



SELECTED RESEARCH GRANTS

- Attitude towards exercise among school teachers in Malaysia
- Mental Strength profile of Malaysian football players'
- An examination of factors influencing the academic achievement of university student athletes in Malaysia
- Mechanism of hepatotoxicity by Azole anti-fungal drugs
- Immunoliposome drug delivery system for inflammation in sports injury
- The Influence of environmental factors (Social and physical) towards participation of physical activity among adolescence
- Effects of Anti-inflammatory Zerumbone: Potential Use in Sports Injury
- Reviews implementation of the extent of teaching physical education and health education in secondary schools in Peninsular Malaysia

SELECTED BOOKS

- The style and behavior of lecturers in exercise: A case study
- Teaching methodology in physical education: Gymnastic drills
- Teaching methodology in physical education: Hockey drills
- Teaching methodology in physical education: Aerobic drills
- The psychology of dynamic and effective public speaking
- Method of teaching physical education: Volleyball drills
- Psychological approaches in solving athletes problems

OUR CLIENTS & LINKAGES

International:

- Sheffield Hallam University, UK
- Chulalongkorn University, Thailand
- Ministry of Youth and Sports, Negara Brunei Darussalam
- Brunei Sports School
- Asian Football Confederation (AFC)
- University of Venda, South Africa
- Vaal University of Technology, South Africa
- University of California, Los Angeles (UCLA)
- United States of Olympic Centre
- National University (UNAS), Jakarta, Indonesia
- PUK Rugby Institute Bemarking, South Africa
- Padang University, Jakarta, Indonesia
- Mahasarakham University, Thailand



National:

- FELDA United Football Club
- My Team
- Malaysian Rugby Union (KRM)
- Badminton Association of Malaysia (BAM)
- Malaysian Paralympic Council
- Royal Malaysian Navy (TLDM)
- National Fitness Council (NFC)
- UMS Link Holdings
- Ministry of Higher Education
- Ministry of Education
- Malaysian University Sports Council (MASUM)
- National Sports Institute (ISN)
- National Institute of Valuation (INSPEN)
- Ministry of Health Malaysia
- Kuala Lumpur City Hall (DBKL)
- Universiti Tenaga Nasional (UNITEN)
- National University of Malaysia (UKM)
- National Anti-Doping Agency (AADK)
- Malaysian Association For Physical Education Sports Science And Fitness (PPJSKM)



Sports Academy

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UPM SPORTS ACADEMY AT A GLANCE

The Sports Academy aims to create a paradigm shift in this country's sports by creating a niche in the latest application of sports technology. The vision of the Sports Academy is to be internationally recognized as a well-equipped resource center in all matters pertaining to sports excellence. This vision is consistent with the university's objective of transforming UPM as an established world class research university.

To realize this vision, UPM Sports Academy is committed to enhance the standard of sports through the use of scientific methodology in high performance sports. This mission shall be the main focus of all activities at the academy. The establishment of two laboratories namely, the Physical Performance and Skills Analysis Laboratory and Sports Development Laboratory at the academy is the key to the achievement of this vision and mission.

The activities of each laboratory are geared towards a number of specializations. The focus of the Physical Performance and Skills Analysis Laboratory is to provide expert services in all aspects of testing, measurement and evaluation of sport performance and conducting sport science research, whereas the objective of the Sports Development Laboratory is to provide professional sport management training and sport psychology.

VISION

As a referral centre for sports excellence.

MISSION

Generate of knowledge and application of relevant technologies for improvement of sports performance.

OBJECTIVES

- To enhance the management proficiency of selected sports.
- To increase the number of trained human resource in sports in terms of quality and quantity.
- To enhance the economic benefits through progress in the sport industry.
- To develop and encourage the growth of sport using scientific methods and professional management.
- To serve as a sport referral centre by establishing a sport archive.

OUR LABORATORIES

Laboratory of Physical Performance and Skills Analysis

Objectives :

- To conduct testing, measurement, and evaluation on the physical performance level of athletes.
- To offer consultancy services to increase and maintain the physical performance of athletes.
- To provide reference center regarding methods of increasing the level of physical performance.
- To develop a referral laboratory for a research in skills analysis and innovations in sports instrumentation.
- To disseminate findings based on research in skills analysis and instrumentation development to strengthen the development of high performance sports.
- To offer expert services in skills analysis.

Offered services:

- Physical performance assessment and evaluation test for athletes
- Analyzing athletes' ability based on the physical performance test
- Expert's consultancy services to increase the physical performance of athletes
- Organizing courses, workshops, talks related to physical performance of athletes. (i.e.: nutrition in sports, physical fitness for athletes, strength & conditioning, etc.)

Laboratory of Sports Development

Objectives :

- To improve management proficiency in identified sports area
- To increase the quantity and quality of trained human resources in selected sports
- To facilitate economic benefits through advancements in the sports industry.
- To enhance and generate the development of sports through scientific approach and professional management
- To be a reference center of sports by the establishment of sports archive

Offered services:

- Psychological performance assessment and evaluation test for athletes
- Analyzing athlete's ability based on the physiological performance test
- Expert's consultancy services to increase the physiological performance of athletes
- Organizing courses, workshops, talks related to sports psychology and management



OUR EXPERTS AND SERVICES OFFERED

Sports Science Consultancy
Physical Fitness Testing
Sport Psychology Evaluation
Sports Performance Consultancy
Sports Science Conference & Seminars

Sports Science Courses:

Coaching and Officiating in Sports
Stress Management in Sports
Drug Abuse in Sports
Sport Psychology
Sports Injuries
Coaching Management
Strategic Management in Sports
Sports and Event Management
Sports Nutrition
Fitness Measurement and Evaluation in Sports
Sports Development and Performance
Health and Fitness
Qualitative and Quantitative Research in Sports