

CURRICULUM VITÆ

INDIVIDUAL INFORMATION		
1.	Full Name:	Soh Kim Geok
2.	Department:	Department of Sports Studies
3.	Faculty:	Faculty of Educational Studies
4.	Specialisation:	Exercise Science
5.	Date of Birth:	9 September 1971
6.	Phone Number:	Office: 03-89468153
		Mobile: 019-3649715
7.	Education Background:	<ul style="list-style-type: none"> ▪ PhD – Exercise Science (University of Malaya, Kuala Lumpur) ▪ MSc – Sports Science (Universiti Putra Malaysia) ▪ BSc – Physical Education (Universiti Putra Malaysia)

PROFESSIONAL EXPERIENCE		
Jun 2019 To Present	Professor	Universiti Putra Malaysia
November 2007 - May 2019	Associate Professor	Universiti Putra Malaysia
October 2005 - September 2007	Senior Lecture	Universiti Putra Malaysia
April 1998 - October 2005	Lecturer	Universiti Putra Malaysia
August 1996 - March 1998	Tutor	Universiti Putra Malaysia

PROFESSIONAL AFFILIATIONS	
1	Member of Society of Health and Physical Educator (SHAPE America) since 2007
2	Member of Society of Health and Physical Educator Malaysia (SHAPE Malaysia) since 2017
3	Member, Qualitative Research Association of Malaysia (QRAM) since 2007
4	Member, Women's Sport and Fitness Foundation Malaysia since 2005
5	Member, Universiti Putra Malaysia Academician Association since 1998
6.	Life Member, Malaysia Life Saving Association since 1994.
7.	Treasurer, UPM Autism Family Association (PEKAUPM) since 2018.

TEACHING EXPERIENCE	
Undergraduate:	Teaching evaluation Score: above 4.6/5.0
SPE3307	School Health Program
SPE3330	Basic First Aids
SPE3544	Sports Activities 1
SPE3306	Family Health
SPE3302	First Aids
SPE3301	Introduction to Health Education
EDU3553	Community and Environmental Health
EDU3527	Research Writing in Physical Education and Sports Science
EDU3556	Mental Health
EDU3072	Teaching Method in Health Education

TEACHING EXPERIENCE**Postgraduate:****Teaching evaluation Score: above 4.7/5.0**

EDU5530	Physical Education Approaches
EDU5500	History and Philosophy in Physical Education
EDU5900	Research Methods
EDU5580	Advance Studies in Physical Education
EDU5590	Issues and Problems in Physical Education
ERS5900	Research Methods
SPS6903	Seminar

SUPERVISION**(i) PHD STUDENTS AS MAIN SUPERVISOR****Total: 54****Graduated: 34****On-going: 20**

No.	Name	Title	Year
1.	Mohammadreza Esmaelzadeh Toloe	Effect Of Mixed Strength And Endurance Training On Body Composition And Cardio Risk Factor In Inactive People.	Graduated 2012
2.	Mohammad Ebrahim Margany	Validating Agility Test For Iranian Karate Players Using Analysis Network Process (Anp).	Graduated 2013
3.	Khaled Khalifa Mehemed	Assessing The Relationship Between Chd Factors, Fitness, Pa Level, & Body Composition Among Libyan School Children In Malaysia.	Graduated 2014
4.	Zeinab Ghiemi	Examination The Effect Of Transtheoretical Model Program On Improving Exercise Behaviour Of Iranian High School Students.	Graduated 2014
5.	Jian Abdullah Noori	Designing An Intervention Program To Improve Physiological Variables And Physical Activity Among Undergraduate Students In Iraq.	Graduated 2016
6.	Amir Bahram Kashiani	Effects Of Combined Weight And Chain Versus Combined Weight And Elastic Band Resistance Training On Muscular Endurance, Strength And Body Composition In Adults.	Graduated 2019
7.	Sun He	Effects Of Nature Exposure Intervention On Self-Regulation And Decision-Making In Mentally Fatigued University Soccer Players.	Graduated 2022
8.	Xiao Wensheng	Effect Of Functional Training On Physical Fitness And Tennis Skills Among Chinese Young Male Tennis Players.	Graduated 2022
9.	Bai Xiaorong	Effects Of Brisk Walking Combined With Tai Chi Chuan On Health-Related Physical Fitness And Selected Health Parameters Among Older Chinese Women.	Graduated 2022
10.	Luo Shengyao	Effect Of Core Strength Training On Physical Fitness And Offensive Skills Of Youth Male Basketball Players In China.	Graduated 2023
11.	Li Long	Effect Of Core Strength Training On C-Level Difficulty Movements Of Wushu Routine Athletes.	Graduated 2023
12.	Cao Shudian	The Effect Of Mental Fatigue On Basketball Performance And The Recovery Strategy Of Mindfulness Training.	Graduated 2023

No.	Name	Title	Year
13.	Gao Yongqi	Effect Of 12-Weeks Content Knowledge Workshop On Written Test Performance Among Pe Student In China.	Graduated 2023
14.	Guo Wei	Effect Of 12-Weeks Resistance Training In Water Combined With Land On Starting And Turning Performance Of Chinese Amateur Adolescent Swimmer.	Graduated 2023
15.	Xiang Meng	Exploring The Sports Experience Of Sexual Minority Studentathletes In China.	Graduated 2024
16.	Saddam Akbar	Effects Of Neuromuscular Training On Selected Physical Fitness Components And Handball Skills In Elite Male Handball Players.	Graduated 2024
17.	Marrium Bashir	Effects Of Functional Training On Physical Fitness, Hockey Skills And Functional Movement Among Elite Male Field Hockey Players In Pakistan.	Graduated 2024
18.	Deng Nuannuan	Effects of plyometric training on physical fitness and serve performance among university female tennis players in China.	Graduated 2024
19.	Liu Xutao	Effect Of Latin Dance On Social Physique Anxiety And Physical Self-Esteem Of Middle School Girls.	Graduated 2024
20.	Qifengmeng	Effect Of A Modified Training Mode Of Tai Chi On Physical And Psychological Health Among College Students.	Graduated 2024
21.	Xu Fan	Effects of Tai Chi on Postural Balance and quality of Life among Elderly with Gait Disorders in China.	Graduated 2024
22.	Mai Yi Qiang	Effect Of Parental Involvement In Active Video Games Play On Physical Activity, Psychosocial Beliefs And Parent-Child Relational Qualities Among Overweight And Obese Adolescents.	Graduated 2024
23.	Wang Qiang	Effect Of Different Intensity Resistance Training On Energy Intake And Appetite Regulation Among Overweight And Obese College Girl.	Graduated 2025
24.	Chai Weili	The Effect Of 12-Weeks Microteaching Training On The Teaching Skill Level Of Students Majoring In Physical Education In Universities In China.	Graduated 2025
25.	Zhang Dong	Effect Of Functional Training On Fundamental Motor Skills Among Children Aged 6-7 Years Old.	Graduated 2025
26.	Bao Lixia	Exploring The Metacognitive Learning Concept In Wushu Teaching Among Physical Education's College Students In Yuncheng University Of China.	Graduated 2025
27.	Wang Xinzhi	Effects Of High Intensity Functional Training On Physical Fitness, Jumping Performance, And Functional Movement Among University Male Wushu Routine Athletes In China.	Graduated 2025
28.	Ma Shuzhen	Effect of Core Strength Training on Physical Fitness and Smash performance among Female badminton Players in Guilin, China.	Graduated 2025
29.	Ma Hucheng	Effect Of Core Strength Training On The Physical Fitness And Skills Of Youth Hockey Players.	Graduated 2025
30.	Ding Cong	Effect of music on countering mental fatigue-induced decrement in technical performance of table tennis in China.	Graduated 2025

No.	Name	Title	Year
31.	Zhao Yue	Effects of Active Video Games on Physical Activity among Overweight and Obese College Students in China.	Graduated 2025
32.	Zhang Junlong	Effect Of Sport Education Curriculum As Intervention On Physical Fitness And Learning Attitude Among Junior High School Students In Hebei China.	Graduated 2025
33.	Li Jiazhe	The Effect of Post-activation Potentiation on Lower Limb Explosive Force in Collegiate Male Basketball Players in China.	Graduated 2025
34.	Yandong Yuan	Effect Of High Intensity Interval Training On Physical Fitness In College Ice Hockey Players.	Graduated 2025
35.	Zhang Lingling	Effects Of Speed-Based And Mechanical Work Considered HIIT On Physical And Physiological Performance Of Chinese Elite Female Referees In Fitness Tests.	Waiting for Viva
36.	Liu Cong	Effects Of Health Qigong Exercise On Cervical Spondylosis Among Chinese College Students.	Waiting for Viva
37.	Mao Yimou	Effects Of Specialised Physical Education In Volleyball On Middle School Students' Physical Fitness And Performance In Sichuan Province.	Waiting for Viva
38.	Sun Min	Effects Of Bilateral Training On Agility, Balance, And Accuracy Of Preferred And Non-Preferred Legs Among University Soccer Major Students In China.	Waiting for Viva
39.	Rong Wenchao	Effects Of Optimal Load Strength Training On The Lower Limb Muscle Output Power And Neuromuscular Adaptation During The Takeoff Among Male University Long Jump Athletes In China.	Submitting
40.	Man Yuan	Effects Of VR Training Intervention On Asymmetry Of Basketball Players Performance In China.	Submitting
41.	Liu Chunqing	Effect Of Active Video Games On Weight Loss Among Overweight And Obese Adolescents.	Submitting
42.	Liu Huangge	Effects Of Exercise Intervention On Self-Control And Decision-Making Of Smartphone Addicted University Students.	Submitting
43.	Xie Huijuan	He Comparison Between Conservative And Non-Conservative Instructional Teaching Strategies On Pe Preservice Teacher Self-Efficacy In Shanxi, China.	Submitting
44.	Liu Xinchang	Consumer Social Value As A Mediator Between Consumer Search, Share And Consumer Action In Nba Chinese Market.	Data Collection
43.	Ai Mengqi	Effects Of Plyometric Training On Upper And Lower Extremity Strength Among College Students Latin Dancer In Hunan, China.	Data Collection
44.	Yang Xiangkun	Effects Of Resistance Band Training On Health-Related Physical Fitness, Balance, And Life Satisfaction Of Sarcopenia Elderly Men In China.	On-Going
45.	Ma Kui	Effect Of Functional Training On Physical Fitness And Athletic Performance Of College Aerobic Gymnasts.	On-Going
46.	Qi Yang	Effects Of Self-Myofascial Release And Strength Training On Golf Clubhead Speed And Hitting Distance In Chinese College Golfer.	On-Going

No.	Name	Title	Year
47.	Cheng Ziheng	Effects Of Dual-Task Physical Training On Youth Basketball Players' Agility, Skill Performance, And Decision-Making Ability In China.	On-Going
49.	Zhang Xinrui	<i>Effects Of Neuromuscular Warm-Up Training On Physical Fitness and Dribbling Performance Among Male High School Soccer Players In Shandong, China</i>	On-Going
50.	Pan Xiaoyang	<i>Effects Of Music Intervention On Golf-Specific Skill Performance Of University Golfers Under Mental Fatigue In Sichuan, China.</i>	On-Going
51.	Lyu Botao	Effects Of Cognitive Restructuring Intervention On Negative Emotions And Decision Making Of College Female Volleyball Players In Guangzhou, China.	On-Going
52.	Yue Huamin	<i>Effects Of Basic Movements Practice In Artistic Gymnastics On Primary School Students' Body Posture And Motor Ability In Shandong, China.</i>	On-Going
53.	Xu Shuishui	<i>Effects Latin Dance Intervention On Loneliness And Anxiety Among Primary School Children In Gansu, China.</i>	On-Going
54.	Liu Xin	<i>Effects Of A Digital Tai Chi Intervention Model On Physical Fitness And Levels Of Anxiety, Depression And Stress Among College Students In Henan, China.</i>	On-Going

MASTER'S IN SCIENCE STUDENTS AS MAIN SUPERVISOR

Total: 13

Graduated: 13

On-going: 0

No.	Name	Title	Year
1.	Noorzaliza binti Osman	<i>Profil Antropometrik Pemain-Pemain Bola Jaring MSSM Di Malaysia.</i> Anthropometric Profiles Of MSSM Netball Players In Malaysia.	Graduated 2008
2.	Norizarin binti Kamsiran	<i>Sikap Guru-Guru PJ Dan PK Terhadap Isu-Isu Seksualiti Dalam Pendidikan Seksualiti Di Sekolah Menengah.</i> The Attitude Of PE And HE Teachers Towards Sex Education In Secondary School.	Graduated 2011
3.	Siti Zarifah Alauddin	<i>Keberkesanan Pengajaran Guru Opsyen Dan Bukan Opsyen PJ Di Sekolah Menengah.</i> The Effectiveness Of Teaching PE Between Option PE Teacher And Non-Option PE Teacher In High School.	Graduated 2013
4.	Nurhasni bt Mohd Noor	<i>Hubungan Tingkah Laku Kejurulatihan Dengan Motivasi Atlet Bola Sepak Di Sekolah Sukan Malaysia.</i> The Relationship Between Coaches' Behaviour And Motivation Among Malaysian Sports School Football Players.	Graduated 2014
5.	Mimi Aida Mohd. Fauzi	<i>Kesan Kekerapan Pengajaran PJ Dalam Mempengaruhi Tahap Kecergasan Pelajar Sekolah Rendah.</i> The Effect Of PE Lessons In Influencing The Level Of Physical Activity Among Primary School Students.	Graduated 2014

No.	Name	Title	Year
6.	G. Jaya Kumaran A/L Govindan	<i>Gaya Kepimpinan Jurulatih Bola Sepak Sekolah Berdasarkan Persepsi Atlet.</i> Football School Coaches' Leadership Skills Based On The Athletes' Perceptions.	Graduated 2016
7.	Seyedeh Nahal Sadiri	Effects Of Pilates Exercises Combined With Karate Training On Core Strength And Flexibility Of Karate Players In Malaysia.	Graduated 2016
8.	Mothna Mohammed	Identification And Determination Of Physical Performance, Anthropometric Measurements And Basic Skills For Football Players In Karbala, Iraq.	Graduated 2017
9.	Zamzuri bin Zainol Abidin	<i>Kekuatan Mental Dalam Kalangan Atlet Sekolah Sukan Berlainan Tahap Di Malaysia.</i> The Differences Of Mental Strength Level Among Sport School Athletes In Malaysia.	Graduated 2017
10.	Zainol Rashidi Md. Nor	<i>Sejauhmana Input Tahap Kecergasan Mempengaruhi Tahap Kecergasan Pelajar Berumur 13-17 Tahun Di Negeri Kedah.</i> The Effect Of Giving Physical Activity Input In Influencing The Level Of Physical Activity Among Students Between 13-17 Years Old From Kedah State.	Graduated 2017
11.	Jasmine Ling Chiu Hung	<i>Hubungan Antara Tingkah Laku Kejurulatihan Dengan Kepuasan Atlet.</i> The Relationship Between Coaches' Behaviours With Athlete's Satisfaction.	Graduated 2017
12.	Feaizul bin Mohd Din	<i>Korelasi Di Antara Status Kepadatan Tulang Dengan Tahap Aktiviti Fizikal, Tingkahlaku Berisiko Dan Pengambilan Kalori Terhadap Warga Tua Di Rumah Seri Kenangan, Cheras.</i> The Correlation Between Bone Density With The Level Of Physical Activity, Risk Behaviour And Calorie Intake Among Elderly In Seri Kenangan Home, Cheras.	Graduated 2019
13.	Mohd Khairudin bin Ab. Wahid	<i>Tekanan Kerja Di Kalangan Guru Pendidikan Jasmani Di Selangor</i> Workplace Pressure Among Physical Education Teachers In Selangor.	Graduated 2020

(ii) PHD STUDENTS AS CO-SUPERVISORS**Total: 24****Graduated: 13****On-going: 11**

No.	Name	Title	Year
1.	Duangkrai Taweesuk	The Transformational Leadership Of Coaches And Leadership Substitute Variables As Determinants Of Athlete Satisfaction.	Graduated 2011
2.	Hyder S Mohseen	Impact Of Utilizing Cooperative Learning Strategy To Learn Fundamental Skills And Social Development In PE Lessons In Iraq.	Graduated 2012
3.	Nadia Diyana Tan Bt Abdullah	Learning Qi Gong Among Breast Cancer Survivors.	Graduated 2013
4.	Raweetwet Rattanakoses	Effect Of Imagery Practice On Cycling Performance.	Graduated 2014
5.	Ooi Cheng Lee	Mediating Effect Of Perceived Organizational Support On The Relationship Between Organizational Justice And Commitment Among Malaysian Volunteer School Sports Coaches.	Graduated 2016
6.	Roxana Dev Omar Dev	Exploring The Relationships Of Emotional Intelligence And Spiritual Intelligence On Health Behaviours In Malaysian University Athletes And Non-Athletes.	Graduated 2018
7.	Noraziela Abdul Majid	Social Interactions As Mediator In Relationship Between Racial Integration And Democraticoutcomes Among Multi-Ethnic Students In Malaysia Higher Institutions.	Graduated 2023
8.	Wang Chen	The Effects of Blended Learning In Public Physical Education Course On The Exercise Attitude, Motor Skills, And Physical Fitness Of University Students In Binzhou, China.	Graduated 2024
9.	Wang Wenping	Comparison of The Effects Of High-Intensity Interval Training And Moderate-Intensity Continuous Training On Body Composition And Cardiopulmonary Fitness Of Obese Adolescent Girls In China.	Graduated 2024
10.	Lin Xiaofei	The Influence Of 3ãx2 Achievement Goal Model On Exercise Motivation Among Adolescents In Binzhou China.	Graduated 2025
11.	Gao Jianping	The Effects Of Positive Education Intervention On Growth Mindset, School Engagement, Resilience And Psychological Well-Being Among Boarding School Adolescents In China	Graduated 2025
12.	Tan Xiaoqin	Integrating Cultural Playspace With Human-Centered Design For A Sense Of Experience Among Elementary Children In Enshi, China.	Graduated 2025
13.	Yuan Yubin	Mediators Of The Relationship Between Social Support And Taekwondo Skill Level On Exercise Adherence Among Taekwondo Club Amateur Practitioners Aged 6-12 In China.	Graduated 2025
14.	Muhammad Noor Hizami Hamidi	The Effects of Blended Learning In Public Physical Education Course On The Exercise Attitude, Motor Skills, And Physical Fitness Of University Students In Binzhou, China.	Submitting
15.	Jacklyn anak Joseph	Assessment Of Factors Influencing The Selection Process Of Talented Young Rugby Players In The Development Program.	Submitted

No.	Name	Thesis Title	Year
16.	Li Fangyi	The Effects Of Combine Pilates And Aerobics Exercise On Body Posture Among Junior High School Students In Yuncheng City, Shanxi Province, China	Submitted
17.	Yin Hang	The mediating role of physical literacy between school physical education environment and primary school students in China	Submitted
18.	Long Canghao	Effects Of Baduanjin And Proprioceptive Neuromuscular Facilitation On Upper Crossed Syndrome Among University Students In Henan Province, China.	On-Going
19.	Malvin Kaur A/P Kunden Singh	Effects Of Video Stimulate Recall As A Reflective Tool To Improve Undergraduates' Presentation Skills In Different Speech Genres.	On-Going
20.	Chen Liuying	Effects Of Collaborative Learning On Chinese University Students' Foreign Language Speaking Anxiety (Flsa) Level And English-Speaking Performance In Emi Classroom.	On-Going
21.	Liu Xueting	Effects Of Sport Activities Intensity On Social Emotional Ability And Physical Health Of High School Boysâ With Mild Depression.	On-Going
22.	Liang Yahong	A Corpus-Based Study On Translation Normalization From Chinese-English Terminology Of Beijing Olympics And Paralympic Games.	On-Going
23.	Zhao Changyuan	Effects Of Different Intensities Of Combined Aerobic With Resistance Exercise On Physical Fitness And Cognitive Function Of Young-Old Adults In China	On-Going
24.	Liu Meng	Environmental Correlates of Physical Activity Behavior Among Chinese Adolescents	On-Going

(iii) MASTER OF SCIENCE STUDENTS AS CO-SUPERVISOR

Graduated: 4

On-going: 1

No.	Name	Thesis Title	Year
1.	Soba Niknafs	Comparing Cluster Training Method For Strength And Power Developing Through Linear And Undulating Periodization In Young Male Hockey.	Graduated 2008
2.	Azadeh Zarei Karim	Sport Tourists' Preferred Event Attributes And Motives For Attending Sepak Takraw Events In Malaysia.	Graduated 2015
3.	Noor Azramalina bt Abdul Aziz	Designing Green Outdoor Environments For Children With Learning Difficulties At Primary Schools In Malaysia.	Graduated 2017
4.	Wickramarachchi W Kankanamalage Dona S. A.	Feasibility Study Of Distance-Monitoring On Sedentary Time Among Sri Lankan Adolescents.	Graduated 2022
5.	Syasya Firzana Azmi	Enhancing Clean Sport Behavior through Experimental Embedded Positive Education Intervention in Malaysian Adolescent Athletes.	On-going

(iv) **MASTER OF EDUCATION STUDENTS AS MAIN SUPERVISOR – By coursework**

Total: 30

Graduated: 27

On-going: 3

No.	Name	Thesis Title	Year
1.	Jorrye Jakiwa	<i>Penglibatan Masyarakat Sabah Dalam Aktiviti Sukan.</i> The Involvement Of Sport Activities Among Sabah Communities.	Graduated 2012
2.	Zarina Adenin	<i>Mengenal Pasti Tahap Tekanan Kerja Dalam Kalangan Guru-Guru Sekolah Menengah Di Daerah Port Dickson.</i> Identifying The Level Of Work Pressure Among High School Educators In Port Dickson District.	Graduated 2013
3.	Nur Hafizah Azman	The Relationship Between Athletes And Coaches Among Sport School Students.	Graduated 2013
4.	Mon Redee Sut Txi	The Relationship Between Athletes And Coaches Among Sport School Students.	Graduated 2014
5.	Mak Foong Ming	Effects Of Contemporary Dance Practice On Health Related Physical Fitness Among Young Female Adults.	Graduated 2015
6.	Azrool Afizie Ahmad	<i>Perbandingan Kekuatan Mental Atlit Olahraga Sukan SEA 2017 Dengan Atlit Paralimpik Sukan Para ASEAN 2017.</i> Comparison Of Mental Strength Between SEA Games 2017 Athletes And ASEAN Paralympic Athletes 2017.	Graduated 2018
7.	Hananda Velan A/L Mayandi	<i>Keberkesanan Permainan Tradisional Bagi Meningkatkan Skor Ujian SEGAK Dalam Kalangan Murid SJKT Daerah Jempol.</i> The Effectiveness Of Traditional Games In Improving SEGAK Test Scores Among SJKT District Jempol Students.	Graduated 2018
8.	Tiong Yung Ching	Factors Influencing Participation In Physical Activity Of 10-12-Year-Old Primary Children In The Maran District.	Graduated 2018
9.	Rosazura bt Tuan Manan	<i>Keberkesanan Kaedah Praktis Agihan Untuk Pembangunan Kemahiran Menyangga Bagi Murid Lelaki Tahun 4 Dalam Permainan Bola Tampar.</i> The Effectiveness Of Practical Distribution Methods In Developing Volleyball Digging Skill For Male Year 4 Students In Volleyball Games.	Graduated 2018
10.	Yohana Unyang Juren	Sitting Risk Among Universities Students.	Graduated 2018
11.	Mujammad Syafiq Farhan Boo Omar	The Influence Of Sitting Time And Physical Activity On Health Outcome Among Public University Students In Malaysia.	Graduated 2019
12.	Ahmad Luth Bin Hamizan	<i>Perbandingan Tahap Kardiovaskular, Daya Tahan Dan Kekuatan Otot Dalam Kalangan Pelajar PPKI Masalah Pembelajaran Di Antara Tahap 1 Dan Tahap 2.</i>	Graduated 2020
13.	Ehsan Lohrasbipeydeh	Balance and Gait Parameters Comparison Between Elderly With And Without Limitation Of Knee Range Of Motion In Tehran, Iran.	Graduated 2020
14.	Sulaiman Mohammed J.S	Comparing Selected Physiological Variables Among Elite Soccer Player Training At Different Atmospheric Pressure In Palestine.	Graduated 2020

No.	Name	Thesis Title	Year
15.	Nadzirah binti Hasan	<i>Persepsi Perasaan Halangan Terhadap Penglibatan Aktiviti Fizikal Berdasarkan Kaum Dalam Kalangan Pelajar Sekolah Menengah.</i> Perceptions Of Feeling Barriers To Involvement Of Physical Activity Based On Ethnicity Among High School Students.	Graduated 2020
16.	Arni Nurfatin Arpa	Comparing Knowledge And Perception Between National Athletes And Coaches On Sports Massage.	Graduated 2021
17.	Ang Xiao Wen	The Effectiveness Of Using Command And Guided Discovery Teaching Styles With Mobile Phone In Teaching Forearm Pass Skills And Enjoyment Among Primary School Students.	Graduated 2021
18.	Hon Jia Sheng	Comparing Sedentary Behaviour Among Teachers In Malaysia Based On Gender And Working Day.	Graduated 2021
19.	Zong Yu	Comparing Sedentary Behavior Among Teachers In Chuzhou, China Based On Gender And Working Days.	Graduated 2021
20.	Peipei	Effect Of Basketball Games Teaching On Children's Basketball Interest In Chinese Kindergarten In Guangdong: A Pilot Study.	Graduated 2022
21.	Narresh A/L Paramanathan	Bodyweight Strength Training In Adults In SMK Bukit Mewah During The Covid-19 Pandemic.	Graduated 2022
22.	Lim Jun Yan	<i>Persepsi Literasi Fizikal Dan Keberkesanan Pengajaran Dan Pembelajaran Guru Pendidikan Jasmani Di Sekolah Jenis Kebangsaan (Cina), Ampang, Selangor.</i> Perceptions Of Physical Literacy And Effectiveness Of Teaching And Learning Of Physical Education Teachers In National Schools (China), Ampang, Selangor.	Graduated 2023
23.	Tan Huey Her	Prevalence Of Insufficient Physical Activity And Motivation Among Young Adolescents In Primary School In Balakong	Graduated 2023
24.	Intan Nur Qasrina	The Relationship Between Coaching Behaviour And Sport Anxiety Of Student Athletes In Universiti Putra Malaysia.	Graduated 2024
25.	Pan Xiaoyang	Investigating The Relationship Between Golf Course Design and Golfer Confidence: A Study Of Fairway Length, Fairway Width And Green Size.	Graduated 2024
26.	Jiang Ziyang	Relationship between mental health and Volleyball performance among students in a secondary school in China.	Graduated 2024
27.	Qi Chaolei	Functional exercise helps performance in physical education high school entrance examination.	Graduated 2024

EXAMINER
(i) THESIS EXAMINATION CHAIRMAN: PHD
Total: 26
Graduated: 21
On-going: 5

No.	Name	Thesis Title	Year
1.	Asiah Hj. Mohd Pilus	<i>Hubungan Di Antara 'Sportscape', Motivasi Dan Kesetiaan Terhadap Kepuasan Penonton Dan Keinginan Menonton Semula Di Kalangan Penonton Bola sepak Piala Malaysia.</i> The Relationship Between Sportscape, Motivation and Loyalty Toward Audience Satisfaction and The Desire To Replay/Re-Watch Among Malaysian Football Audience.	Completed 2010
2.	Kamil Abid Al-Hussain A.	The Effect of A Physical Education Program On Physical Fitness Of Malaysian Children.	Completed 2012
3.	AliReza Amani	Creatine Monohydrate Intervention Combined with Concurrent Aerobic and Resistance Exercise On The Cardiovascular Fitness Among Adults.	Completed 2013
4.	Suthagar Narasuman	Predictors Determining Information Communication Technology Integration In Teaching Among English Language Lecturers' In Malaysian Teacher Training Institutions.	Completed 2013
5.	Arit Uyouko Uyouko	Predictor Of Secondary School Teacher' Use of Information and Communication Technology In Akwa Ibom State, Nigeria	Completed 2015
6.	Ani Mazlina Dewi bt Mohamed	<i>Kesan Tahap Pelaksanaan Pendidikan Jasmani Terhadap Perkembangan Motor Kasar Dalam Kalangan Kanak-Kanak 7 Hingga 9 Tahun</i> Effects Of Physical Education Application On The Risk Motor Development In Children's Children 7 To 9 Years	Completed 2020
7.	Shamsulariffin bin Samsudin	Resilience Of Malaysian Physical Education Undergraduates Participating In An Outdoor Education Program.	Completed 2020
8.	Pooya Nekooei	Effect Of Land And Aquatic Medicine Ball Training On Shoulder Imbalance Among Water Polo Players.	Completed 2021
9.	Kee Li Li	Effectiveness Of E-Book Writing Software As A Tool To Enhance TESL Pre-Service Teachers' ESL Academic Writing Performance.	Completed 2021
10.	Truong Thi Nhu Ngoc	Self-Regulated Learning Intervention On Grammar Achievement, Self-Regulated Learning Strategy Use, And Calibration Accuracy Among Vietnamese High School Learners In Selected Schools In Vietnam	Completed 2022
11.	Maryam Jahedi	Exploring/Investigating Malaysian TESL Students' Overall WTC, WTC During Actual Communication, And Factors Affecting Students' WTC	Completed 2022
12.	Ilyana binti Anas	Predicting Career Adaptability Through Individual Factors And The Moderating Role Of Social Support Among Junior Employees In Malaysia.	Completed 2022
13.	Zheng Jie	Effects Of Positive Education Approach On Academic Boredom, Intrinsic Motivation, Positive Emotions And Thought-Action Repertoire Among Private College Students In Shaanxi Province, China.	Completed 2023

No.	Name	Thesis Title	Year
14.	Nordiana binti Abd Rahim	<i>Kesan Modul Kelompok Psiko Pendidikan Teori Kognitif Sosial Ke Atas Kesejahteraan Kewangan, Efikasi Pengurusan Kewangan Dan Kelansungan Kerjaya Dalam Kalangan Guru Keterhutangan Serius.</i> Impact of Psycho Group Education Psychosocial Cognitive Theory on Financial Welfare, Financial Management and Career Abolition in Serious Outreach Teachers.	Completed 2022
15.	Idawati binti Che Mat	An Extended Technology Acceptance Model For Predicting Teacher Usage Of Self Initiative Professional Development Technology Among Ipgms Teachers.	Done Viva
16.	Nur 'atikah binti Ahmad	Development And Validation Of Instrument To Measure Digital Citizenship For Secondary School Students In Malaysia	Completed
17.	Nor Anisa binti Musa	<i>Keterlibatan Dan Daya Tahan Sebagai Mediator Dalam Hubungan Antara Kecerdasan Emosi Dengan Sahsiah Murid Yang Mengikuti Program Sumur Di Malaysia.</i> Engagement And Resilience As a Mediator in the Relationship of Emotional Intelligence With Somsiah Pupils Following the Well-Being Program in Malaysia.	Completed
18.	Noor Atiqah bt Mohd Noh	The Effectiveness Of Growth Mindset Intervention (Gmi) To Improve Maths Anxiety And Attitude Towards Maths Among Secondary School Students.	Completed
19.	Liu Mengjie	Relationship Between Classroom Social Context, Student Engagement And Academic Achievement In College English Education For Non-English Majors In China.	Completed
20.	Zhang Lyuci	Relationship Between Teacher Support, Hope, Gratitude, Positive Emotions, Negative Life Events, And School Adjustment Among Middle School Left-Behind Children In Guangxi, China.	Completed
21.	Xiang Changqing	Factors Associated With Sports Talent Detection In China School's Physical Education Classes.	Completed
22.	Wang Xiaozhuan	Development of Student Satisfaction Model in Interaction Towards Online International Courses Learning in Universities in China.	Completed
23.	Piores Victor Fello	Exploring Excessive Screen Time And Physical Activity As Intervention Among School Students In The Philippines.	Completed
24.	Chen Liu	Predictors of Chinese Secondary School Students' Behavioral Intention to Use an Online Homework System in Huicheng, Huizhou, Guangdong.	Completed
25.	Karima Bashir	Commitment To Change As A Mediator On The Relationship Between Distributive Leadership And School Effectiveness Among Secondary Schools In North West, Nigeria	Completed
26.	Guo Qi	Mediators Of The Relationship Between Perceived Teacher Support And Student Engagement In Physical Education Among College Students In China	Completed

(ii) THESIS EXAMINATION CHAIRMAN: MASTER**Total: 15****Graduated: 13****On-going: 2**

No.	Name	Thesis Title	Year
1.	Joseph Sidemy Anak Nyogia	<i>Kesan Kekuarangan Tidur Terhadap Prestasi Fizikal Dan Konsentrasi Pemain Bola Sepak Remaja.</i> Effect Of Sleep Diefieny On Physical Performance And Concentration Among Youth Footballers.	Master 2007
2.	Muhammad Taufiq C. A.	Effect Of Rule Changes On Small-Sided Game's Training Intensity And Technical Load In Soccer Players.	Master 2009
3.	Md. Saadon A Shukor	Factors Influencing Physical Fitness Level Of Adolescents In Malaysia.	Master 2009
4.	Soma Sundrem S. I. Patham	Time-Motion Analysis Of Match Performance And Fitness Demands During An International Field Hockey Competition.	Completed 2009
5.	Mohamad Nizam Asmuni	<i>Tahap Kekuatan Mental Pemain Bola Sepak Malaysia Dalam Kejohanan Bola Sepak Piala Malaysia Musim 2007/2008.</i> The Levels of Mental Strength Among Malaysian Footballer In Malaysia Cup Football Championship Season 2007/2008.	Completed 2010
6.	Sulaiman Ibrahim	<i>Tahap Anxieti Di Kalangan Guru-Guru Pelatih Semasa Menjalani Aktiviti Berkayak Dalam Program Bina Insan Guru.</i> Anxiety Levels Among Educators During Kayak Activity During "Bina Insan Guru" Program.	Completed 2009
7.	Norinda Bt Samad	<i>Punca, Kesan Dan Strategi Mengatasi Tekanan Semasa Dalam Kalangan Pemain Bola Sepak Semasa Perlawanan Liga Super 2011.</i> The Causes, Impact And Strategy To Overcome A Pressure Among Football Players During Super League Matches 2011.	Completed 2011
8.	Nafisah Khalaj	Effects Of Obesity On Gross Motor Development Among Children In Different Ages.	Completed 2011
9.	Syarifah Fathynah Bt Syed Shiekh	<i>Analisis Prestasi Dan Perubahan Kadar Denyutan Jantung Serta Asid Laktik Semasa Perlawanan Silat Olahraga Peringkat Antarabangsa.</i> Analysis Of Performance, Heart Rate Changes And Lactic Acid During International Silat Tournamants.	Completed 2012
10.	Khavita A/P K. Saundarajan	<i>Kesan Program Permainan Ke Atas Kemahiran Motor Kasar Kanak-Kanak Pra Sekolah Di Negeri Sembilan.</i> The Impact Of Game Program On Gross Motor Skills Impact Among Pre-School Students In Negeri Sembilan.	Completed 2016
11.	Farah Layth Naji	Comparing Differences Between Physiological Distress And Physiological Maker On First Division Football Players.	Completed 2017
12.	Siti Nursarah Salehhodin	Perbandingan Kekuatan Genggaman Tangan Atlet Lelaki Dalam 3 Kategori Acara Memanjat Tembok Tiruan Dan Faktor Yang Mempengaruhi. <i>The Comparison Of Hand Grip Strength Among Male Athletes In 3 Categories Of Rock Climbing And The Affecting Factors.</i>	Completed 2018
13.	Muhamad Hafis bin Abdullah	<i>Pengaruh Tingkah Laku Kesihatan Berisiko Sebagai Mediator Antara Ketagihan Permainan Video Dan Kesihatan Mental Pelajar Menengah Rendah Di Sekolah Sekitar Lembah Klang.</i> Influence Of Health-Risk Bahaviors As A Mediator Between Video Gaming And Mental Health Among Lower Secondary Students In Schools Around Klang Velly.	On-going

No.	Name	Thesis Title	Year
14.	Sugendran Nagandran	<i>Tahap Kesiediaan Guru Dalam Melaksanakan Pelajaran Dan Pembelajaran Di Sekolah Dalam Hospital Semenanjung Malaysia.</i> Level of Teacher Readiness in Implementing Lessons and Learning in Schools in Peninsular Malaysia.	Completed 2020
15.	Nurhayatul Nira binti Ramli	<i>Kesan Permainan Pengurusan Awal Kewangan Terhadap Literasi, Minat Dan Tingkah Laku Pengurusan Kewangan Serta Tahap Prososial Murid Prasekolah.</i> Effects Of Early Financial Management Games For Literation, Hobb And Financial Management Bahaviour, And Level Of Presosia Among Pre-Schoolers.	Done Viva

(iii) **THESIS EXAMINATION MEMBER: PHD**

Total: 17

Graduated: 14

On-going: 3

No.	Name	Thesis Title	Year
1.	Teng Siew Lian	<i>Kesan intervensi imbalan dan kawalan postur terhadap perkembangan motor kasar kanak-kanak sindrom down di W.P Kuala Lumpur.</i> Effect of balance intervention and posture control on development of childhood motor down syndrome in W.P Kuala Lumpur.	Completed 2008
2.	Norzah bt. Abd. Ghani	<i>Kajian tentang status aplikasi imageri mental dalam kalangan atlet remaja di sekolah Sukan Bukit Jalil.</i> Studies on the status of mental imagery applications among adolescent athletes at the Jalil Hill Sports school.	Completed 2009
3.	Maria Justine @ Stephany	Effect of a multicomponent exercise program on functional capacity and and QOL of instttionalized older person.	Completed 2010
4.	Mastura binti Johar	Effect of low impact aerobic “Kesan intervensi imbalan dan kawalan postur terhadap peexercise on phsiological and psychological well-being among working women.	Completed 2010
5.	Saghar Eslami	Effect Of Gamma Oryzanol Supplementation On Lipid Profile, Anabolic/Catabolic Hormones, Circulating Binding Proteins And Anthropometric Changes In Young Males During Resistance Training. Food Science .	Completed 2012
6.	Aris Fazil bin Ujang	<i>Kesesuaian Kriteria Pemilihan Dalam Program Mengesan Atlet Berbakat Di Malaysia.</i> The Suitable Selection Of Criteria In Athlete’s Talent Detection Programme In Malaysia.	Completed 2012
7.	Ali Dadgari	Effectiveness Of A Home-Based Exercise Training On Risk Of Falls Among Elderly Community Dwellers In Iran.	Completed 2015
8.	Seyedah Ameneh Motalebi	Effect Of Elastic Resistance Training On Lower Extremity Muscle Strength, Balance, And Functional Mobility Of Older Malaysians Living In An Institution.	Completed 2015

No.	Name	Thesis Title	Year
9.	Jamileh Amirzadeh Iranagh	Health Education Intervention On Physical Activity And Nutrition Behavior, Anthropometric Parameters, And Biomedical Changes Among Elderly Women In Urmia, Iran.	Completed 2015
10.	Chun Cheng Chuan	Motivasi, Komitmen Sukan Dan Penentu Theory Planned Behavior Sebagai Peramai Tingkah Laku Keinginan Penglibatan Aktiviti Sukan Rekreasi Murid Sekolah Menengah Di Malaysia.	Completed 2015
11.	Al Ahmed Mustafa Issa Ali	Mediating Effect Of Attitude On Sports Participation And Academic Achievement Of University Students In Eastern Region Of Saudi Arabia.	Completed 2017
12.	Azhar Bin Yaacob	Ficus Deltoidea Effect On Rat's Swimming Performance And Its Ergogenic Properties	Completed 2019
13.	Aman, Mirian Pabatao	Incongruence Of Gender, Leadership Roles And Underrepresentation Of Women In Sport Leadership Positions.	Completed 2019
15.	Ahmad Fitri bin Lias	<i>Kesan Penyederhanaan Kecerdasan Emosi Sukan (EIS) Terhadap Hubungan Antara Kebimbangan, Penyertaan Dan Pengalaman Dengan Kesihatan Mental Dalam Kalangan Atlet Paralimpik Malaysia.</i> Effects Of Effect Of Emotional Supplementary (EIS) On Relationship Between Control, Partnership And Experience With Mental Health In The Paralimatic Atlet Training.	Done Viva
16.	Jia Zhao	Effects of Parent-Child Physical Activity Intervention on Gross Motor Skills Among Preschoolers in Shanxi Province, China.	Done Viva
17.	Tee Ker Shin	Effect of Emotional Intelligence Training Program on Emotional Intelligence, Prosocial Behaviour and Coping Responses among Undergraduate Students at Selected Research Universities	On-going

(iv) **THESIS EXAMINATION MEMBER: MASTER**

Total: 10

Graduated: 10

On-going: 0

No.	Name	Thesis Title	Year
1.	Tung Jin Seng	<i>Kesan Aktiviti Regangan Rossiter Syetem® Terhadap Pemulihan Kesengalan Serat.</i> Effect of Stretch Activity Rossiter Syetem® on Fiber Resistance Recovery.	Completed 2009
2.	Inderjit Goman Sing Sunar	The Effect Of School Coachers' Decision-Making Style And Burnout On School Male Soccer Players.	Completed 2009
3.	Somasundran S. I Patham	Time Motion Analysis Of Match Performance And Fitness Demands During An International Field Hockey Competition.	Completed 2009
4.	Suhaimi Sun Abdullah	The Anthropometric Correlates Of Motor Performance Among Young Elite Athletes In Malaysia.	Completed 2009
5.	Muhamad Nizam Asmuni	<i>Tahap Kekuatan Mental Pemain Bola Sepak Malaysia Dalam Kejohanan Bola Sepak Piala Malaysia Musim 2007/2008.</i> Malaysian Football Player's Mental Strength in the Malaysian Football Championship Season 2007/2008	Completed 2010
6.	Mohd Rozilee Wazir Norjaliwazir	Perbezaan Corak Tumbesaran Dan Peningkatan Prestasi Fizikal Dalam Kalangan Pelajar Berumur 9 Tahun Hingga 16 Tahun.	Completed 2013
7.	Nurul Shahida Binti Hamdan	<i>Motif Dan Persepsi Pelancong Terhadap Langkawi Sebagai Destinasi Pelancongan Sukan.</i> Motives And Perceptions Of Travelers Against Langkawi As A Sports Tourism Destination.	Completed 2016
8.	Suharyanti Binti Hanapi	<i>Keberkesanan Penyampaian Perkhidmatan Program 1 Murid 1 Sukan Di Putrajaya.</i> Effect Of Program Service Service 1 Murid 1 Sports In Putrajaya.	Completed 2020
9.	Mohd Fahme Zamzam Mehamad	<i>Perbandingan Tahap Perkembangan Motor Kasar Dalam Kalangan Murid Yang Terlibat Dalam Sukan Individu Dan Sukan Berpasukan.</i> <i>Comparison of Gross Motor Development Levels Among Students Involved In Individual Sports And Team Sports.</i>	Completed 2022
10.	Segar A/L A Maniveloo	<i>Perbezaan Tahap Kualiti Pergerakan Anatara Tiga Kumpulan Penari Berlainan Bangsa Dalam Kalangan Penari Tradisional.</i> Difference Of Three Movements Quality Among Three Ethnic Dance Group In The Traditional Dance	Completed 2023

(v) EXTERNAL EXAMINER – MASTER’S & PHD THESIS**Total: 12****Graduated: 11****On-going: 1**

No.	Name	Thesis Title	University Year
1.	Mohan R Alwan	The Effect of Selenium And Tecotrienol Supplementation On The Contractile Force, Emg, And Fatigue Of Gastrocnemius Muscle Of Trained And Untrained Rats.	University Of Science Malaysia 2012
2.	Lit Kok Wai	Effects Of Acute Cool Water Lmmersion On Exercise-Induced Oxidative Stress And Time Trial Performance In Endurance Cyclist In The Heat.	University of Science Malaysia 2012
3.	Hazwani Binti Ahmad Yusof @ Hanafi	The Effect Of Angiotensin I-Converting Enzyme (Ace) I/D And Alpha-Actinin-3 (Actn3) R/X Gene Polymorphisms On Human Physical Performance And Health Within Malaysian Population.	University of Science Malaysia 2015
4.	Mohd Hafizuddin bin Baki	Anthropometric Indices, Physical Fitness And Physical Activity Level Among Batek Children In Taman Negara Kuala Tahan, Pahang.	Universiti Teknologi MARA 2015
5.	Daniel Tarmast	Effect Of Combined Sago-Soy Supplementation On Cycling Time Trial Performance In The Heat.	University of Science Malaysia 2016
6.	Xiao Li	Association Between Ace Gene Polymorphism And Actn3 Polymorphism, Aerobic And Anaerobic Capacities, Bone And Muscular Performance In Malay Athletes And Non-Athletes.	University of Science Malaysia 2016
7.	Hasmah binti Mohamad Yusoff	Understanding The Motivations, Meanings And Benefits Of Participation In The Recreational Sport Of Golf: A Phenomenological Study Of Man 60 Years And Older.	Asia E University 2016
8.	Roayaaah binti Zambri	Motives And Barriers To Physical Activity Participation Among Women Civil Servant Of The Supporting Group In Selected Ministries.	Universiti Teknologi MARA 2016
9.	Mohamad Nasrullah Bin Nasiruddin	<i>Motivasi Dan Orientasi Pencapaian Sebagai Pemboleh Ubah Peramal Atau Pengantara Kepada Hubungan Antara Gaya Kepimpinan Jurulatih Dengan Prestasi Atlet Bola Sepak Sekolah Sukan Di Malaysia.</i> Motivation And Orientation Of Achievement As A Modifier Or Mediator To Relationships Between Coach Leadership With The Performance Of Sports School Football Athletes In Malaysia.	University Utara Malaysia 2021
10.	Lau Jiun Sien	A Longitudinal Monitoring of Archery Performance Predictors among State-Level Archers.	University of Science Malaysia 2022
11.	Ke QiuYi	Education Policy Analysis of Study Travelat Secondary School in Guangdong Province	City University 2023

No.	Name	Thesis Title	University Year
12.	Amir Rifaat Abdul Rahman	Sport Imagery: The Influence of Self-Confidence and Trait Anxiety as Mediators and Emotional Regulation as Moderator in Response to Memory Test.	University of Science Malaysia 2023

(v) INTERNAL EXAMINER – MASTER OF EDUCATION

Total: 21

Graduated: 21

On-going: 0

No.	Name	Matric No	University Year
MASTER OF EDUCATION			
1.	Lee Ai Choo	GS20377	Faculty of Educational Studies - 1998
2.	Syed Zuhair bin Syed Hassan	GS22655	Faculty of Educational Studies - 1999
3.	Azizah binti Md Amin	GS25131	Faculty of Educational Studies - 2000
4.	Entheren a/l Subramaniam	GS25923	Faculty of Educational Studies - 2000
5.	Sulaiman Bin Ibrahim	GS26353	Faculty of Educational Studies - 2002
6.	Muhammad Zulqarnain Md Nasir	GS32317	Faculty of Educational Studies – 2013
7.	Amir Rifaat Abdul Rahman	GS41352	Faculty of Educational Studies – 2015
8.	Eizhan Ahmad	GS37972	Faculty of Educational Studies – 2015
9.	Dhubyan Jihad Falah	GS41280	Faculty of Educational Studies – 2016
10.	Azra Tasnim Zainul Abidin	GS40313	Faculty of Educational Studies – 2017
11.	Nik Nurul Aida Afnie bin Ghapar	GS45145	Faculty of Educational Studies – 2017
12.	Saiful Rosni Muhammad	GS47696	Faculty Of Educational Studies – 2018
13.	Norezhenie Md. Kenon	GS47452	Faculty Of Educational Studies – 2018
14.	Nur Alyaa Athirah Roslan	Gs51348	Faculty Of Educational Studies – 2019
15.	Suphasara Supranie A/P Airak	Gs54065	Faculty Of Educational Studies – 2020
16.	Siti Belinda Mohd Nor	Gs52213	Faculty Of Educational Studies – 2020
17.	Siti Hawa Nadhirah Binti Alias	GS55288	Faculty Of Educational Studies – 2021
18.	Mousavi Seyedehparichehr	GS60470	Faculty Of Educational Studies – 2022
19.	Izzat Fadhli Hamdan	GS61765	Faculty Of Educational Studies – 2022
20.	Alexander Goverthan Kanabathy	GS63048	Faculty Of Educational Studies – 2022
21.	Luo Qianwen	GS57372	Faculty Of Educational Studies – 2023

Total: 187

Published: 187

Accepted: 0

(i) Cited Journal

1. **Soh, K. G.**, Ruby, H., and Soh, K. L. (2006). Body fat comparison between basketball and netball players in Malaysian. *Journal of University Malaya Medical Centre (JUMMED)*. 9(1), 2006, Pp 20-22.
2. **Soh, K. G.**, Ruby Husain., and **Soh, K. L.** (2007). The impact of eight-week training programme on agility and leg power among Malaysian netball players. *Journal of University Malaya Medical Centre (JUMMED)*. 10(1), Pp 32-39.
3. Soh, K. L., Koziol-McLain, J., Wilson, J., & **Soh, K. G.** (2007). Critical care nurses' knowledge in preventing Nosocomial Pneumonia. *Australia Journal of Advanced Nursing*. 24(3), 19-25. (ISI-Indexes in the CINAHL).
 - a. The abstract of this paper was also published in Primary Care Respiratory Journal:- Soh, K. L., Koziol-McLain, J., Wilson, J., and **Soh, K. G.** (2006). Knowledge of nosocomial pneumonia prevention among critical care nurses in New Zealand. *Primary Care Respiratory Journal*. 15(3), 208.
4. Soh, K. L., **Soh, K. G.**, Zaiton, A., Rosna, A. R., & Salimah, J. (2008). Perceptions of intensive care unit stressor by patients in Malaysian Federal Territory Hospitals. *Contemporary Nurse*. 31(1), 86-93. (ISI-Impact Factor: 0.87)
5. **Soh, K.G.**, Ruby, H., Soh, K. L., Mohd Sofian O. F., & Marjohan, J. (2009). Physical profile comparison between basketball and netball in Malaysia based on performance and playing position. *Journal of University Malaya Medical Centre (JUMMED)*. 12(1), 22-26.
6. Mohd. Sofian, O. F, Narimah, D., Kamaria, K, Aminuddin, Y., **Soh, K.G.**, Mohd. Nizam, N., Salleh, A., & Roslan, H. S. (2009). What's Make University Students Participate in Sports? *European Journal of Social Sciences*, 8(3), 449-458.
7. Raweewat, R., Mohd Sofian, O. F., **Soh, K. G.**, & Maria Chong, A. (2009). Evaluating the Relationship of Imagery and Self-confidence in Female and Male Athletes. *European Journal of Social Sciences*, 10(1), 129-138.
8. **Soh, K.G.**, Soh, K. L., Ruby, H., Mohd Sofian O. F., Aminuddin, Y., & Ong, S.L. (2010). Comparing physical activity of Malaysian Malay man before, during and after Ramadan. *African Journal for Physical, Health Education, Recreation and Dance (AJPHER)*. 16(1), 70-77.
9. **Soh, K.G.**, Soh, K. L., Ruby, H., & Salimah, J. (2010). Physical activity of female Muslims before, during and after Ramadan. *African Journal for Physical, Health Education, Recreation and Dance (AJPHER)*, 16 (3). 347-354.
10. **Soh, K.G.**, Soh, K. L., Ruby, H., Mohd Sofian O. F., Aminuddin, Y., & Ong, S.L. (2010). Association between fatness & CHD risk factors among adolescents. *African Journal for Physical, Health Education, Recreation and Dance (AJPHER)*, 16(4). 470-477.
11. Soh, K. L., **Soh, K. G.**, Japar, S., Abdul Raman, R., & Davidson, P. M. (2011). A Cross-Sectional Study on Nurses' Oral Care Practice for Mechanically Ventilated Patients in Malaysia. *Journal of Clinical Nursing*, 20(5-6), 733-742. (IF 4.0, Q1).
12. Hayder, S. M., Mohd. Sofian, O. F., **Soh, K. G.**, & Roselan, B. (2011). Issue of The Social Dilemmas after Wars: A Cooperative Learning Intervention through Physical Education and it's Effect on Social Skills Development among Middle School Students' In Baghdad, Iraq. *Australian Journal of Basic and Applied Sciences*, 5(10), 980-989.
13. Soh, K. L., Davidson, P. M., Leslie, G., DiGiacomo, M., Rolley, J. X., **Soh, K. G.**, & Rahman, A. A. (2011). Factors to Drive Clinical Practice Improvement in a Malaysian Intensive Care Unit: Assessment of Organizational Readiness Using A Mixed Method Approach. *International Journal of Multiple Research Approaches*. 5(1), 104-121.

14. Soh, K. L., Shariff Ghazali, S., **Soh, K. G.**, Abdul Raman, R., Sharif Abdullah, S. S. & Ong, S. L. (2011). Oral Care Practice for the Ventilated Patients in Intensive Care Units: A Pilot Study. *Journal of Infection in the Developing Countries*. 6(8), 333-339.
15. Mohammad Reza, E. T., **Soh, K. G.**, Muhammad Nazrul, H. A., & Bahaman, A. S. (2012). The Effect of Combined Training on Interlukin-6 and C Reactive Protein as Nontraditional Cardio Risk Factors in Inactive Students. *Pertanika J. Soc. Sci. & Hum.*, 20(S), 117-128.
16. Mohammad Ebrahim, M., **Soh, K. G.**, Majid, M., Mohd Sofian, O. F., Nur Surayyah M. A., & Mohd Rizam, A. B. (2012). Usage of Group AHP Approach in Karate Agility Test Selection. *Pertanika J. Soc. Sci. & Hum.*, 20(S), 129-14.
17. Aminuddin, Y., Parilah, M. S., & **Soh, K. G.** (2012). Application of Leiper's Tourist Attraction System to Small-Scale Sport Event Tourism in Malaysia. *World Applied Sciences Journal*, 18(7), 896-900.
18. **Soh, K. G.**, Aminuddin, Y., Nur Surayyah., M. A, Soh, K. L., & Ong, S. L. (2013). Comparing Physical Activity of Malaysian Malay Men and Women Before, During, and After Ramadan. *Pertanika – JSSH*, Vol. 20 (S) Sept. 2012.
19. Soh K. L. Davidson, P.M. Leslie, G. DiGiacomo, M. & **Soh, K.G.** (2013). Nurses' Perceptions of Standardised Assessment and Prevention of Complications in A Malaysian Intensive Care Unit: A qualitative study. *Journal of Clinical Nursing*. 22(5/6) p.856-865. (IF 4.0, Q1).
20. Ooi, C. L., Aminuddin, Y., **Soh, K. G.**, & Zoharah, O. (2014). Effects of Distributive Justice, Perceived Organisational Support and Intrinsic Motivation on Malaysian Volunteer Coaches' Affective Commitment. *Middle-East Journal of Scientific Research 19 (Innovation Challenges in Multidiciplinary Research & Practice)*, 153-160. ISSN 1990-9233.
21. Razieh, B., Aminuddin, Y., & **Soh, K. G.** (2014). Understanding Sport Tourist Motives for Visiting Malaysia National Park. *Journal of Physical Education & Sport*, 14(4), 599-603. ISSN 2247-8051.
22. Roxana Dev, O. D. Ismi Arif, I, Maria Chong, A. & **Soh, K. G.** (2014). Emotional Intelligence as an Underlying Psychological Mechanism on Physical Activity among Malaysian Adolescents, *Middle-East Journal of Scientific Research 19 (Innovation Challenges in Multidiciplinary Research & Practice)*, 599-603. . ISSN 1990-9233.
23. Soh, K, L., **Soh, K. G.**, Noor Arini, I., Nor Zehan, A., Salimah, J., & Rosna, A. R. (2014). Recalling ICU experiences: Patients' Perspectives. *Middle-East Journal of Scientific Research 19 (Innovation Challenges in Multidiciplinary Research & Practice)*, 106-111. ISSN 1990-9233.
24. Jian Abdullah, N., **Soh, K. G.**, Norhaizan, M. E., & Nabeel Abdulwahab, A. (2017). Home Based Physical Activity Intervention Programme in War-torn Country like Iraq, *International Journal of Geomate*, Feb. 2017.
25. Ghiami, Z., **Soh, K. G.**, Samsilah, R., Soh, K. L. (2017). Effects of a Stage-Based Intervention on Self-Efficacy. *International Journal of Geomate*, Feb. 2017.
26. Soh, K, L., Salimah, J., Wan Zaida, W. M. H., Rosna, A. R., Ong, S. L., & **Soh, K. G.** (2017). Pain Management Knowledge among Medical Ward Nurses in Malaysia. *International Journal of Geomate*, Feb. 2017.
27. Salimah, J., Soh, K, L., Hatifah, C. h., Nor Airini, i., Ong, S. L., & **Soh, K. G.** (2017). The Trend of Enteral Feeding among Critically Ill Patients in adult ICUs in Malaysia. *International Journal of Geomate*, Feb. 2017.
28. **Soh, K.G.**, Jian, A. N., Soh, K.L., salimah, J., Aminuddin, Y. (2017). Blood Profiles among Female Undergraduate in Iraq After a 12-Weeks Home-based Intervention Program. *International Journal of Academic in Business and Social Sciences (HRMARS)*, 7 (1): 972-980. (Indexed in ERA).
29. **Soh, K.G.**, Jian, A. N., & Norhaizan, M. E. (2017). Effects of a Home-based Programme on Physical Activity among Undergraduate Female Students in Iraq. *International Journal of Academic in Business and Social Sciences (HRMARS)*, 7 (1): 672-695. (Indexed in ERA).
30. **Soh, K.G.**, Ghiami, Z., Khallaghi, K., & **Soh, K.L.** (2017). Weight of Backpacks and Musculoskeletal Pain among Iranian Elementary School Students. *International Journal of Academic in Business and Social Sciences (HRMARS)*, 7 (1): 1012-1021. (Indexed in ERA).

31. Arporn, P., Aminuddin, Y., & **Soh, K.G.** (2017). Investigating sport tourists' perceived attributes of Muay Thai, event satisfaction and behavioural intentions of attending future events. *International Journal of Academic in Business and Social Sciences (HRMARS)*, 7(6). 457-465. (Indexed in ERA).
32. Ooi, C. L., Aminuddin, Y., **Soh, K.G.**, & Zaharah, O. (2017). Examining Coaches' Perceptions of how Organisational Justice Affects Organisational Support. *International Journal of Academic in Business and Social Sciences (HRMARS)*, 7(S). 303-314. (Indexed in ERA).
33. Ooi, C. L., Aminuddin, Y., **Soh, K.G.**, & Zaharah, O. (2017). Examining the Relationship between Organisational Justice and Organisational Commitment with Perceived Organisational Support of the Malaysian High Performance School Sports Developmental Programme (SPTS) Volunteer Coaches. *International Journal of Academic in Business and Social Sciences (HRMARS)*, 7(S). 588-613. (Indexed in ERA).
34. Ong, S. L., Khadijah, A., Mahmoud, D., Soh, K. L., **Soh, K.G.**, Daphne Siew, K. L., Emni, O. D. H. (2018). The effectiveness of a structured nursing intervention program on maternal stress and ability among mothers of premature infants in a neonatal intensive care unit. *Journal of Clinical Nursing*, 28(3-4), 641-649. (IF 4.0, Q1).
35. **Soh, K.G.**, Soh, K. L., Salimah, J., Ong, S. L., Azura, A. H., & Aminuddin, Y. (2018). Physical Activity and Health-Promoting Lifestyle among Diploma Nursing Students in International Settings Research Journal of Pharmacy and Technology, 11(6), 2331-2335.
36. **Soh, K. G.**, Salimah, J., Ong, S. L., & Soh, K. L. (2018). Physical Activity and Health Promoting Lifestyle among Bachelor of Nursing Students in Malaysia. *Research Journal of Pharmacy and Technology*, 11(7), 2906-2910.
37. Sani, M. A., Ismail, A. I., Arshad, M. M., Mungadi, A. I., **Soh, K. G.** and Soh, K. L. (2018). Experiences of People Living with Disorders of Sex Development and Sex Re-assignment: Meta-ethnography of Qualitative Studies. *Journal of Advanced Nursing*. (IF 2.267, Q1).
38. Ong, S. L., Khadijah, A., **Soh, K.G.**, Soh, K. L., Salimah, J. (2018). Stress and Anxiety among Mothers of Premature Infants in a Malaysian Neonatal Intensive Care Unit. *Journal of Reproductive and Infant Psychology*, 1-13. (IF 1.247, Q2).
39. **Soh, K. G.**, Rosna, A. R., Soh, K. L., Salimah, J., Ong, S. L., & Zeinab, G. (2018). Parents' Perceptions of Their Children's Body Fat Percentage and Weight. *Research Journal of Pharmacy and Technology*, 11(8), 3371-3374.
40. Salimah, J., Nor Amalina, Y., Rosna, A. R., Abdurrahman, M. S., Azura, A. H., **Soh, K.G.**, & Soh, K. L. (2018). Knowledge, Attitude and Practice of Blood Donation among Undergraduate Students in a Public University, Malaysia. *Research Journal of Pharmacy and Technology*, 11(8), 3478-3482.
41. Rosna, A. R., **Soh, K. G.**, Soh, K. L., Salimah, J., Ong, S. L., & Zeinab, G. (2018). Rural Primary School Children's Body Fat and Their Parents' Physical Image Perceptions. *Int. Journal of Pharmaceutical Research*, 10(4), 9-14.
42. Azura, A. H., Soh, K. L., Airini, I., Salimah, J., Ong, S. L., Abdurrahman, M. S., & **Soh, K. G.** (2018). Nursing Workload in Relation to Nosocomial Infection in Public Hospital Intensive Care Unit, Malaysia. *Int. Journal of Pharmaceutical Research*, 10(4), 15-20.
43. Soh, K. L., Saliza, M. Y., Salimah, J., Sazlina, S. G., Santhi, Y. R. N., Ong, S. L., & **Soh, K. G.** (2018). A study on oral care practices in intensive care units at two tertiary hospitals in Kelantan. *Int. Journal of Pharmaceutical Research*, 10(4), 21-26.
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49. Amir Bahram Kashiani, **Soh, K. G.**, Aminuddin Yusof, & Kim Lam Soh (2019). Effects of 12 Weeks Combined Weight and Chain Versus Combined Weight and Elastic Band Variable Resistance Training on Upper and Lower Body Muscular Strength and Endurance Among Recreational Weight-Lifter Males in Iran. *Int. Journal of Pharmaceutical Research*, December 2019, 1-13.
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51. Kashiani, A. B., **Soh, K. G.**, Soh, K. L., Ong, S. L., & Kittichottipanich, B. (2020). Comparison between two methods of variable resistance training on body composition, muscular strength and functional capacity among untrained males. *Malaysian Journal of Movement, Health & Exercise*, 9(1), 45-66.
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55. Guo, W., **Soh, K. G.**, Zakaria, N. S., Gao, Y. G., Akbar, S., & Indee, L. (2023). Performance analysis of 10-12-year-old adolescent Chinese in swimming start and turn: A pilot study. *African Journal for Physical Activity and Health Sciences*, 29(4), 420-429.
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59. Saddam, A., **Soh, K. G.**, Marrium, B., Suriyan, S., Komkrit, R., Siswantoyo., & Erwin, S. K. (2023). A Pilot Study on the Physical Parameters and Skill Performance Analysis Among Pakistani Elite Male Field Hockey Players. *International Journal of Academic Research in Business and Social Sciences*, 13(12), 1-12.
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COPYRIGHT

Type: Copyright Circuit for Agility Test	Year: 2015	Date: 21 May 2015
Title: Marjani Agility Test - Copyright instrument to measure agility, especially for Karate.		
Type: Copyright Nursing Guideline	Year: 2017	Date: 12 September 2017
Title: Nursing Protocol for Dengue		
Type: Copyright Exercise Protocol	Year: 2019	Date: 20 September 2019
Title: Exercise Protocol for Strength Training.		

BOOKS

1. **Soh, K. G.** (2023). Exercise As Medicine: Understanding The Science Of Movement and Unlocking Longevity. UPM Publisher.

BOOKS EDITOR

1. **Soh, K. G.**, Mohd Sofian, O. F., Kok, L. Y., & Muhd Khaizer, O. (2009). *Kajian Sukan di Malaysia Jilid 1* (Sports Studies in Malaysia Volume 1). UPM Publisher.
2. **Soh, K. G.**, Mohd Rezilee, W. N., Chee, C. S. (2014). *Kajian Sukan di Malaysia Jilid 2* (Sports Studies in Malaysia Volume 2). UPM Publisher.

BOOK CHAPTERS

1. **Soh, K.G.**, Soh, K.L., and Tan, H.Y. (2008). Physical activity status among UPM female staff. In *'Issue in Sport Science and Physical Education'*. UPM Publisher. Pp121-124
2. **Soh, K.G.**, Soh, K. L., Mohd Sofian O. F., O. F. Aminuddin, Y., & Mohd. Salleh, A. (2009). *Aktiviti fizikal untuk kesihatan: Suatu tinjauan (Physical activity for health: An overview)*. In *Kajian Sukan di Malaysia Jilid 1*. UPM Publisher, pp. 35- 45.
3. **Soh, K.G.**, Soh, K. L., Roxana Dev, O. D., Borhannudin, A, & Noorzaliza, O. (2009). *Somatotaip pemain bola jaring MSSM 2006 berdasarkan posisi pemain (Somatotype among 2006 MSSM Netball Players based on Playing Position)*. In *Kajian Sukan di Malaysia Jilid 1*. UPM Publisher, pp. 75- 85.
4. Roxana Dev, O. D., Vasanthi, P, Aminuddin, Y., **Soh, K.G.**, & Mohd Sofian O. F., O. F. (2009). *Perbandingan persepsi imej badan dan indeks jisim badan (BMI) antara remaja perempuan melayu di bandar dan luar Bandar di Gombak (Comparison of body image perception and body mass index (BMI) among Malay female adolescents in urban and rural areas in Gombak)*. In *Kajian Sukan di Malaysia Jilid 1*. UPM Publisher, Pp35-45.
5. **Soh, K. G.**, Aminuddin, Y, Soh, K. L, Zainol Rashidi, M. N., & Siti Zarifah, A. (2014). *Penilaian masa pengajaran Pendidikan Jasmani selama 80 minit di sekolah menengah (Assessment of 80 Minutes teaching time for Physical Education in secondary schools)*. In *Kajian Sukan di Malaysia Jilid 2*. UPM Publisher, pp. 17- 28.

6. Jorrye, J., **Soh, K. G.**, Aminuddin, Y., & Mohd Sofian, O. F. (2014). Penggunaan Positive Self-Talk dalam kalangan pemain futsal Universiti Di Malaysia (*Positive Self-Talk among University Futsal Players in Malaysia*). In *Kajian Sukan di Malaysia Jilid 2*. UPM Publisher, pp. 66- 81.
7. Siti Zarifah, A., **Soh, K. G.**, Chee, C. S, Roxana Dev, O. D, & Muhammad Fairus, H. (2014). Penilaian masa pengajaran Pendidikan Jasmani selama 40 minit di sekolah menengah (*Assessment of 40 minutes teaching time for Physical Education In secondary schools*). In *Kajian Sukan di Malaysia Jilid 2*. UPM Publisher, pp. 89- 100.

EDITOR FOR PROCEEDINGS

1. **Soh, K. G.**, Abu Bakar, M. R., Liliati, I., Noreen, N., & Shahrul Raziz, S. (2018). *Proceeding of Movement, Health & Exercise Conference 2018 (MoHE 2018): Faster, Higher, and Stronger: Technology Advancements in Sports & Physical Education*. Hotel Tenera, Bangi, Malaysia.
2. **Soh, K. G.**, Abu Bakar, M. R., Liliati, I., Noreen, N., & Shahrul Raziz, S. (2018). *Proceedings of the 8th ASEAN Universities Conference on Physical Education and Sports Science (ACPES 2018 Conference)*. Mardi Training Centre, Serdang, Malaysia.
3. Aminuddin, Y., & **Soh, K. G.** (2014). *Proceeding Seminar Penyelidikan Pendidikan dan Pembangunan Sumber Manusia 2014: Memperkasa Pendidikan Melalui Penyelidikan ke Arah Kesejahteraan Hidup Masyarakat*. Faculty of Educational Studies, Universiti Putra Malaysia, Malaysia.
4. **Soh, K. G.**, Nur Surayyah M. A., Soh, K. L., & Khaled Khalifa, M. (2012). *Proceedings of the 2nd ASEAN Universities Conference on Physical Education and Sports Science*. Universiti Putra Malaysia, Malaysia.

TECHNICAL REPORTS

1. Soh, K. L., Niazlin, M. T., Salimah, J., Ong, S. L., Rosna, A. R., & **Soh, K. G.** (2016). Dengue Mortality in Malaysian Government Hospitals: What Have We Learn in Nursing Perspectives? Report prepared for the World Health Organisation (WHO).
2. Ramli, B., Shaffe, M. D., Roxana Dev, O. D., **Soh, K. G.**, Borhannudin, A., Ahmad Fauzi, M. A., Ismi, A. I., Anisah, B., & Loh, S. P. (2015). *Kajian Kesan Susu PS1M Terhadap Pertumbuhan Fizikal Murid di Malaysia* (Effect of PS1M Milk Programme on physical development in school students in Malaysia). Report prepared for Bahagian Pengurusan Sekolah Harian (BPSH), Ministry of Education (*Kementerian Pendidikan Malaysia*) and Konsuma Sdn. Bhd.
3. Ramli, B., Shaffe, M. D., Roxana Dev, O. D., **Soh, K. G.**, Borhannudin, A., Ahmad Fauzi, M. A., Anisah, B., & Loh, S. P. (2015). *Kajian Impak Projek Khas 3C (Cabaran, Cergas, Ceria) Terhadap Murid* (Impact study on 3K and 3C Special Projects – Challenge, Fitness, Cheerful on students). Report prepared for Bahagian Pengurusan Sekolah Harian (BPSH), Ministry of Education (*Kementerian Pendidikan Malaysia*) and Dutch Lady Milk Industries Malaysia Sdn. Bhd.
4. Ramli, B., Shaffe, M. D., Roxana Dev, O. D., **Soh, K. G.**, Borhannudin, A., Ahmad Fauzi, M. A., Anisah, B., & Loh, S. P. (2016). *Kajian Keberkesanan Program Patrol Denggi di Sekolah* (Study on the effectiveness of the Dengue Patrol Program (PDP) in school). Report prepared for Bahagian Pengurusan Sekolah Harian (BPSH) and the Ministry of Education (*Kementerian Pendidikan Malaysia*).
5. Soh, K. L., Japar, S., **Soh, K. G.**, & Tsujita, Y. (2023). Factors Influencing Migration and Job Satisfaction amongst Malaysian Nurses Working in Other Countries. ERIA Research Project Report FY 2023, No. 07, 27.

NEWSLETTER

Publisher: **Kosmo** Year: 2015 Date: 15 December 2015
Title: *Taman pembelajaran pelangkap bilik darjah* (Learning garden compliment classroom learning).

Publisher: **Kosmo** Year: 2015 Date: 11 August 2015
Title: *Manfaat intervensi taman di sekolah* (Benefits of park intervention in schools).

Publisher: **Kosmo** Year: 2015 Date: 19 April 2015
Title: *Taman sensori kanak-kanak* (Children's sensory park).

Publisher: **Berita Harian** Year: 2017 Date: 23 May 2017
Title: *Ketagihan gejet punca remaja hilang keyakinan diri* (Gedgets addiction causes teenagers to lose confidence).

Publisher: **Berita Harian** Year: 2018 Date: 31 May 2018
Title: *Tangani LGBT sejak peringkat sekolah* (Preventing LGBT starting from school).

Publisher: **Laman Web UPM** Year: 2025 Date: 6 Jan. 2025
Title: *Move More, Live Longer: Why Malaysians Must Embrace Combined Training.*

Publisher: **New Straits Times** Year: 2025 Date: 22 Jan. 2025
Title: *Combined Training for Healthy Ageing.*

Publisher: **Malaysiagazette** Year: 2025 Date: 13 Feb. 2025
Title: *Aplikasi Sains Senaman Dalam Kehidupan* (Application of Exercise Science in Life).

Publisher: **Utusan Malaysia** Year: 2025 Date: 13 Feb. 2025
Title: *Sains Senaman Bantu Tingkat Kesejahteraan Hidup* (Exercise Science Helps Level Well-Being).

Publisher: **Harian Metro** Year: 2025 Date: 26 Feb. 2025
Title: *Pergerakan Asas Gaya Hidup Sihat - Usah Lagi Malas Berjalan* (Basic Movements of a Healthy Lifestyle - Don't Be Lazy Walking Anymore).

Publisher: **Berita RTM** Year: 2025 Date: 11 April 2025
Title: Embrace autism: How to make the impossible possible

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RESEARCH GRANT – Total Value – RM2,743,873.00

(i) International Grants - Total Value – RM628,863.00

Total: 12

Completed: 9

On-going: 3

No.	Role	Research Title & Amount	Year	Type /Status
1.	Member	Factors contributing to dengue mortality in Malaysian government hospitals: Nursing perspectives. (USD15,000.00) @RM68,250.00.	2015	<ul style="list-style-type: none"> World Health Organisation (WHO) Completed
2.	Lead researcher	A comparative study of service quality and decision process of campus fitness center users in Thailand. (57,000 -Thai Bath) @RM6,840.00	2016	<ul style="list-style-type: none"> Maharakam University Completed
3.	Lead researcher	Exercise behavior comparison between Universiti Putra Malaysia physical education students and Maharakam University sports science students. (57,000 -Thai Bath) @RM6,840.00	2016	<ul style="list-style-type: none"> Maharakam University, Thailand Completed
4.	Member	Career Development of Foreign Trained Nurses in Malaysia. (1,812,800 - Yen) @ RM66,868.00.	2018	<ul style="list-style-type: none"> JETRO, Japan Completed
5.	Lead researcher	Pengaruh <i>Blended Learning</i> , Motivasi, Jam Belajar, Terhadap Prestasi Belajar Mahasiswa <i>Effect of Blended, Motivation, Lesson Hour, and Student Learning Achievement</i> . (35.000.000,00 – Rupiah) @ RM 10,304.00	2020	<ul style="list-style-type: none"> Universitas Negeri Yogyakarta (UNY), Indonesia Completed
6.	Lead researcher	Perilaku Hidup Bersih dan Sehat Mahasiswa Pendidikan Olahraga Universitas Negeri Yogyakarta Dan Universiti Putra Malaysia Sebagai Upaya Mencegah Penyebaran Covid19. (35.000.000,00 – Rupiah) @ RM 10,304.00	2020	<ul style="list-style-type: none"> UNY, Indonesia Completed
7.	Lead researcher	Perbedaan Penggunaan Media Pembelajaran di Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta Dengan Universitas Putra Malaysia di Masa Covid-19. (35.000.000,00 – Rupiah) @ RM 10,304.00.	2020	<ul style="list-style-type: none"> UNY, Indonesia Completed
8.	Lead researcher	Comparing Sedentary Behavior Between Primary Teacher in Malaysia and Indonesia. (35.000.000,00 – Rupiah) @ RM 10,304.00.	2020	<ul style="list-style-type: none"> UNY, Indonesia Completed
9.	Member	Research on the Model and Sports Medicine Integration in Tianjin (Grant Code: 2018SK145) – RMB20,000.00 - RM13,261.00	2021	<ul style="list-style-type: none"> Tianjin University of Sport, China
10.	Member	Non-Profit Central Research Institute Fund of Chinese Academy of Medical Sciences (Grant Code:2020-JKCF-022)–RMB400,000 - RM265,465.00	2021	<ul style="list-style-type: none"> Tianjin University of Sport, China

No.	Role	Research Title & Amount	Year	Type /Status
11.	Member	Comprehensive study on physical fitness of martial arts routine athletes based on video-driven core strength training mechanism under wireless network (Grant No. 459) - RMB100,000.00 - RM65,703.00.	2023	▪ Ningxia Normal University, China
12.	Member	Enhancing Clean Sport Behavior at School: Evaluation of the Effectiveness of Positive Education Intervention Program in Malaysian Adolescent Athletes. USD19,965.00 – RM94,420.00	2023	▪ World Anti-Doping Agency (WADA)

(ii) National Private Grants – RM502,000.00

Total: 3 Completed: 3 On-going: 0

No.	Role	Research Title & Amount	Year	Type /Status
1.	Member	<i>Kajian impak Projek Khas 3K dan 3C (Cabaran.Cergas.Ceria) terhadap murid. (RM70,000.00)</i> Impact study on 3K and 3C Special Projects (Challenge.Fitness.Cheerful) on students.	2015	▪ Dutch Lady Sdn. Bhd & Hybrid Allied Sdn Bhd. ▪ Completed
2.	Member (Head - Chinese school)	<i>Kesan susu PS1M terhadap pertumbuhan murid. (RM380,000.00).</i> The effect of PS1M Milk Supplement on student's growth.	2015	▪ Milk Consortium & Konsuma Sdn. Bhd. ▪ Completed
3.	Member	<i>Kajian Keberkesanan Program Denggi Patrol (PDP) di sekolah. (RM52,000.00).</i> Study on the effectiveness of the Dengue Patrol Program (PDP) in school.	2016	▪ Sanofi Pasteur Sdn. Bhd & Bhg Pengurusan Sek. Harian KPM ▪ Completed

(iii) National Government Grants – RM793,270.00

Total: 12 Completed: 9 On-going: 3

No.	Role	Research Title & Amount	Year	Type /Status
1.	Lead researcher	Suatu kajian terhadap komponen-komponen kecergasan terpilih di kalangan pemain-pemain bola jaring di Malaysia. (RM10,000.00) A study on selected fitness components among netball players in Malaysia.	1999	▪ Short Term Research Grant ▪ Completed
2.	Lead researcher	Body fat comparison among netball and basketball players in Malaysia. (RM10,000.00)	2000	▪ Short Term Research Grant ▪ Completed

No.	Role	Research Title & Amount	Year	Type /Status
3.	Lead researcher	Somatotype and anthropometric measurement comparison among Malaysian netball and basketball players. (RM56,280.00).	2003	▪ IRPA EAR-7 (3-2003) RMKe-8 Grant
4.	Lead researcher	UPM staff involvement in sports and physical activity (RM29,500.00).	2007	▪ FRGS – KPT ▪ Completed
5.	Member	Oral care practices among critical care nurses in the east coast of Peninsular Malaysia. (RM30,000.00).	2007	▪ FRGS – KPT ▪ Completed
6.	Member	Attitude towards exercise among school teachers in Malaysia. (RM156,280,00)	2007	▪ E-Science Grant RMKe-9 ▪ Completed
7.	Member	Nursing students' and nurse's educators' perception of effective clinical nurse teachers in Terengganu nursing colleges in east coast of Peninsular Malaysia. (RM20,000.00)	2008	▪ University Darul Iman Malaysia Grant ▪ Completed
8.	Member	<i>Penglibatan belia dan masyarakat dalam sukan.</i> (RM220,000.00) The involvement of youth and society in sports.	2009	▪ Ins.Penyelidikan Pembangunan Belia Malaysia (KBS) ▪ Completed
9.	Member	In depth study of the manpower needs in the Malaysian sports industry. (RM124,810.00).	2011	▪ KPTM (Bhg Sukan) ▪ Completed
10.	Member	Medication administration errors among nurses in the medical surgical wards. (RM80,000.00).	2014	▪ FRGS, KPM ▪ Completed
11.	Member	A model for understanding the effect of E-Intelligence, S-Intelligence, social support on self efficacy and health behaviour. (RM52,000.00).	2016	▪ FRGS ▪ Completed
12.	Lead researcher	Comparison of Knowledge and Perception about Sports Massage between National Athletes and Coaches. (RM4,400.00)	2021	▪ National Sports Institute of Malaysia ▪ Completed

(iv) Research University Grant (RUG) – RM819,740.00

Total: 17

Completed: 15

On-going: 2

No.	Role	Research Title & Amount	Year	Type /Status
1.	Lead researcher	Establishment of the correlation between fitness, fatness, and coronary heart disease risk among Malaysian adolescents. (RM72,000.00).	2007	▪ RUG ▪ Completed
2.	Member	Developing new nursing practice guidelines to control hospital-acquired infection. (RM60,000,00)	2007	▪ RUG ▪ Completed

No.	Role	Research Title & Amount	Year	Type /Status
3.	Member	<i>Tinjauan sejauhmana pelaksanaan pengajaran Pendidikan Jasmani dan Kesehatan di sekolah menengah di semenanjung Malaysia. (RM30,000.00)</i> An overview on the implementation of teaching physical education and health in secondary schools in Peninsular Malaysia.	2008	<ul style="list-style-type: none"> ▪ RUG ▪ Completed
4.	Lead researcher	Physical activity and lifestyle comparison between Malaysian and Australian University nursing students. (RM183,500.00)	2010	<ul style="list-style-type: none"> ▪ RUG Berimpak ▪ Completed
5.	Lead researcher	The relationship of physical activity, coronary heart disease (chd) risk factors, fitness level, and body composition between Malaysian and international adolescent students in international schools. (RM15,000.00).	2012	<ul style="list-style-type: none"> ▪ RUG ▪ Completed
6.	Member	Health Behaviour, Mental Distress and Suicidal Ideation Among Malaysian and Indonesian Public High School Children During Covid-19 Pandemic Recovery Movement Control Order. (RM20,000)	2021	<ul style="list-style-type: none"> ▪ FPP Putra Berfokus
7.	Member	Obesity and perception toward obesity among students in Terengganu and Selangor. (RM30,000.00).	2012	<ul style="list-style-type: none"> ▪ RUG ▪ Completed
8.	Member	Prevention of intensive care units related complications in Malaysia: nursing perspectives (PICO Study). (RM120,000.00).	2012	<ul style="list-style-type: none"> ▪ RUG Berimpak ▪ Completed
9.	Lead researcher	The effect of karate pilate exercises combined with karate training (kpt) on core muscle strength and flexibility among karate players in Malaysia. (RM15,000.00).	2013	<ul style="list-style-type: none"> ▪ PUTRA Grant ▪ Completed
10.	Member	The relationship between culture of major ethnic groups and pain experience among post-surgical patients in Malaysia. (RM43,740.00).	2014	<ul style="list-style-type: none"> ▪ PUTRA Grant ▪ Completed
11.	Lead researcher	Designing an intervention programme to improve physiological variables, physical activity, mental health and dietary behavior among undergraduate female students in Malaysia. (RM15,000.00).	2015	<ul style="list-style-type: none"> ▪ PUTRA Grant ▪ Completed
12.	Member	Assessment of the teaching curriculum and the development Of design guidelines for green outdoor environment for children with learning difficulties at primary schools in Malaysia. (RM22,500.00).	2015	<ul style="list-style-type: none"> ▪ Putra Grant ▪ Completed
13.	Lead researcher	Effects of combined weight and chain versus combined weight and elastic band resistance training on muscular endurance, strength and body composition among Iranian adults. (RM15,000.00).	2017	<ul style="list-style-type: none"> ▪ PUTRA Grant ▪ Completed

No.	Role	Research Title & Amount	Year	Type /Status
14.	Lead researcher	<i>Senaman sensori berliter untuk murid-murid bermasalah pembelajaran di Program Pendidikan Khas Integrasi Sekolah Kebangsaan Serdang. (RM140,000.00).</i> Circuit Sensory Exercises for Students with Learning Disability in Special Integrated Education Program at Serdang National School.	2018	<ul style="list-style-type: none"> ▪ PUTRA Berimpak ▪ Completed
15.	Lead researcher	Compare the effectiveness of using Command Teaching Style (TCL) and Guided Discovery Teaching Style (SCL) with and without hand phone in teaching volleyball skills and the resulting levels of enjoyment among primary school students. (RM20,000.00)	2021	<ul style="list-style-type: none"> ▪ FPP Grant ▪ Completed
16.	Lead researcher	Comparing Sedentary Behaviour Among Teachers in Malaysia and Indonesia. (RM10,000.00)	2023	<ul style="list-style-type: none"> ▪ FPP Grant ▪ On-going
17.	Lead researcher	Sedentary Behaviour Among Teachers in Malaysia. (RM8,000.00)	2023	<ul style="list-style-type: none"> ▪ Grant UPM Inisiatif ▪ On-going

CONSULTANCY & PROFESIONAL ROLES

(i) Program Examiner

University, Year, and Program
University: Open University Malaysia - 2009-2013 Program: Degree of Bachelor of Teaching (Primary Education) with Honours
University: Universiti Putra Malaysia - 2012-2014 Program: Bachelor of Education (Physical Education)
University: Open University Malaysia - 2019 Program: Bachelor of Teaching Degree with Honours (SMK) / <i>Program Sarjana Muda Keguruan Dengan Kepujian (SMK)</i> .
University: University Pendidikan Sultan Idris - 2022 Program: Bachelor in Sports Science (Coaching Science with Honours) / <i>Ahli Akademik Bagi Jawatankuasa Pengajian Program Akademik (UPSI)</i> .
University: University Pendidikan Sultan Idris - 2023 Program: Non-educational Bachelor's Program (Program Sarjana Muda Bukan Pendidikan) / <i>Ahli Jawatankuasa Pengajian Program Akademik (Ahli Akademik)</i> .

(ii) Editorial Board

University, Year, and Program
University: Cairo University, Egypt - 2011 Journal: Theories & Applications, the International Edition (TAIE)
Publisher: The Association of Indonesia Scholars of History Education (ASPENSI) - 2015 Journal: South-East Asian Journal for Youth, Sports & Health Education.
Publisher: Science Publishing Groups - 2018 Journal: American Journal of Bioscience and Bioengineering
Publisher: Academy of Science – 2019 Journal: ASM Science Journal
Publisher: CPQ OS Publisher – 2019 Journal: CPQ Orthopaedics Journal
Publisher: AL- Mustansiriyah Journal of Sports Science - 2022 Journal: Ministry of Higher Education & Scientific Research and AL- Mustansiriyah University

(iii) Research Grant Evaluator Ministry of Higher Education, Malaysia

Ministry, Year, and Program
Ministry: Ministry of Higher Education, Malaysia - 2015 Program: Social Science
Collage: Malaysian Teaching Colleges, Malaysia - 2015. Program: Social Science
University: University Putra Malaysia, Malaysia – 2015 -2023. Program: Social Science
University: University Pertahanan Malaysia, Malaysia – 2019. Program: Social Science

(iv) **Academic Staf Promotion Evaluator**

University, Year, and Position
University: Universiti Putra Malaysia (UPM) Year: 2022 Position: Gred 54 - Management
University: Universiti Sultan Idris (UPSI) Year: 2022 Position: Gred 54 - Associate Professor
University: Universiti Sultan Idris (UPSI) Year: 2022 Position: Jusa - Professor
University: University Science Malaysia (USM) Year: 2022 Position: Gred 54 - Associate Professor
University: Shenzhen University, China. Year: 2023 Position: Associate Professor
University: Universiti Putra Malaysia (UPM) Year: 2023 Position: Gred 54 – Management
University: Universiti Putra Malaysia (UPM) Year: 2023 Position: Mentor for a new lecture in the Department of Sports Studies, FPP, UPM.
University: Universiti Sultan Idris (UPSI) Year: 2023 Position: Gred 54 - Associate Professor
University: Universiti Putra Malaysia (UPM) Year: 2024 Position: Assessment Of Naib canselor Category Of Teaching Fellowship Award (AFNC-KP).
University: Universiti Putra Malaysia (UPM) Year: 2024 Position: Mentor for the participant in the Basic Teaching Course (KAP) Series 1/2024, UPM

(v) **Invited Speaker**

Conference/Workshop, Year, Organiser
Conference: Seminar Kesihatan Wanita: Gaya Hidup Sihat - 2007 Organiser: PERMATA UPM Title: Exercise and Active Lifestyle (<i>Senaman dan Gaya Hidup Sihat</i>).
Conference: Seminar Akademi Sukan Siri ke-4 - 2007 Organiser: Sports Academy (<i>Akademi Sukan</i>), UPM Title: Physical Activity in Malaysian: An Overview
Conference: ISCA World Congress 2007, Kuala Lumpur, Malaysia - 2007 Organiser: Ministry of Youth and Sports, Malaysia. Title: How Healthy Are Univesity's Staffs and Academicians?
Conference: Seminar Telekom Malaysia 2008, Taiping, Perak. Organiser: Telekom Malaysia Berhad. Title: Fitness and Health

Conference/Workshop, Year, Organiser
Conference: International Conference on Education and Social Science (ICESS) Malaysia - 2017 Organiser: Nabu Research Academy Title: Physical Activity, Fitness and Technology: Malaysian Scenario.
Conference: SAKURA Science Plan - 2017 Organiser: Japan Science and Technology Agency, Japan Title: 1 - The current situation of lifestyle related diseases in Malaysia. 2 - Rehabilitation and physical support available in Malaysia.
Conference: 4th International Conference in Physical Education and Sports Science - 2018 Organiser: University of Babylon, Iraq Title: Effects of a Home-based Programme on Physical Activity among Undergraduate Female Students in Iraq.
Conference: The 6th International Scientific Conference of Sports Science Malaysia - 2018 Organiser: Arab Science Academy of Sports Science and the International Academy of Sport Technology in Sweden. Title: Sitting Time and Physical Activity: Malaysian Scenario.
Conference: 80th Anniversary Ceremony of Suan Sunandha Rajabhat University (SSRU), Bangkok, Thailand – 2018. Organiser: Suan Sunandha Rajabhat University Title: How Physically Active are Malaysian Nursing Students
Conference: Mesti Fit 4 Health – Awareness Health Programme 2019. Organiser: KLCC Parking Management, Sdn. Bhd. Title: Exercise and Fitness Testing.
Conference: 4th Saint Elisabeth International Conference, Medan, Indonesia – 2019 Organiser: Sek. Tinggi Ilmu Kesehatan (STIKes) Santa Elisabeth Medan Title: Disaster Education in The World Education.
Conference: 1st International Scientific Conference on Sports Science, Thailand – 2019 Organiser: Iraq Sport Scientific Association Title: Obesity Risk Overtaking Smoking
Conference: Wellness Jo Conference – Toward Healthy Lifestyle, Jordan - 2020 Organiser: Actness Title: Exercise is Medicine
Conference: The 3rd International Conference in Sports Science – Jordan, Virtual – 2021 Organiser: University of Jordan Title: Combined Exercises Program During Covid-19 Pandemic
Conference: Research and Publication Workshop 2022 Organiser: Mahasarakham University, Thailand. Title: How to Conduct Research and Collaborate Effectively 2022.
Conference: Research Talk 2022 Organiser: Faculty of Educational Studies Title: Research Alignment: From Title to Research Design.
Conference: 1st International Conference on Applied Sports – ICAS 2023, Sri Lanka - 2023 Organiser: Sabaragamuwa University, Sri Lanka. Title: Movement and Longevity in the Digital Age: Balancing Sedentary Lifestyle.
Conference: Systematic Review Workshop 2023 in UPSI. Organiser: University Pendidikan Sultan Idris (UPSI). Title: How to identify research gaps using systematic review.
Conference: The 9th ASEAN Council of Physical Education and Sports (ACPES) - “International Conference on Physical Activity, Physical Education and Sport Science” Organiser: Mahasarakham University, Thailand. Title: Redefining Movement: Exercise Strategies for a Tech-Driven Era.

Conference/Workshop, Year, Organiser
Conference: Minggu Keselamatan dan Kesihatan Pekerjaan 2023, Fakulti Pengajian Pendidikan. Organiser: Fakulti Pengajian Pendidikan, UPM. Title: Pekerja Sihat Organisasi Cemerlang.
Conference: Training of Trainer 2023 workshop for UPM Medical Centre staff Organiser: Universiti Putra Malaysia. Title: First Aid Module & CPR" at the workplace.
Conference: Bengkel Pengenalan Kemahiran Renang SKPP 8(1) 2024. Organiser: SMK Putrajaya Presint 8(1). Title: Aktiviti Fizikal - Renang.
Conference: The 2nd International Conference of the Arab Society for Biomechanic in Sports: Applications of Biomechanic in the Field of Rehabilitation and Sports Sciences (2024). Organiser: The Arab Society of Biomechanic in Sports ArabSBS Title: Innovations in Biomechanics: AI-Driven Solutions for Enhancing Physical Activity and Movement Analysis.

(v) Reviewer Books & Journals

Publisher, Year, Type, & Title
Publisher: UPM Press , Year: 2008, Type: Book Title: Seminar on Research and Human Resource Development. (<i>Seminar Penyelidikan dan Pembangunan Sumber Manusia</i>).
Publisher: UPM Press , Year: 2010, Type: Book Title: Coaching athletes with disabilities.
Publisher: Ministry of Education (KPM) , Year: 2016, Type: Textbook Title: Textbook for Secondary School Curriculum Standard (KSSM) years 2016. (<i>Buku Teks Kurikulum Standard Sekolah Menengah (KSSM) tahun 2016</i>).
Publisher: Malaysian Association for Physical Education, Sports Science and Fitness (PPJSKM) , Year: 2002, Type: Journal
Publisher: ISN Bulletin , Year: 2008. Type: Bulletin
Publisher: World Applied Sciences Journal , Year: 2011, Type: Journal
Publisher: Theories & Applications, the International Edition (TAIE) , Year: 2012, Type: Journal
Publisher: MACFEA National Seminar , Year: 2015, Type: Conference Paper
Publisher: Movement, Health & Exercise Journal (MoHE) , Year: 2016, Type: Journal
Publisher: GEOMATE Journal , Year: 2016, Type: Journal
Publisher: PERTANIKA , Year: 2016, Type: Journal
Publisher: Burapha University , Year: 2017, Type: Conference Paper
Publisher: Malaysian Journal of Public Health Medicine (MJPHM) , Year: 2017, Type: Journal
Publisher: British Journal of Medicine and Medical Research , Year: 2017, Type: Journal
Publisher: Movement, Health & Exercise Journal (MoHE) , Year: 2018, Type: Journal
Publisher: University Technology Mara (UiTM) , Year: 2019, Type: Journal – Guest Editor
Publisher: Journal of Taibah University , Year: 2020, Type: Journal
Publisher: FPP Special Issue , Year: 2020, Type: Journal - Editor
Publisher: Frontier Psychology , Year: 2021, Type: Journal
Publisher: Institut Sukan Negara (ISN) - 1st Agilemas Research in High Performance Sports Colloquium (HPSC) , Year: 2022, Type: Conference Paper
Publisher: PLOS ONE , Year: 2023, Type: Journal
Publisher: Heliyon Journal , Year: 2023, Type: Journal

AWARDS & RECOGNITION

- **Visiting Scholar**

Curtin University of Technology in Sydney, Australia, from January 2011 to May 2011.

Research Title

Comparing physical activity levels and lifestyle between Malaysian and Australian University nursing Students.

- **SAKURA Science Plan 2017 (Sponsored by Japan Science and Technology Agency)**

Selected to represent Malaysia from 4-12 November 2017 (among four other ASEAN countries: Thailand, Brunei, Vietnam, and Cambodia) in Kagawa, Japan.

Research Title

- i. Current Situation of Lifestyle-Related Diseases in Malaysia.
- ii. Rehabilitation and physical support were available in Malaysia.

The collaboration resulted in the MOU signing between UPM and Kagawa University on 18th November 2019 to 17th November 2024.

- **SAKURA Science Plan 2018 (Sponsored by Japan Science and Technology Agency)**

Awarded a travelling grant to attend the SAKURA Science Plan program to represent Malaysia from 2nd to 9th December 2018 in Kagawa University, Japan.

- ✓ Selected graduate student – Azrool Afizie bin Ahmad – PH.D. In Physical Education.

- **SAKURA Science Plan 2019 (Sponsored by Japan Science and Technology Agency)**

Awarded a travelling grant to attend the SAKURA Science Plan program to represent Malaysia from 30th November to 7th December 2019 at Kagawa University, Japan.

- ✓ Selected graduate student – Yohana Unyang Juren – Med. In Physical Education.

- **Nobel Laureate Inisiatif Program funded by Research Management Centre, Universiti Putra Malaysia**

Selected to represent UPM to initiate a research collaboration project with Hannover Olympic Service Centre and the University of Leipzig, Germany, from 18-31 May 2018, Hannover, Germany.

- **Visiting Profesor**

Faculty of Sport Sciences, Universitas Negeri Yogyakarta, Indonesia, from 5th October 2020. Online lecture and involved in 4 research projects.

The collaboration resulted in the MOU signing between UPM and Universitas Negeri Yogyakarta on 28th August 2022 to 27th August 2027.

- **Visiting Profesor**

Physical Education School, Henan University, China, from 16th October 2020.

Title: Healthy Living: The Roles of Physical Education Teachers.

- **Visiting Profesor**

Faculty of Nursing and Department of Physical Education, Suan Sunandha Rajabhat University (SSRU), Thailand, from 28th to 3rd September 2023.

Title: How to Publish in a High-Impact Journal and Comprehensive Literature Search.

The collaboration resulted in the MOU signing between UPM and Suan Sunandha Rajabhat University on 28th August 2023 to 27th August 2027.

- **Visiting Profesor**

Physical Education School, Ningxia Normal University, China, from 9th to 14th October 2023.

Title: Healthy living: Identify Research Gaps using Systematic Review.

- **Visiting Profesor**

Western university and Nation university in Bangkok, Thailand, from 22nd to 27th April 2024.

Title: 1. Writing Process & Strategies 2. Meta-Analysis and Synthesis of Literature

The collaboration resulted in the MOU signing between UPM and Western university and Nation university on 23rd April 2024 to 22nd April 2029.

- **Research Collaborator**

Mahidol University, Thailand - PAPE In-Person International Research Collaborators Meeting in Bangkok, Thailand, from 2nd to 4th May 2025.

Title: Physical Activity Promotion and Physical Education Across Diverse Perspectives.

- **Visiting Profesor**

Hubei University of Automotive Technology (HUAT), Hubei, China, from 11-18 May 2025 for the World-Renowned Scientists Lecture Programme in Hubei Province.

Title:

1. How to Find What Research Is Missing

2. Not Just a Summary: The Power of Systematic Reviews in Discovering What's Next

Research Related Awards	
1.	<p>Bronze Medallist (Medical and Health Science category). Exhibition of Invention, Research, and Innovation UPM 2002 organized by the Research Management Centre, University Putra Malaysia.</p> <p><u>Research Title</u> Leg Strength Per Body Mass Ratio among Malaysian Netball Players.</p>
2.	<p>Gold Medallist (Social Sciences and Humanities category). Exhibition of Invention, Research, and Innovation UPM 2003 organized by the Research Management Centre, University Putra Malaysia.</p> <p><u>Research Title</u> Aerobic and Strength Training: Impact on VO₂ max and Body Composition.</p>
3.	<p>Bronze Medallist (Social Sciences and Humanities Category). Exhibition of Invention, Research, and Innovation UPM 2006 organized by the Research Management Centre, University Putra Malaysia.</p> <p><u>Research Title</u> Fitness Profile among Malaysian Netball Players.</p>
4.	<p>Bronze Medallist (Social Sciences and Humanities Category). Exhibition of Invention, Research, and Innovation UPM 2007 organized by the Research Management Centre, University Putra Malaysia.</p> <p><u>Research Title</u> <i>Tahap Status Aktiviti Fizikal Dalam Kalangan Staf UPM/Physical Activity Status among UPM Staff.</i></p>
5.	<p>Silver Medallist (Social Sciences and Humanities Category). Exhibition of Invention, Research, and Innovation UPM 2010 organized by the Research Management Centre, University Putra Malaysia.</p> <p><u>Research Title</u> Assessment of Physical Activity of University Putra Malaysia Staff with using a pedometer.</p>
6.	<p>Floria Garden Creative Award (Floria Garden Showcase 2014 - Primary School Category). The Putrajaya Flower & Garden Festival 2014 organized by Perbadanan Putrajaya and Ministry of Federal Territories, Putrajaya.</p> <p><u>Exhibition Title</u> Putrajaya 2014 Floria Mesmerizing Colours.</p>
7.	<p>Floria Special Jury Award (Floria Garden Showcase 2013 – Primary School Category). The Putrajaya Flower & Garden Festival 2013 organized by Perbadanan Putrajaya and Ministry of Federal Territories, Putrajaya.</p> <p><u>Exhibition Title</u> Orchid Tropical Treasure.</p>
8.	<p>3 Gold Medal at the International Putra InnoCreative Poster Competition International Putra InnoCreative Carnival in Teaching and Learning 2020, 22nd - 30th October 2020, Universiti Putra Malaysia.</p> <p><u>Research Title:</u></p> <ul style="list-style-type: none"> i. Cardiovascular Fitness and Body Fat Percentage Improvement with Guided Learning, Practical and Assessment. ii. Effect of 6-Weeks Self-Monitor Exercise Program on Muscle Endurance, Muscle Strength, and Muscle Flexibility Performance. iii. Community-Based Teaching of the Importance of Health Awareness and Its Relation to Blood Cholesterol and Glucose Levels to Reduce Metabolic Syndromes.

Best Paper Award

1.	1 st Biennial International Evidence-Based Nursing Conference 25-28 June 2008 Universiti Malaysia Sarawak. <u>Research Title</u> Perception of patients' stressors by patients and nurses in the Federal Territory Hospitals.
2.	International Conference on Education and Social Science 2017 (ICESS2017), 8-9 May 2017. Langkawi, Malaysia. <u>Research Title</u> Physical Activity and Health Promoting Lifestyle among Diploma Nursing Students in Malaysia
3.	5 th International Conference on Movement, Health & Exercise 2018/4 th Asean Conference on Physical Education & Sports 2018. <u>Research Title</u> Exploring the Trend for Physical Activity amongst International Students Studying within Malaysian Universities.
4.	1 st AgileMAS Research in High Performance Sports Colloquium in 2022 from the 23rd to 25th of August 2022. <u>Research Title</u> Frontier Hotspots and Development Trend of Sports Medicine.

Professional Related Awards

1. 2001 - 2006 Excellent Service Awards, Faculty of Educational Studies, Universiti Putra Malaysia.
2. **2007 Excellent Service Awards, Faculty of Educational Studies, Universiti Putra Malaysia.**
Awarded RM1000
3. 2008 -2014 Excellent Service Awards, Faculty of Educational Studies, Universiti Putra Malaysia.
4. **2015 Excellent Service Awards, Universiti Putra Malaysia. *Awarded RM1000***
5. **2019 – Awarded Sijil Perhargaan Setia Putra, University Putra Malaysia - serving 20 years in UPM.**
6. **2023 Excellent Service Awards (Professor Category), Universiti Putra Malaysia. *Awarded RM1000***
7. 2016 – 2024 Excellent Service Awards, Faculty of Educational Studies, Universiti Putra Malaysia.

Teaching/Lecturing /Examiner Related Awards

1. 2005-2006 - Excellent Teaching/Lecturing Awards for EDU3553 (Community and Environmental Health) course in the Faculty of Educational Studies, Universiti Putra Malaysia.
2. 2005-2006 - Excellent Teaching/Lecturing Awards for EDU3550 (Introduction to Health Education) course in the Faculty of Educational Studies, Universiti Putra Malaysia.
3. 2007-2008 - Excellent Teaching/Lecturing Awards for EDU3550 (Introduction to Health Education) course in the Faculty of Educational Studies, Universiti Putra Malaysia.
4. 2008-2009 - Excellent Teaching/Lecturing Awards for SPE3351 (Introduction to Health Education) course in the Faculty of Educational Studies, Universiti Putra Malaysia.
5. 2009 - Recipient of the University Putra Malaysia Research Incentive 2009 Awards.
6. 2010 - Recipient of the University Putra Malaysia Research Incentive 2010 Awards.
7. 2016-2017 - Excellent Thesis Examiner Awards for the year 2016-2017 in the Faculty of Educational Studies, Universiti Putra Malaysia.
8. 2018 - Excellent Publication Awards for the year 2018 in the Faculty of Educational Studies, Universiti Putra Malaysia.
9. 2019-2020 - Excellent Thesis Examiner Awards for the year 2019-2020 in the Faculty of Educational Studies, Universiti Putra Malaysia.
10. 2022 – **Graduate on Time Award (GOT)** for 3 Ph.D. Students (**Sun He, Xiao Wengsheng, and Bai Xiaorong**).
11. 2022 – Ph.D. BasNet Technology Award (Best Ph.D. Student in Social Science Category received by **Dr. Sun He**).
12. 2023 – **Graduate on Time Award (GOT)** for 5 Ph.D. Students (**Lou Shenyong, Li Long, Cao Shudian, Gong Yongqi, and Guowei**).
13. 2023 – Nominated as 2/3 Ph.D. BasNet Technology Award Finalist - **Dr. Lou Shenyong and Dr. Gong Yongqi** (Best Ph.D. Student in Social Science Category).
14. 2023 – Awarded **Best Lecturer Award for publication**, Faculty of Educational Studies, UPM in 2023.
15. 2023 – Awarded the **Best Lecturer Award for Supervision of Graduate Students** in the Faculty of Educational Studies, UPM, with 5 Ph.D. students who graduated as main supervisors in 2023.
16. 2024 – **Graduate on Time Award (GOT)** for 4 Ph.D. Students (**Marrium Bashir, Saddam Akbar, Deng Nuannuan, and Xu Fan**).
17. 2024 – Ph.D. BasNet Technology Award (Best Ph.D. Student in Social Science Category received by **Dr. Deng Nuannuan**).

Travel Grants Awards / Collaboration

1. **Recipient** (2002), travel Grant awarded by the Faculty of Educational Studies, Universiti Putra Malaysia, to present research findings at the 12th Commonwealth International Sport Conference. **Manchester, United Kingdom.**
2. **Recipient** (2003), travel Grant awarded by Faculty of Educational Studies, Universiti Putra Malaysia to present research findings at VIIth IOC Olympic World Congress on Sport Sciences on Physical, Nutritional and Psychological Care of the Athlete in the 21st Century. **Athens, Greece.**
3. **Recipient** (2004), travel Grant awarded by the Faculty of Educational Studies, Universiti Putra Malaysia, to present research findings at the 10th World Sport for All Congress: Sport for All as a Tool for Education and Development. **Rome, Italy.** RM7059.87
4. **Recipient** (2005), travel Grant awarded by the Faculty of Educational Studies, Universiti Putra Malaysia, to present research findings at the Science and Medicine in Sport Conference on 13-16 October 2005. **Melbourne, Australia.** RM7137.90
5. **Recipient** (2006), travel Grant awarded by Faculty of Educational Studies, Universiti Putra Malaysia to present research findings at the 2006 World Conference on Women and Sport in Kumamoto. **Kumamoto, Japan.**
6. **Recipient** (2007), travel Grant awarded by the Faculty of Educational Studies, Universiti Putra Malaysia, to present research findings at the Asia-Pacific Conference on Exercise & Sports Science (APCESS). 6-8 December 2007. **Hiroshima, Japan.**
7. **Recipient** (2008), travel Grant awarded by the Faculty of Educational Studies, Universiti Putra Malaysia, to present research findings at the 2008 International Convention on Science, Education and Medicine in Sport China (2008 ICSEMS). 1-5 August, **Guangzhou, China.**
8. **Recipient** (2011), travel Grant awarded by Universiti Putra Malaysia for Data Collection at the School of Nursing and Midwifery Centre for Cardiovascular and Chronic Care. From January 2011 to April 2011 at Curtin University of Technology - **Sydney Campus, Australia.**
9. **Recipient** (2017), travel Grant awarded by Sakura Science Plan, sponsored by Japan Science and Technology Agency (JST) from 4-12 November 2017 at the Faculty of Medicine, Kagawa University, **Kagawa, Japan.**
10. **Recipient** (2018), Research University (RU) Grant awarded by Research Management Centre, Universiti Putra Malaysia for Nobel-Laureate Insiatif Program in Hannover Olympic Service Centre and University of Leipzig, Germany. 18-31 May 2018, **Hannover, Germany.**
11. **Recipient (2019). Faculty of Educational Studies funding to present the 5th ACPES International Conference: 10-12 September 2019, Semarang, Indonesia.**
12. **Recipient (2022).** Mahasarakham University - Research Collaboration Discussion, 30th-2nd September 2022, **Mahasarakham, Thailand.**
13. **Recipient (2023).** Suan Sunanta Rajabat University (SSRU) – MOU Signing between UPM and SSRU on 28th August 2023, **Bangkok, Thailand.**
14. **Recipient (2023).** Ningxia University, China – Research Collaboration Discussion Invitation, 9th-14 October 2023, **Ningxia University, China.**
15. **Recipient (2023).** ACPES Institutional Presenter Funding to 9th ACPES International Conference: 30-2 November 2023, **Mahasarakham University, Thailand.**