejurulatihan Kebangsaan, Fasa 2 April 2013.
25. Panel Bengkel Penerbitan Modul latihan dan Penyelidikan Suaian Fizikal Institut Sukan Negara Malaysia, Mac 2013.
26. Panel Pembinaan Modul Kecergasan Fizikal PLKN (2012).
27. Ahli Jawatankuasa Pembinaan Kurikulum Program Baharu (Ijazah Sarjana Muda Sains Kejurulatihan: Sains Kejurulatihan, UPSI 2012.
28. Panel Pemurnian Silibus Sains Sukan SPKK 2012.
29. Panel Pemantapan Kurikulum Kecergasan JBSN, Kementerian Belia dan Sukan Malaysia, 2012.
30. Panel Penasihat Akademik (Pakar Bidang) Akademi Kejurulatihan Kebangsaan 2012-2021 (Lantikan Menteri Belia & Sukan, diperbaharui setiap 2 tahun).

Consultations & Other Contributions

1. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 1 Skim Perlesenan Kejurulatihan Kebangsaan Ogos 2020.
2. Perunding Kursus "Introduction to Strength & Conditioning", Persatuan Bola Sepak Polis DiRaja Malaysia (RM5,000), 2020.
3. Penceramah Kursus Webinar Bina Home Gym Murah UTHM 2020.
4. Speaker & Instructor: Continuous Coach Education (CCE) (Strength & Conditioning), Ogos, 2019.
5. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 2 Skim Perlesenan Kejurulatihan Kebangsaan di Dewan Perdana, Bukit Jalil, Julai 2019.
6. Penceramah Bengkel SUKMA MSN KEDAH 2019.
7. Ahli Lembaga, Lembaga Promosi Kesihatan Malaysia (Akta Lembaga Promosi Kesihatan Malaysia 2006 - Akta 651) 2017-2018 (Lantikan Menteri Kesihatan).
8. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 1 Skim Perlesenan Kejurulatihan Kebangsaan Ogos 2018.
9. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 1 Skim Perlesenan Kejurulatihan Kebangsaan Julai 2018.
10. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 3 Skim Perlesenan Kejurulatihan Kebangsaan Mac 2018.
11. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Basic Coach Education (Strength & Conditioning), Skim Perlesenan Kejurulatihan Kebangsaan Mei 2018.
12. Penceramah Bengkel Pembinaan Modul Suaian Fizikal Bagi Keperluan Taktikal Jabatan Bomba & Penyelamat Malaysia Siri 2/2018.
13. Panel Perunding & Penulis Penerbitan Manual Suaian Fizikal Taktikal, Jabatan Bomba Dan Penyelamat Malaysia, 2018-2019.
14. Urusetia Persidangan Movement, Health & Exercise (MOHE) 2017.
15. Perunding Bengkel Pengurusan Sukan Dan Kejurulatihan "Kita Juara" MSN Perak, Pulau Pangkor, 2017.
16. Fitness Consultant, "Corporate Fitness Program dan Profiling for Senior Management Team, Universiti Tun Hussein Onn Malaysia (RM 17,640), 2017.
17. Tenaga Pengajar Kursus Kejurulatihan Sukan Petanque Tahap 3 (Suaian Fizikal), Mei 2017.
18. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Basic Coach Education (Strength & Conditioning), Skim Perlesenan Kejurulatihan Kebangsaan Mei 2017.
19. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Basic Coach Education (Strength & Conditioning), Skim Perlesenan Kejurulatihan Kebangsaan Julai 2017.
20. Tenaga Pengajar Kursus Kejurulatihan Sukan Bola Keranjang (MABA) Tahap 3 (Suaian Fizikal), Malaysia Basketball Association, Kuala Lumpur, April 2017.
21. Tenaga Pengajar Kursus Advanced Coach Education (ACE), IPG Tun Abdul Razak, Samarahan, Mac 2017.
22. Tenaga Pengajar Kursus Sains Sukan Tahap 3 Skim Pensijilan Kejurulatihan Sukan Kebangsaan (SPKK), Bilik Seminar 1 Institut Sukan Negara Bukit Jalil, Kuala Lumpur, Januari 2017.
23. Konsultan TOT Fitness Bootcamp KBS (RM 34,200), 2016.
24. Tenaga Pengajar Kursus Sains Sukan Tahap 3, Skim Pensijilan Kejurulatihan Kebangsaan (SPKK), IPG Kota Samarahan, Sarawak, Sept. 2016.
25. Tenaga Pengajar Kursus Sains Sukan Tahap 3, Skim Pensijilan Kejurulatihan Kebangsaan (SPKK), Majlis Sukan Negeri Terengganu, Sept 2016.
26. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Basic Coach Education (Strength & Conditioning), Skim Perlesenan Kejurulatihan Kebangsaan Dec 2016.
27. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 1 Skim Perlesenan Kejurulatihan Kebangsaan Jun 2016.
28. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 3 Skim Perlesenan Kejurulatihan Kebangsaan September 2016.
29. Ketua Kumpulan Bengkel Penulisan Pelan Rancangan Pembangunan Sukan Jangka Panjang 2015-2023 Majlis Sukan Negara Malaysia (Blueprint Fasa Akhir), Mac 2015.
30. Moderator Bengkel Penulisan Pelan Rancangan Pembangunan Sukan Jangka Panjang 2015-2023 (Blueprint Sukan Negara Fasa 1), Majlis Sukan Negara Malaysia, Kompleks Sukan Kampung Pandan, Kuala Lumpur, Feb 2015.
31. Penceramah Kursus Peningkatan Pendidikan Gemilang Bersama Pentadbiran Sekolah-Sekolah Daerah Kuala Langat, 2015.
32. Panel Instruktur Bengkel "Training of Trainers" Kursus ACE Program Pendidikan Kejurulatihan Berterusan (CCE), Akademi Kejurulatihan Kebangsaan, Mac 2014.
33. Panel Penyelaras Kursus Kejurulatihan Suaian Fizikal Akademi Kejurulatihan Kebangsaan Majlis Sukan Negara Malaysia 2014.
34. Panel Instruktur Bengkel 'Training of Trainers' (TOT) Instruktur Kursus Sains Sukan, Akademi Kejurulatihan kebangsaan 2013.

Consultations & Other Contributions

1. Perunding Bengkel Penyelarasan Program Latihan Sukan Angkat Berat dan Memanah Cawangan Pelapis, Majlis Sukan Negara Malaysia, Pearl International Hotel, Kuala Lumpur, 2012.
2. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 1 Skim Perlesenan Kejurulatihan Kebangsaan di Bangunan SUK Perak, Februari 2012.
3. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 1 Skim Perlesenan Kejurulatihan Kebangsaan di Sek. Men. Sains Banting, Selangor, Jun 2012.
4. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 3 Skim Perlesenan Kejurulatihan Kebangsaan di Bilik Lavendar & Gym, Majlis Sukan Negara, Bukit Jalil, Ogos 2012.
5. Akademi Kejurulatihan Kebangsaan Tenaga Pengajar Tahap 1 Skim Perlesenan Kejurulatihan Kebangsaan di Auditorium Majlis Sukan Negara, Bukit Jalil, Januari 2012.
6. Tenaga Pengajar Kursus Jurulatih Tinju Tahap 1, Julai 2013.
7. Tenaga Pengajar Kursus Sains Sukan Tahap III Skim Pensijilan Kejurulatihan Kebangsaan (SPKK) Jun 2013.
8. Penterjemah Bengkel Terjemahan Nota Sains Sukan Akademi Kejurulatihan Kebangsaan, Nov 2013.
9. Instruktur Kursus Foundation and Applied Coach Education dibawah Program Pendidikan Kejurulatihan Berterusan (CCE), Disember 2013.
10. Tenaga Pengajar Kursus Sains Sukan Tahap 3 SPKK Ogos 2012.
11. Tenaga Pengajar Kursus Kejurulatihan Pentanque Tahap 3 (Elemen Sains Sukan), 2017.
12. Tenaga Pengajar Kursus Sains Sukan Tahap 2 SPKK Julai 2012.
13. Penulis, Bengkel Penerbitan Manual Modul Fizikal Program Latihan Khidmat Negara (PLKN) 2012.
14. Penyelaras Sekretariat Suaian Fizikal (SIG CONDITIONING) yang menggerakkan aktiviti pelajar berkaitan bidang suaian fizikal di FSSKj dari 2010 hingga kini.
15. Konsisten menganjurkan persidangan, seminar dan forum dalam bidang semenjak 2013 hingga kini.
16. Penilai Cadangan PhD Naveed Qasid 2020.
17. Penilai Cadangan PhD Ouyang Chunjing 2020.
18. Penilai Proposal Penyelidikan Sarjana Nurul Amira, 2019.
19. Penilai Cadangan Penyelidikan Sarjana M20172002107, 2019.
20. Pemeriksa Dalam Disertasi Sarjana M20161000732, 2019.
21. Penilai Cadangan Pelajar Sarjana M20171000921, 2019.
22. Pemeriksa Dalam Tesis Sarjana M20171000380, 2019.
23. Penilai Dapatan Penyelidikan Sarjana M20171000380, 2019.
24. Pemeriksa Dalam Tesis Ijazah Sarjana M20141000913, 2017.
25. Ahli Jawatankuasa The 2nd International Conference on Physical Education, Health and Sports Science (ICPEHSS) 2016.
26. Pemeriksa Dalam Disertasi Siswazah Sarjana Universiti Pendidikan Sultan Idris M20122001997, 2016.
27. Pemeriksa Dalam Disertasi Siswazah Sarjana Universiti Pendidikan Sultan Idris M20132002249, 2016.
28. Pemeriksa Dalam Tesis PhD P20082000472, 2016.
29. Fasilitator Bengkel "Effective Writing for Publication in High Impact Journal" bagi pelajar program pengajian siswazah UPSI 2015.
30. Penasihat Akademik Pelajar Sarjana Pendidikan FSSKj, Semester 2 Sesi 2014/2015.
31. Penilai Kertas Cadangan Penyelidikan Bagi Pelajar PhD M20131000777, 2015.
32. Penilai Penyelidikan Pelajar Sarjana M20122001762, 2015.
33. Penilai Penyelidikan PhD P20162002578.
34. Penilai Penyelidikan Pelajar Sarjana M201331000773, 2015.
35. Penilai Pembentangan Cadangan Penyelidikan Pelajar Sarjana M20132002294, 2015.
36. Penilai Pembentangan Cadangan Penyelidikan Pelajar Sarjana M20141000859, 2015.
37. Penilai Pembentangan Penyelidikan Pelajar PhD Adiba Naseer, 2015.
38. Penilai Pembentangan Cadangan Penyelidikan Pelajar Sarjana M20122001771, 2015.
39. Penilai Pembentangan Cadangan Penyelidikan Pelajar Sarjana M20132002247, 2015.
40. Penilai Kertas Projek Mod C Sarjana Pendidikan Sains Sukan M20131001417, 2015.
41. Penilai Cadangan Penyelidikan Pelajar Sarjana M20132002248, 2015.

Consultations & Other Contributions

1. Penilai Pembentangan Cadangan Penyelidikan PhD P20111001005, 2015.
2. Penilai Cadangan Penyelidikan Pelajar Sarjana M20131000740, 2015.
3. Penilai Cadangan Penyelidikan Pelajar PhD P20121001133, 2014.
4. Penilai Kertas Projek Siswazah Sarjana Pendidikan Sains Sukan M20111001814, 2014.
5. Penilai Permohonan Pengambilan PhD Kemasukan Semester 2 Sesi 2013/2014.
6. Jurulatih Kecergasan UPSI di Karnival Sukan Institusi Pengajian Tinggi (SUKIPT) 2014.
7. Ahli Jawatankuasa International Conference of Physical Education and Sports, UPSI, 2014.
8. Penasihat Akademik Pelajar Kumpulan Vigen FSSKj UPSI 2014.
9. Penilai Kertas Projek Siswazah Sarjana Pendidikan Sains Sukan M20112001217, 2013.
10. Pemeriksa Kertas Projek Sarjana M20112001210, 2013.
11. Pemeriksa Kertas Projek Sarjana M20111000603, 2013.
12. Penilai Pembentangan Cadangan Penyelidikan Pelajar Sarjana M20111000600, 2013.
13. Penilai Kertas Projek Sarjana M20071000101, 2013.
14. Pemeriksa Dalam Disertasi Sarjana M20082000221, 2012.
15. Jurulatih Pasukan Olahraga UPSI 2012.
16. Penilai Cadangan Penyelidikan Sarjana M20092001169, 2011.
17. Penilai penyelidikan PhD P20092001182, 2011.
18. Penceramah Kem Sukan MASUM UPSI 2012.
19. Moderator Konvensyen Belia Kebangsaan UPSI, 2012.
20. Penilai Dapatan PhD P20161000071 2019.
21. Penilai Cadangan Penyelidikan Sarjana M20162002577, 2018M2007.
22. Penilai Cadangan Sarjana M20172002106, 2018.
23. Penyelia Latihan Industri Semester A121.
24. Penyelia Latihan Industri Semester A131.
25. Penyelia Latihan Industri Semester A151.
26. Penyelia Latihan Industri Semester A72.
27. Penyelia Latihan Industri Semester A181.
28. Penyelia Latihan Industri Semester A182.
29. Penyelia Latihan Industri Semester A192.
30. Penyelia Latihan Industri Semester A201.
31. Penyelia Latihan Mengajar Semester A121
32. Penyelia Latihan Mengajar Semester A122
33. Penyelia Latihan Mengajar Semester A131
34. Penyelia Latihan Mengajar Semester A132
35. Penyelia Latihan Mengajar Semester A141
36. Penyelia Latihan Mengajar Semester A142
37. Penyelia Latihan Mengajar Semester A151
38. Penyelia Latihan Mengajar Semester A152
39. Penyelia Latihan Mengajar Semester A161
40. Penyelia Latihan Mengajar Semester A171
41. Penyelia Latihan Mengajar Semester A182
42. Penceramah Bengkel Etika Penyelidikan UPSI Siri 1, 2021.
43. Penceramah Bengkel Etika Penyelidikan UPSI Siri 3, 2020.
44. Panel Program Webinar Talk@NCDRC, Aktiviti fizikal dan pencapaian akademik kanak-kanak, 2020.
45. Webinar SIGCONDITIONING "FSSKj Postgrad Study during COVID-19 Pandemic", 2020.

Consultations & Other Contributions

1. Webinar SIGCONDITIONING "Bina Home-Gym Murah", 2020
2. Webinar SIGCONDITIONING "Kesan Latihan Kepada Imuniti, Penyakit dan Kecederaan", 2020.
3. Webinar SIGCONDITIONING "Pengalaman Latihan Bulan Puasa Bagi Asia Rugby 15s", 2020.
4. Ahli Jawatankuasa Mesyuarat Semakan Abstrak Pasca-Siswazah UPSI 1 Oktober 2018-1 Oktober 2020
5. Penilai Geran FRGS (MyGrants), RMIC UPSI, 2020.
6. Penilai Geran Penyelidikan Universiti (Fundamental) 2019.
7. Penilai Geran FRGS (MyGrants), RMIC UPSI, 2019.
8. Ahli Panel Saintifik, Jawatankuasa Etika Penyelidikan UPSI, 2018-kini.
9. Penilai Geran Penyelidikan Universiti Fasa 1/2018.
10. Panel Penazir Penilaian Proposal Geran Penyelidikan Universiti Berteraskan Pendidikan (GPUBP) Fasa 2/2018.
11. Ahli Majlis Instruktional E-Pembelajaran UPSI 2016-2018.
12. Ahli Panel Temuduga Jawatan Profesor Madya DS54 2018.
13. Ahli Panel Temuduga Jawatan Profesor VK7 2018.
14. Ahli Jawatankuasa Induk Keselamatan dan Kesihatan Pekerjaan UPSI, 2017-2018.
15. Ahli Jawatankuasa Tindakan UPSI bagi Gerak Kerja MEMbasmi Wabak Aedes di Universiti Pendidikan Sultan Idris 2016.
16. Ahli Senat UPSI, 2016-2018.
17. Ahli Jawatankuasa Pemandu Antarabangsa dan Mobiliti Universiti, 2018.
18. Ahli Panel Temuduga Jawatan Profesor Madya Gred DS54, Jun 2017.
19. Panel Penilai Program Francais UPSI 2016-2017
20. Ahli Jawatankuasa Bitara Global Bagi Penarafan QS Ranking UPSI 2017.
21. Ahli Jawatankuasa Pelaksana Program AKEPT-UPSI 'Leadership Strategic Coaching Programme' UPSI, 2017.
22. Panel Temuduga Kemasukan Program Ijazah Sarjana Muda Ambilan September Semester 1 Sesi 2016/2017.
23. Pengerusi JK Siasatan Kes Kecurangan Akademik 2017.
24. Panel Temuduga Jawatan Pensyarah Universiti Gred DS 51/DS45, Feb 2017.
25. Panel Temuduga Pensyarah Universiti Gred DS 52, November 2016.
26. Panel Temuduga Jawatan Pensyarah Universiti Gred DS52, Oktober 2016.
27. Panel Temuduga Jawatan Bukan Akademik Pembantu Makmal Gred C19, Oktober 2016.
28. Ahli Panel Temuduga Jawatan Akademik Profesor Madya Gred DS54, Julai 2016.
29. Panel Temuduga Pegawai Teknologi Maklumat UPSI 2016.
30. Panel Temuduga Jawatan Pensyarah Universiti Gred DS 52 UPSI 2016
31. Pengerusi Panel Temuduga Jawatan Pembantu Makmal Gred C19, 2016.
32. Wakil Pengurusan Sistem Pengurusan Kualiti MS ISO 9001:2008 UPSI, 2016
33. Penilai Geran FRGS (MyGrants), RMIC UPSI, 2016.
34. Panel Temuduga Pengesahan dalam Jawatan, Jun 2016.
35. Panel Temuduga Bagi Kemasukan Program Ijazah Sarjana Muda Ambilan Februari Semester 2 Sesi Akademik 2015/2016.
36. Panel Temuduga Pengesahan Jawatan DS 51 UPSI, 2016.
37. Ahli Mesyuarat Jawatankuasa Kerja Inovasi dan Pengkormersialan Universiti (MJKIPU) 2015-2016.
38. Ahli Jawatankuasa Pemverifikasian Aset dan Inventori FSSKj 2014-2016.
39. Ahli Jawatankuasa 4P dan Pasca Siswazah FSSKj 2015.
40. Penceramah Kursus Kecergasan Fizikal Sepanjang Hayat, Bahagian Sumber Manusia, UPSI, 2015.
41. Jemputan Bengkel Semakan Draf Tesis Kakitangan UPSI Belum Tamat Pengajian, 2015.
42. Penilai Kesesuaian Permohonan Jawatan Pensyarah DS45, Universiti Pendidikan Sultan Idris, Julai 2015.
43. Ahli Jawatankuasa Pemverifikasian Aset dan Inventori FSSKj 2015.
44. Menjalankan Tugas Dekan FSSKj 9-10 April 2015.
45. Menjalankan Tugas Dekan FSSKj 13-14 Ogos 2015.
46. Menjalankan Tugas Dekan FSSKj 8-9 Jun 2015.
47. Penilai Laporan Akhir Penyelidikan Kod 2013-0108-106-01, 2015.
48. Penilai Proposal Geran Penyelidikan Universiti (GPU) FSSKj, 2015.
49. Panel Temuduga Kemasukan Program Ijazah Sarjana Muda Sains Sukan Ambilan Sesi Akademik 2014/2015.
50. Ahli Jawatankuasa Sistem Pengurusan Kualiti MS ISO 9001:2008 FSSKj 2015.

Consultations & Other Contributions

1. Penilai Geran FRGS (MyGrants), RMIC UPSI 2015.
2. Ahli Suruhanjaya Pemilihan Majlis Perwakilan Pelajar, Universiti Pendidikan Sultan Idris, 2014.
3. Jawatankuasa Karnival Simposium Kebangsaan Asuhan dan Didikan Awal Kanak-kanak (Fitness First & Treasur Hunt) 2014.
4. Ahli Jawatankuasa Sistem Pengurusan Kualiti MS ISO 9001:2008 Peringkat Fakulti 2014.
5. Penilai Laporan Akhir Penyelidikan FSSKj 2014.
6. Penilai Permohonan Kemasukan Pelajar PhD Ruj 594 Semester 2 2013/2014
7. Jawatankuasa Pemverifikasi Aset dan Inventori Penyelidikan Sesi 2013/2014
8. Penceramah Kursus Asas Sains Sukan, Bahagian Sumber Manusia UPSI, Feb 2014.
9. Ketua Ahli Jawatankuasa Pemverifikasi Aset dan Inventori Penyelidikan UPSI Sesi 2013/2014.
10. Panel Temuduga Kemasukan Program Ijazah Sarjana Muda Sains Sukan Ambilan Feb Sesi Akademik 2013/2014.
11. Ahli Mesyuarat Meja Bulat Kertas Cadangan Pelestarian UPSI dan IPGM Sebagai Inisiatif Strategi Lautan Biru, Julai 2013.
12. Ahli Panel Pembangunan Sumber Manusia FSSKj untuk Anugerah Perkhidmatan Cemerlang 2013.
13. Penilai Permohonan Pensyarah UPSI Disember 2013.
14. Panel Penilai Program Francais UPSI 2013.
15. Penilai Pameran Kerja Kursus BIK1113 Business English 2013.
16. Penilai Permohonan Pengambilan Pelajar Sarjana Pendidikan Sains Sukan N** K** P** 2013.
17. Penilai Permohonan Pengambilan Pelajar PhD Pendidikan Sains Sukan N****, 2013.
18. Penilai Permohonan Pengambilan Pelajar PhD Pendidikan Sains Sukan M*** B*** 2013.
19. Penilai Permohonan Pengambilan Pelajar Doktor Falsafah Kejurulatihan Sukan M*** S**, 2013.
20. Permohonan Pengambilan Pelajar Sarjana Pendidikan Sains Sukan M***** 2013.
21. Permohonan Pengambilan Pelajar Sarjana Pendidikan Sains Sukan *** H*** 2013.
22. Penceramah Bengkel Penyeliaan Latihan Mengajar dan Latihan Industri FSSKj, UPSI 2013.
23. Penceramah Kursus Khusus Bagi Skim S – Pegawai belia dan Sukan / Pembantu Belia dan Sukan UPSI, 2013.
24. Ketua Jawatankuasa Pameran FSSKj di Edu-InERI 2013.
25. Ahli Jawatankuasa 4P FSSKj 2013.
26. Ahli Jawatankuasa 4P FSSKj 2012.
27. Ketua Jawatankuasa Pembentangan Oral Malaysia International Outdoor Recreation and Education Conference (MOREC) 2012.
28. Timbalan Pengerusi, Jawatankuasa Seminar Hasil Penyelidikan FSSKj 2012.
29. Bendahari, Syarahan Perdana, Forum dan Pameran Albinisme II UPSI 2012.
30. Ahli Jawatankuasa Pemeriksaan dan Pemverifikasi Aset dan Inventori FSSKj 2012.
31. Ahli Jawatankuasa Pengajian Siswazah FSSKj 2012.
32. Penyelaras Aktiviti Sambutan 90 Tahun SITC-UPSI 2012.
33. Ahli Jawatankuasa Kemasukan Khas Program Jabatan Sains Kejurulatihan 2012.
34. Panel temuduga Jawatan Akademik DS51/45 2012.
35. Ahli Jawatankuasa One Off dan Teknikal FSSKj 2011.
36. Penceramah Kursus Latihan Kecergasan Fizikal UPSI 2011.
37. Penilai Kemasukan Sarjana 17 Jan 2011.
38. Penilai Kemasukan PhD 7 Mac 2011.
39. Penilai Kemasukan Sarjana 29 Mac 2011.
40. Penilai Kemasukan PhD 5 Oktober 2011.
41. Penilai Kemasukan Sarjana 5 Oktober 2011.
42. Penceramah Kursus Kecergasan Fizikal, BSM UPSI 2011.

Award / Recognition

1. Sijil Penghargaan Perkhidmatan Cemerlang 2012, UNIVERSITI PENDIDIKAN SULTAN IDRIS.
2. Sijil Penghargaan Perkhidmatan Cemerlang 2021, UNIVERSITI PENDIDIKAN SULTAN IDRIS.
3. Sijil Penghargaan Perkhidmatan Cemerlang 2020, UNIVERSITI PENDIDIKAN SULTAN IDRIS.
4. Sijil Penghargaan Perkhidmatan Cemerlang 2019, UNIVERSITI PENDIDIKAN SULTAN IDRIS.
5. The Golden Globe Tigers 2018: Best Professor in Sports Science & Coaching, World CSR Day & World Sustainability, Pullman Kuala Lumpur City Centre Hotel & Residences, 23rd April 2018.
6. Penghargaan Perkhidmatan Cemerlang 2018, Universiti Pendidikan Sultan Idris.
7. Anugerah Ahli Akademik Harapan UPSI 2017 / UPSI Potential Academics 2017.
8. Anugerah Sekalung Budi, Majlis Anugerah Kecemerlangan Sukan UPSI 2017, Auditorium Kampus Sultan Abdul Jalil Shah.
9. Sijil Penghargaan Perkhidmatan Cemerlang 2017, UNIVERSITI PENDIDIKAN SULTAN IDRIS.
10. Sijil Penghargaan Perkhidmatan Cemerlang 2016, UNIVERSITI PENDIDIKAN SULTAN IDRIS.
11. Sijil Penghargaan Perkhidmatan Cemerlang 2015, UNIVERSITI PENDIDIKAN SULTAN IDRIS.
12. Sijil Penghargaan Perkhidmatan Cemerlang 2014, UNIVERSITI PENDIDIKAN SULTAN IDRIS.
13. Excellent Service Awards / Anugerah Perkhidmatan Cemerlang UNIVERSITI PENDIDIKAN SULTAN IDRIS 2013.
14. Silver Medal, 'Endurolift Protocol', International Conference and Exposition on Inventions of Institutions of Higher Learning 2013 (PECIPTA 2013).
15. Bronze Medal, 'The Effect Of Whole Body Vibration (WBV) During Inter Set Rest Period On Squet Kinematics and Kinetics', International Exposition Research & Innovation In Education 2013 (EduIneri) (International), 20-09-2013.
16. Bronze Medal, 'Endurolift: Muscle Strength, Speed, and Power Endurance Exercise & Assessment Protocol', International Exposition Research & Innovation In Education 2013 (EduIneri), 20-09-2013.
17. Anugerah Perkhidmatan Cemerlang UPSI 2012.
18. Gold Award, Muscle Strength, Speed and Power Endurance Exercise & Assessment Protocol: Endurolift Protocol, Infrastructure University Innovation and Invention Competition (IUIIC 2013), 2013.
19. Excellent Publication Awards for ISI Journal 2012 / Anugerah Kecemerlangan Penerbitan Jurnal ISI UPSI 2012.

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