



CURRICULUM VITAE

PERSONAL DETAILS

Name : ASSOC. PROFESOR/PROF MADYA DR ZAINAL ABIDIN BIN ZAINUDDIN
Gender : MALE
Date of Birth : 28 March 1971
Nationality : MALAYSIA
Marital Status : MARRIED
Permanent Address : NO. 21, JALAN PULAI 36, TAMAN PULAI UTAMA, 81300 SKUDAI, JOHOR, MALAYSIA
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ID Staff : 6869
Expertise : Exercise Physiology, Delayed Onset Muscle Soreness (DOMS), Sports Massage, Qualitative Research Methods

ACADEMIC QUALIFICATION

Year : **Doctor of Philosophy – Exercise Physiology 2005**
Edith Cowan University, Australia
Year : **Master Science (Sports Science) - 1999**
Universiti Putra Malaysia, Malaysia
Year : **Bachelor of Education (Physical Education) 1995**
Universiti Pertanian Malaysia, Malaysia

AWARD AND HONORS RECEIVED

Service Award and Honors Received

2015 : Excellent Service Award, Universiti Teknologi Malaysia
Anugerah Perkhidmatan Cemerlang
Level : University
2015 : Quality Service Awards, Universiti Teknologi Malaysia
Anugerah Inovasi Naib Canselor

- Level: University
- 2009 : **Publication Award** (Category of Social Science article in International Journal)
Citra Karisma, Universiti Teknologi Malaysia
Level: University
- 2008 : **Publication Awards** of the Faculty of Education, Universiti Teknologi Malaysia
Level: Faculty
- 2008 : **Consultation Awards** of the Faculty of Education, Universiti Teknologi Malaysia
Level: Faculty

Research & Innovation Award

- 2016 : **Best Paper Award**
International Educational Postgraduate Seminar (IEPS) 2016
Level: International
- 2014 : **Silver Medal** Malaysian Technology Expo (MTE) 2014
(CEKAP: Fundamental Movement Assessment Battery for Normal and Special Children)
Level: National
- 2013 : **Bronze Medal** Industrial Art and Technology Exhibition INATEX 2013
(CEKAP: Fundamental Movement Assessment Battery for Normal and Special Children)
Level: University

Teaching Award and Honors Recieved

- 2017 : Teaching Awards, Universiti Teknologi Malaysia
Award of excellence -Active Blended Learning Course SPPR 2803
Level : University
- Teaching Awards, Universiti Teknologi Malaysia
Award of excellence -Active Blended Learning Course SPPR 2932
Level : University

PROFESSIONAL EXPERIENCE

- i. Position : Deputy Director (Student Recruitment and Admission Division)
Employer : Universiti Teknologi Malaysia
Length of Service : 1 September 2016 until October 2019
- ii. Previous Position : Deputy Dean (Postgraduate and Research)
Employer : Faculty of Education, Universiti Teknologi Malaysia
Length of Service : 19 September 2009 until Feb 2015
- iii. Previous Position : Head of Department
Employer : Department of Social Education.

- Length of Service : Faculty of Education, Universiti Teknologi Malaysia
: 1 November 2008 until 18 September 2009
- iv. Position : Lecturer (Associate Professor)
Employer : Department of Social Education.
Faculty of Education/School of Education,
Universiti Teknologi Malaysia
Length of Service : 20 Mei 1999 until present
- v. Previous Position : Tutor
Employer : Department of Social Education.
Faculty of Education, Universiti Teknologi Malaysia
Length of Service : 2nd October 1995 to 20 Mei 1999
- vi. Previous Position : Teacher
Employer : Maktab Rendah Sains MARA (MRSM), Serting
MARA (Majlis Amanah Rakyat)
Length of Service : July 1995 to 2nd October 1995

ADMINISTRATIVE EXPERIENCE

Faculty Level

2009 – 2015	:	Chairperson, Postgraduate Committee
2009 – 2015	:	Chairperson, Publication Committee
2009 – 2015	:	Chairperson, Research Innovation Committee
2009 – 2015	:	Chairperson, Faculty Committee
2009 – 2015	:	Chairperson, Faculty of Education Postgraduate Society
2009 – 2015	:	Adviser of FP Graduate Associate, UTM
2006	:	Member of Task Force 7 MQA Committee, UTM
2006	:	Interviewer, Students Interview Panel
2006	:	Member of PKPGB Students Week Course Guide Committee, UTM
2006	:	Member of Faculty Editorial QA Panel, UTM
2006	:	Member of Technical Vocational Education (TVE) Seminar, Committee, UTM
2006	:	Member of the Final Report Evaluator of Monograph, UTM
2006	:	Fitness Laboratory Coordinator, Department of Social Education
2004 – 2005	:	Committee Member, Undergraduate Project Committee
2005	:	Member of Faculty Marketing Committee, UTM
2005	:	Chairperson, Faculty of International Committee
1999-2006	:	Member of Teaching Training Committee, UTM
1999	:	Committee Member, Solar Cycle Committee
1999	:	Member of Task force ISO 9000 FP, Faculty of Education, UTM
1999	:	Head Coach, Athletes's Coach for Solar Cycle
1999	:	Member of the Faculty of Education Family Day Committee, UTM
1999	:	Member of Educational Convocation Committee, UTM
1999	:	Member of Vice Chancellor Task Force Quality Award Committee, UTM

1996	:	Committee Member, Sports between Departments Committee, FP
1996	:	Member of Faculty Welfare Committee, UTM
1995	:	Committee Member – Sports and Competition, Family Day Committee 1995
1995	:	Committee Member, Family Day Committee UTM 1995

University Level

1. Appointed as Special Committee Members of Paperwork Preparation for Room Application of the Faculty of Education To UTM Deputy Vice-Chancellor (HEP) and Ministry of Finance Malaysia (18 May 2005), UTM
2. Appointed as Member of Consultant Vot 63023 of the Bureau of Innovation and Consultation (18 October 2006), UTM
3. Appointed as Committee of Teenage Sciences Camping Program (23 May 2006), UTM
4. Appointed as OUM Sports Sciences Practices Coordinator (September 2006), UTM
5. Member of Jogathon Family Day (November 1995), UTM
6. Appointed as AJK English Camp for Middle East High School Student (July 2005), UTM
7. Appointed as AJK 3rd International Qualitative Research Convention (August 2005), UTM
8. Motivational Speaker (March 2006), UTM
9. Kursus Audit dalaman 2016
10. Panel penilai teknikal FRGS 2014
11. Timbalan Pengerusi OSHA – F54
12. Penasihat Staff Games – TNCAA

NATIONAL COMMITTEE

1. Guest Speaker for Fitness Seminar and Executive Health of Johor Education Department (June 2006), Johor
2. Editorial Board, Journal Movement, health and Exercise (2018-present)
3. Penilai Kenaikan Pangkat UiTM (2018)
4. Editorial Board, Malaysian Journal of Medicine and Health Science (2018)
5. Penggubal Modul UKJK Kebangsaan. Jabatan Belia dan Sukan. Januari 2015
6. Pakar rujuk SEGAK Julai 2015
7. TAR College Technical Review 2016
8. Pembinaan Bateri Ujian kecergasan fizikal berkerperluan khas Jun 2018
9. Pengerusi teknikal buku teks (2018, 2019)
10. Moderator keputusan peperiksaan SSTMI. Kementerian Pelajaran (2018)
11. Timbalan Pengarah program KPTM Jom Masuk U Zon Selatan (2018)
12. Jawatankuasa Sukan Institusi Pendidikan TInggi (SUKIP) 2016
13. Jelajah KPT4U – Besut Trengganu
14. Jelajah Pendidikan Bagan Dato
15. Jom Masuk U - Miri

INTERNATIONAL COMMITTEE

1. Editorial Board, Walaikak Journal of Science and Technology (2016)
2. Editorial Board, Journal of Sports Science and Health (2018)
3. Pengerusi parallel ICES 2015
4. Moderator International Seminar on Quality & Affordable Education (ISQAE 2014)
5. Organizer, 3rd International Colloquium on Sports Science, Exercise, Engineering and Technology
6. MoA UTM-MOHE Afghanistan 2017
7. MoA UTM- Universitas Negeri Padang, 2019
8. EDEX Education Expo – Colombo, Sri Langka
9. Education Expo Septemer 2018 – Chittagong & Dakka, Bangladesh

10. 6th Baharin Educatio and Training Exhibition (EDUTEX) 2018
11. Asia Pacific conference on exercise and sports science

PROFESIONAL MEMBERSHIP AND RECOGNITION

1. Member of the Unity of Physical Education, Sports Science and Malaysian Health (PPJSKM)
2. President of Pro-term Special Olympic Malaysia (Johor Branch) 2005
3. Member of Alumni Universiti Putra Malaysia
4. Member of Alumni Edith Cowan University, Perth, Western, Australia
5. Lembaga Kejurulatihan Sukan Kebangsaan, Malaysia
6. Applied Physiology Society
7. European College of sports Science
8. Pendidik NetMalaysia Society
9. Malaysian Scout Society
10. Pengerusi Special Olympic Malaysia Negeri Johor
11. Persatuan Sains Matematik Malaysia
12. Executive Board Member, Asian Council of Exercise and Sports Science.
13. Member of Australian Council for Health, Physical Education and Recreation (ACHPER)

TEACHING EXPERIENCES

UNDERGRADUATE COURSES TAUGHT

Session	Semester	Subject Code	Subject	Credit Hour
20182019	1	UKQS2092	Archery	2.0
		SPPR4842	Training Method	2.0
		SPPR4922	Rugby and netball	2.0
		SPPA2001	Micro teaching	1.0
		SPPU4902	Final year project	2.0
20182019	2	SPPR1962	Aquatic sports	2.0
		SPPR2803	Teaching approach in Physical Education and Sport Science Kaedah	3.0
		SPPA3008	Teaching practice	8.0
		SPPU4904	Final year project	4.0
20172018	1	UKQS2092	Archery	2.0
		SPPR2832	Sports Coaching	2.0
		SPPA2001	Micro Teaching	1.0
20172018	2	SPPR1962	Aquatic sports	2.0
		SPPA3008	Practical Teaching Supervision	8.0
		SPPA3003	Industrial Training sipervisionm	3.0
20162017	1	SPPR2832	Sports Coaching	2.0
20162017	2	SPPR1942	Swimming	2.0
		UKQS1441	Archery	1.0
20152016	1	SPPR4842	Training Method	2.0
		SPPU4902	Final year project	2.0
20152016	2	SPPR2813	Exercise Physiology	3.0
		SPPU4904	Final year project	4.0
		SPPR1942	Swimming	2.0
20142015	1	SPPR4842	Training Methods	2.0
		SPPA2001	Micro Teaching	1.0
		SPPU4902	Final year project	2.0
20142015	2	UPPR2002	Healthy Lifestyle	2.0
20132014	1	SPPA2001	Micro Teaching	1.0
		SPPR2813	Exercise Physiology	3.0
20132014	2	UPPR2002	Healthy Lifestyle	2.0
		SPPR2803	Teaching approach in Physical Education and Sport Science Kaedah	3.0
20122013	1	SPPR2813	Exercise Physiology	3.0

Session	Semester	Subject Code	Subject	Credit Hour
		SPR4882	Sports Nutrition	2.0
20122013	2	SPPR1942	Swimming	2.0
		SPPR2803	Teaching approach in Physical Education and Sport Science Kaedah	3.0
20112012	1	SPPR2813	Exercise Physiology	3.0
20112012	2	SPR2803	Teaching approach in Sports Sciece	2.0
		SPPR1942	Swimming	2.0
20102011	1	SPPR2813	Exercise Physiology	3.0
20102011	2	SPR2802	Teaching approach in Sports Sciece	2.0
		SPR1942	Swimming	2.0
20092010	1	SPPR2813	Exercise Physiology	3.0
20092010	2	SPPR2802	Teaching approach in Sports Sciece	2.0
		SPPR1942	Swimming	2.0
		SPR4932	Rugby and Netball	2.0
20082009	1	SPR2813	Exercise Physiology	3.0
		SPR2922	Hockey	2.0
20082009	2	SPPR4932	Rugby and Netball	2.0
		SPR2942	Training Methods	2.0
		SPR1942	Swimming	2.0
		SPR2802	Teaching approach in Sports Sciece	2.0
20072008	1	SPR2922	Hockey	2.0
		SPR2813	Exercise Physiology	3.0
20072008	2	SPR2912	Soccer/takraw	2.0
		SPR4932	Rugby and Netball	2.0
		SPR1942	Swimming	2.0
		SPR2802	Teaching approach in Sports Sciece	2.0
20062007	1	SPR4932	Rugby and Netball	2.0
		SPR2922	Hockey	2.0
		SPR22813	Exercise Physiology	3.0
20062007	2	SPR4932	Rugby and Netball	2.0
		SPR2802	Teaching approach in Sports Sciece	2.0
		SPR1942	Swimming	2.0
20052006	1	SPF5802	Sports Injury	2.0
		SPR2813	Exercise Physiology	3.0
		SPR38002	Sports Injury	2.0
		SPR2922	Hockey	2.0
		SPR4922	VolleyBall	2.0
		SPF5922	VolleyBall	2.0
20052006	2	SPR2943	Training Method	2.0
		SPR2802	Teaching approach in Sports Sciece	2.0
		SPPR1942	Swimming	2.0
TOTAL				169.0

POSTGRADUATE COURSES TAUGHT

Semester	Sem	Subject Code	Subject	Credit Hour
20182019	1	MPU1024	Research Methods in Education	4.0
20172018	1	MPPU1060	Research methods and data analyses	0.0
		MPU/MPPU1024	Research Methods in Education	4.0
20172018	2	MPU1024	Research Methods in Education	4.0
		MPPU1024	Research Methods in Education	4.0
20162017	1	MPPU1024	Research Methods in Education	4.0
		MPPU1060	Research methods and data analyses	0.0
20162017	2	MPU1024	Research Methods in Education	4.0
		PPU0020	Research Methods in Education	0.0
20152016	1	PPU0020	Research Methods in Education	0.0
		MPPU1024	Research methods and data analyses	4.0
20152016	2	MPU/MPPU1024	Research Methods in Education	4.0
		PPU0020	Research Methods in Education	0.0

Semester	Sem	Subject Code	Subject	Credit Hour
			TOTAL	32

RESEARCH GRANT

Principal Investigator

Year	No	Title	Level	Member Status	Actual Budget (RM)
2014	1	Talent Identification On Malaysian Selected Sports Based On Current Sports Demand	University (Tier 1)	Leader	35000.00
2013	2	Development of New Assessment Instrument for Basic Movement for Children: Basic Movement Skills Assessment Instrument (CEKAP)	National (FRGS)	Leader	64200.00
2011	3	Effective Forehand Stroke Guidelines Through Timing Analysis Between High Performance Squash Player	University (Tier 2)	Leader	40000.00
2009	4	The Antioxidant Effect of Dates (<i>Phoenix dactylifera</i>) in Delayed Onset Muscle Soreness (DOMS)	University (Tier 2)	Leader	10000.00
2007	5	Construction of Physical Fitness and Health Performance Database for Physical Fitness Subjects and Measurement and Assessment Subjects in Sports Science	University Grant (DPP)	Leader	5000.00
1996	6	Ventilatory Responses Of Athletes During Submaximal Exercise And Performance	University Grant	Leader	-

Collaborator/Member

Year	No	Title	Level	Member Status	Actual Budget (RM)
2017	1	Calisthenics exercise on the physiological profile of Type 2 Diabetic Mellitus (T2DM) Patients	University (Tier 2)	Member	10000.00
	2	The Neural Activity Of Children's Focus Attention Tasks Following Physical Activity	University (Tier 2)	Member	9050.00
2016	3	Motor Educability among Fencing Athlete in Epee, , Sabre and Foil Category	University (Tier 2)	Member	10000.00
2013	4	Development of Student Co-Curriculum Assessment System (SPKP) and Student Co-Curriculum Activity Excellence Profile	National (FRGS)	Member	53200.00
	5	Construction of UTM_Scenario Based Learning (SBL) Model and Integration of UTM-SBL Model in UTM E-learning System	University (DPP)	Member	34000.00
	6	Constructing of Framework Model in the application of "Babywearing"	National (FRGS)	Member	113000.00
2012	7	Employment Opportunity: Critical Match Analysis Of Community College Graduate	Iskandar Malaysia UTM Research Centre (IMREC)	Member	110900.00
	8	A Feasibility Study On The Development Of Educuity - A Case Study	Iskandar Malaysia UTM Research Centre (IMREC)	Member	80000.00
	9	Utilizing The Pattern Usage, Physical Measurement And Rated Of Sports Bra Features To Propose A New Standardized Size And Design That Physically	University (Tier 2)	Member	32000.00

Year	No	Title	Level	Member Status	Actual Budget (RM)
		Fitted For Young Athletes			
2011	10	Construction and Validation of Test Instruments for Understanding of Innovation Concept	University (Tier 2)	Member	12099.00
2009	11	Fundamental movement skill among children with special needs	National (FRGS)	Member	35000.00
1996	12	Ventilatory Responses Of Athletes During Submaximal Exercise And Performance	University Grant	Member	-

C. COPYRIGHT

Year	No	Title of Invention	Role	Type
2020	1	"Panduan Calon: Ujian Kecergasan dalam Talian ISMP UTM (Sains Sukan)" (online fitness test for ISMP sports science)	Co-Inventor	IP/CR/00667.
	1	Panduan Temuduga Dalam Talian Calon Sarjana Muda Pendidikan UTM" . (interview guideline for UTM education Degree candidate)	Co-Inventor	IP/CR/00495
2019	1	Rancangan 6-Minggu Program Latihan Kemahiran Menjaring Sukan Bola Jaring" (6 week shooting skills training in Netball)	Co-Inventor	LY2019008835.
		Senarai Semak Kemahiran Pukulan Penentuan Penalti - Penalty Shoot-Out - Sukan Hoki"	Co-Inventor	LY2019007531
2018	1	Pengujian Kemahiran Motor Halus Kanak-Kanak Prasekolah (fine motor skill measurements among Children)	Co-Inventor	IP/CR/2018/0274
2017	1	Kumpulan Kluster Pemain Remaja Bola Jaring Masalah Pendengaran Dan Pemain Normal Berasaskan Tiga Ujian Ketangkasan Mengubah Arah Pergerakan (agility and changes of direction base on three test among Deaf Youth Netballer)	Co-Inventor	IP/CR/2017/0683
	2	Prosedur Dan Rubrik Kualiti Pergerakan Ujian Kemahiran Asas Sukan Hoki Tennis Ragbi Dan Bola Baling (Procedure and rubric of teaching quality and skills est for hockey, tennis and handball)	Co-Inventor	IP/CR/2017/0725
	3	Modul Senaman Bersama Bayi (Exercise with Baby Module)	Co-Inventor	IP/CR/2016/1714
	4	Instrumen Dan Aktiviti Kemahiran Motor Kanak-Kanak (Instrument and Motor activity skills amog children)	Co-Inventor	IP/CR/2017/0699
2016	1	Instrumen Dan Keberkesanan Objektif Pendidikan Program (PEO) Dan Hasil Pembelajaran Program (PLO) Sarjana Muda Sains Serta Pendidikan Sains Sukan (Isntrument and effectiveness of PEO and PLO for Bachelor of Sposrs Science)	Co-Inventor	IP/CR/2016/1694
	2	Data Normatif Dan Deskriptif Ujian Naik Turun Bangku: Tecumseh Step Test Ymca 3-Minute Step Test Dan Queens College Step Test (normative and descriptive data for bench step test: Tecumseh Step Test Ymca 3-Minute Step Test and Queens College Step Test	Co-Inventor	IP/CR/2016/0134
	3	Data Normatif Dan Deskriptif Tiga Ujian Ketangkasan Atlet Remaja Bola Jaring Peringkat Kebangsaan (normative and descriptive dta for three agility test amongNational Youth netballer)	Co-Inventor	IP/CR/2016/1295
	4	Data Normatif Dan Deskriptif Ujian Special Judo Fitness Test Atlet Judo Johor Malaysia (normative and Descriptive fo Special Judo Fitnes Test Among Johor Judo Athlete)	Co-Inventor	IP/CR/2016/0069
2015	1	Dokumen Kesahan Kandungan Prosedur Ujian Dan Kaedah Penskoran Instrumen Pengukuran Kemahiran Asas Pergerakan Kanak-Kanak Prasekolah (Instrumen CEKAP) Content Validity document for Test Procedure and Scoring	Co-Inventor	UTM.J.14.01/27.13/1 JLD96(30)

Year	No	Title of Invention	Role	Type
2020	1	"Panduan Calon: Ujian Kecergasan dalam Talian ISMP UTM (Sains Sukan)" (online fitness test for ISMP sports science)	Co-Inventor	IP/CR/00667.
	1	Panduan Temuduga Dalam Talian Calon Sarjana Muda Pendidikan UTM" . (interview guideline for UTM education Degree candidate)	Co-Inventor	IP/CR/00495
2019	1	Rancangan 6-Minggu Program Latihan Kemahiran Menjaring Sukan Bola Jaring" (6 week shooting skills training in Netball)	Co-Inventor	LY2019008835.
		Senarai Semak Kemahiran Pukulan Penentuan Penalti - Penalty Shoot-Out - Sukan Hoki"	Co-Inventor	LY2019007531
		of CEKAP		
	2	Konstruk Instrumen Pengukuran Kemahiran Asas Pergerakan Kanak-Kanak Prasekolah (Instrumen CEKAP) Test Construct fot Preschool basic movement measurement	Co-Inventor	UTM.J.14.01/27.13/1 JLD94(80)
2014	1	Lab activity learning modul for Motor Learning: Callsification of motor skills.	Co-Inventor	UTM.J.14.01/27.13/1 JLD67(5)
	2	Lab activity learning modul for Motor Learning: Basic Movement Practice.	Co-Inventor	UTM.J.14.01/27.13/1 JLD64(45)
	3	Lab activity learning modul for Motor Learning: Memory and Motor skills	Co-Inventor	UTM.J.14.01/27.13/1 JLD64(64)
	4	Lab activity learning modul for Motor Learning:Data Processing classification	Co-Inventor	UTM.J.14.01/27.13/1 JLD64(49)
	5	Lab activity learning modul for Motor Learning: Transfer of Learning	Co-Inventor	UTM.J.14.01/27.13/1 JLD64(89)
	6	Prosedur Perlaksanaan Tes Keterampilan Mencoret, Manipulatif, Motorik Halus Dan Motorik Kasar (Test Score formula for skething ability, Manipulative Motoric, and gross motoric test)	Co-Inventor	UTM.J.14.01/27.13/1 JLD64(47)
	7	Formulir Skor Tes Keterampilan Mencoret, Manipulatif, Motorik Halus Dan Motorik Kasar (Test Score formula for skething ability, Manipulative Motoric, and gross motoric test)	Co-Inventor	UTM.J.14.01/27.13/1 JLD64(38)
2013	1	The Understanding Towards The Concepts Of Innovation (Uki) Among Students	Co-Inventor	UTM.J.14.01/27.13/1 JLD38(97)
	2	Pemahaman Konsep Inovasi (UKI) Di Kalangan Pelajar	Co-Inventor	UTM.J.14.01/27.13/1 JLD38(63)
	3	Pangkalan Data E- CEKAP (E-CEKAP database)	Inventor	UTM.J.14.01/27.13/1 JLD50(74)
	4	Rubrik Pentaksiran CEKAP (CEKAP testing rubric)	Inventor	UTM.J.14.01/27.13/1 JLD50(17)
	5	Prosedur Pentaksiran CEKAP (CEKAP evaluation procedure)	Inventor	UTM.J.14.01/27.13/1 JLD50(45)
	6	Rubrik Kemahiran Asas Gimnastik (Gymnastic basic skills rubric)	Co-Inventor	UTM.J.14.01/27.13/1 JLD38(81)
	3	CEKAP: Video Pengujian Asas Pergerakan Kanak-Kanak (Children basic movement test videos)	Inventor	UTM.J.14.01/27.13/1 JLD50(75)
	4	Modul Aktiviti Pengkayaan Kemahiran Asas Pergerakan (enrichment of basic movement skills module)	Inventor	UTM.J.14.01/27.13/1 JLD50(73)

POSTGRADUATE SUPERVISION

Ph.D Student Supervision (External)

Year	No	Name	Status	Title	Type	Roles of Supervision
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2017-present	1	Norfatihah binti Raimi	Graduate	A Single One-Off Dose Of Nigella Sativa Does Not Attenuate Indirect Markers Of Exercise-Induced Muscle Damage As A Model Of Inflammation	PhD Research, Universiti Sains Malaysia, Kubang Keriang	Co-Supervisor
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Ph.D Student Supervision (UTM)

No	Name	Status	Title	Type	Roles of Supervision
1	Berto Apriyano	On Progress	Pengaruh modul pembelajaran baru dalam pembelajaran akuatik pada tahap kebimbangan dan kemampuan breaststroke	Research	Main Supervisor
2	Zayed Mohammad Altowerqi	On Progress	Physiological and Health Condition of Former Athletes	Research	Main Supervisor
3	Alkuhaili Wadee Abdullah M	On Progress	Psychological Burnout among physical education and sports science professors in Saudi Universities	Research	Main Supervisor
4	Moayed Abdullah M Alsayegh	On Progress	New module to enhance the performance of Saudi referees based on their knowledge aspect	Research	Main Supervisor
5	Sameer Mohammed K Sayyd	On Progress	Revised model to develop sport management department in Madinah schools	Research	Main Supervisor
6	Mohd. Zulkhairi Bin Mohd. Azam	Viva	Talent Identification: Examination of Physiology Biomarkers for Sporting Ability Predictor in Children	Research	Main Supervisor
7	Yusainy Azizan	Differed	Penambahbaikan bateri ujian Kecergasan Calon guru bagi MAJOR Pendidikan Jasmani	Research	Main Supervisor
8	Noorasikin Binti Ismail	On Progress	Pengurusan Pendidikan (Keselamatan Beraktiviti dan Pengurusan Risiko)	Research	Main Supervisor
9	Shi Shaowei	On Progress	From Deep Learning to Core Competence: Teaching Design and Evaluation of Football Specialized Courses for Physical Education Majors Based on Blended Learning	Research	Main Supervisor
10	Huang Kun	On Progress	The Theory and Practice of Individualized Physical Education in Chinese Colleges and Universities -- Taking Yoga Teaching as An Example	Research	Main Supervisor
11	Adjah Naqkiah binti Mazlan	Graduated	Kesan Perisian Multimedia Pembelajaran Berintegrasikan Teknologi Penganalisan Video Dan Simulasi Terhadap Tahap Penguasaan Pergerakan Kemahiran	Research	Co-Supervisor
12	Merikan bin Aren	Graduated	Modul Kaunseling Kesihatan Untuk Kaunselor Di Institusi Penjagaan Kesihatan Malaysia	Research	Co-Supervisor
13	Mohamad Ali Rasti	Graduated	The Effect Of Mental Training On Mental Toughness And Coping Ability Among High School Studentathletes	Research	Co-Supervisor
14	Syamsuar	Graduated	Perbandingan Kesan Motivasi Belajar Ke Atas Model TGFU Dan Model Inquiry Dalam Kecergasan Fizikal Bagi Pelajar Sekolah Rendah Sr Di Kabupaten Padang	Research	Main Supervisor

No	Name	Status	Title	Type	Roles of Supervision
			Pariaman		
15	Diyana Zulaikha binti Abdul Ghani	Graduated	Notational Analysis Of Playing Strategy In Squash Game	Research	Main Supervisor
16	Yusainy Azizan	Differed	Penambahbaikkan bateri ujian Kecergasan Calon guru bagi Major Pendidikan Jasmani	Research	Main Supervisor
17	Norazila Binti Nordin	Graduated	The Effects of Calisthenics Exercise on Cardiovascular Risk factors of Working Population	Research	Main Supervisor
18	Syahrul Ridhwan bin Morazuki	Graduated	The Effects Of Tennis Aerobic Fitness Training Model Towards Physiological Responses And Court Coverage Ability	Research	Main Supervisor

Master of Philosophy Supervision

1	Mohamad Asraf bin Mohd Nor	Graduated	Kesan puasa dan diet terkawal terhadap penurunan berat badan	Research	Main Supervisor
2	Az Zuhran bin Zainal	Graduated	-	Research	Co-Supervisor
3	Ong Yun Er	On progres	New norm for physical exercise in Malaysia	Research	Main Supervisor

Undergraduate Project (Projek Sarjana Muda – PSM)

Year	No	Student's name	Area of Research	Status
2020	1	Mohd Shaquiele	Sports Science	Graduated
	2	Nurul Nadia	Sports Science	Graduated
2019	1	Mohd Syafiq Bin Azha @ Azhar	Sports Science	Graduated
	2	Muhammad Haikal Bin Ghazali	Sports Science	Graduated
	3	Nafiza Binti Azman	Sports Science	Graduated
	4	Nurul Sharina Binti Bawal	Sports Science	Graduated

2015	5	Ahmad Asyran Bin Safiin	Sports Science	Graduated
	6	Mohamad Saiful Hafiz Bin Zulkipli	Sports Science	Graduated
	7	Nor Aini Binti Mohd Tajuddin	Sports Science	Graduated
	8	Norhidayu Binti Muliar	Sports Science	Graduated
2014	9	Noor Atika Binti Md Radzi	Sports Science	Graduated
	10	Mohd Rasydan Bin Mohd Zain	Sports Science	Graduated
	11	Mohamad Hadi Bin Musa	Sports Science	Graduated
	12	Az Zuhran Bin Zainal	Sports Science	Graduated
2013	13	Abdul Hafiz Bin Asyari	Sports Science	Graduated
	14	Mohd Fakhrol Izzat Bin Afandi	Sports Science	Graduated
	15	Nor Anis Binti Abd Razak	Sports Science	Graduated
	16	Mohd Farid Nazmi Bin Che Adam	Sports Science	Graduated
	17	Noradibah Binti Abdullah	Sports Science	Graduated
	18	Sabira Bt. Abdul Razak	Sports Science	Graduated
2012	19	Fahmi Bahri Bin Sulaiman	Sports Science	Graduated
	20	Mohd Fairus Bin Mohd Yusof	Sports Science	Graduated
	21	Mohd Syukri Bin Azeman	Sports Science	Graduated
	22	Rahimah Bt Hasni	Sports Science	Graduated
2011	23	Aliff Bin Ahmad	Sports Science	Graduated
	24	Nur Afiqah Binti Mohd Ashri	Sports Science	Graduated

	25	Mas Murni @ Zaiton Binti Abdullah	Sports Science	Graduated
	26	Mohd Shahril Bin Ibrahim	Sports Science	Graduated
2010	27	Norfatihah binti Raimi	Sports Science	Graduated
	28	Nohanani Husna binti Harme	Sports Science	Graduated
	29	Mohd Shahren Hakim Bin Hj Ibrahim	Sports Science	Graduated
2009	30	Elango A/L Munusamy	Sports Science	Graduated
	31	Shafezan Hamidi Abd Hamid	Sports Science	Graduated
	32	Mohd Syazimee B. Che Hashim	Sports Science	Graduated
	33	Razmal Bin Shapiei	Sports Science	Graduated
	34	Mohd Hanif Bin Aziz	Sports Science	Graduated
2008	35	Mohd Farhan Bin Ab Razak	Sports Science	Graduated
	36	Rahimei Mohd Iqbal Bin A Malek	Sports Science	Graduated
	37	Ong Ay Shin	Sports Science	Graduated
	38	Muhammad Salleh Bin Rosli	Sports Science	Graduated
	39	Izwyn Binti Zulkapri	Sports Science	Graduated
	40	Habiballah Bin Yusoff	Sports Science	Graduated
	41	Mohd Redzuan Bin Mohd	Sports Science	Graduated
	42	Nik Rozita Bt Haji Ab Lattip	Sports Science	Graduated
	43	Mohd Fadli Bin Kamaruzzaman	Sports Science	Graduated
	44	Afrinaleni Bt Suardi	Mathematic Education	Graduated
	45	Nor Zaihan Binti Mohd Arifin	Technical Education	Graduated
	46	Noraini Binti Abdul Hamid	Technical Education	Graduated
	47	Nazilatul Arfah Binti Shamsuddin	Technical Education	Graduated
	48	Mastura Bte Ahmat	Technical Education	Graduated
2007	49	Muhammad Jais Bin Ngah Dimin	Sports Science	Graduated
	50	Sazihan Bin Azizan	Sports Science	Graduated
	51	Mohd Norfisan Bin Mohd Naffis	Sports Science	Graduated
	52	Mohd Arif Bin Raban	Sports Science	Graduated
	53	Shaharuddin Bin Sa'mah	Sports Science	Graduated
	54	Azman Bin Hj Abd Rashid	Sports Science	Graduated
	55	Ferdayanti Binti Md Rduan @ Md Radzuan	Sports Science	Graduated
	56	Mohd Hafzal Izam bin Abdul Murad	Sports Science	Graduated
	57	Ahmad Rapaie Bin Mohamad	Sports Science	Graduated
2006	58	Fidzamil Basarudin	Sports Science	Graduated
	59	Tarveen Kaur a/p Ragbit Singh	Sports Science	Graduated
	60	Khoo Cheng Kiat	Sports Science	Graduated
	61	Abdul Hafiz Bin Mohamad	Sports Science	Graduated
	62	Irene Loi Chin Chin	Sports Science	Graduated
	63	Jasmine Ling Chiu Hung	Sports Science	Graduated
	64	Ahmad Farizal Bin Faudzi	Sports Science	Graduated
	65	Kong Chee Onn	Sports Science	Graduated
	66	Chee Lee Ming	Sports Science	Graduated
	67	Mohd Zahir Bin Mohd Said	Sports Science	Graduated
2001	68	Asha Hasnimy Hashim	Sports Science	Graduated
	69	Zaman Nuri Hassan	Sports Science	Graduated
	70	Nor Aniza Bt Mohd Alias	Sports Science	Graduated
	71	Masitah Ismail	Sports Science	Graduated
	72	Norzulkurnain b. Ramli	Sports Science	Graduated
2000	73	Liau Ming Hua	Technical Education	Graduated
	74	Ahmad Bin Supar	Technical Education	Graduated
	75	Sanif Bin Sappat	Technical Education	Graduated
	76	Abd Razak Mahmood	Technical Education	Graduated
	77	Meskon Bin Sairin	Technical Education	Graduated
	78	Tuan Rosli B Tuan Ismail	Technical Education	Graduated

Academic Advisor

No	Name	Title	Type	Year
1	Abdul Aziz Bin Aris	Academic Advisor	Teaching Equivalent	4 SPSS

2	Abdul Zahin Bin Aman	Academic Advisor	Teaching Equivalent	4 SPPS
3	Ayob Bin Anizam	Academic Advisor	Teaching Equivalent	4 SPPS
4	Mohamad Faris Bin Ahmad Yusof	Academic Advisor	Teaching Equivalent	4 SPPS
5	Mohamad Reedza Bin Azman	Academic Advisor	Teaching Equivalent	4 SPPS
6	Mohd Syafiq Bin Azha @ Azhar	Academic Advisor	Teaching Equivalent	4 SPPS
7	Muhamad Amirullah Fakhri Shah Bin Abu Bakar	Academic Advisor	Teaching Equivalent	4 SPPS
8	Muhamad Zawawi Bin Mohd Hassan	Academic Advisor	Teaching Equivalent	4 SPPS
9	Muhammad Afiq Bin Mohmad Puzi	Academic Advisor	Teaching Equivalent	4 SPPS
10	Muhammad Shazzwan Bin Md Saffian	Academic Advisor	Teaching Equivalent	4 SPPS
11	Nik Norlydiawati Binti Nik Azman	Academic Advisor	Teaching Equivalent	4 SPPS
12	Nur Farahin Binti Halim	Academic Advisor	Teaching Equivalent	4 SPPS
13	Nur Lieyana Syuhada Binti Md Nazri	Academic Advisor	Teaching Equivalent	4 SPPS
14	Nurul Sharina Binti Bawal	Academic Advisor	Teaching Equivalent	4 SPPS
15	Reza Idham Bin Yakni	Academic Advisor	Teaching Equivalent	4 SPPS
16	Siti Nur Fara'shafira Binti Salsabri	Academic Advisor	Teaching Equivalent	4 SPPS
17	Ahmed Nabil Bin Wan Ahmad	Academic Advisor	Teaching Equivalent	1 SPPS
18	Chung Jeak Nee	Academic Advisor	Teaching Equivalent	1 SPPS
19	Hanim Ardia Binti Mazlan	Academic Advisor	Teaching Equivalent	1 SPPS
20	Mohammad Syafiq Bin Roslani	Academic Advisor	Teaching Equivalent	1 SPPS
21	Mohd Haizal Hariz Bin Jamhuri	Academic Advisor	Teaching Equivalent	1 SPPS

1. Academic Advisor – Undergraduate Students (Session 1999/2000 Semester 2), the number of students is 10.
2. Academic Advisor – Undergraduate Students (Session 2000/01 Semester 1), the number of students is 20.
3. Academic Advisor – Undergraduate Students (Session 2005/06 Semester 2), the number of students is 45.
4. Academic Advisor – Undergraduate Students (Session 2006/07 – 2008/09), the number of students is 35.

POSTGRADUATE EXAMINATION / VIVA

Chair/Internal Examiner for Masters and Phd Program

Year	Name	Academic Program	Institutions	Remarks
2018	Siti Rozita bt Mahmood	PhD	SKBSK, UTM	Examiner
	Rozima bt Yaziz	Masters	SoE, UTM	Examiner
	Bakaree Shola Francis	PhD	SoE, UTM	Chair
2016	Lee Boon Kiat	PhD	FP, UTM	Chair
2014	Abbas Babayi Abu Bakar	PhD	FP, UTM	Chair
2013	Nur'Ain Balqis binti Haladin	Masters	FP, UTM	Chair
	Shaznee Iryana	PhD	FP, UTM	Chair
	Zaifuddin	PhD	FP, UTM	Chair
2012	Sri Mas Zarith bninti Mahmud	Masters	FP, UTM	Chair
	Noor Azida binti Sahabudin	PhD	FP, UTM	Chair
2011	Wan Farah Wani binti Wan Fakhruddin	Masters	FP, UTM	Chair
2011	Tey Kien Huat	PhD	FP, UTM	Chair
2010	Wan Farah Wani binti Wan Fakhruddin	Masters	FP, UTM	Chair
2020	Frederick @ Fadil	PhD	FKBSK	Internal

External Examiner for Masters Program

Bil	Name	Academic Program	Institutions
1	Thung Jin Seng	Masters	UPM
2	Mumammad Zuhaili Suhaimi	Masters	USM
3	Juliana Johan	Masters	USM
4	Aidi Naim Mohamad Samsaini	Masters	USM
5	Maryam Mosavat	Masters	USM
6	Tan Kuk Hoi	Masters	USM
7	Anisaa Binti Basar	Masters	UITM
8	Wan Firdaus Wan Chik	Masters	USM
9	Ayunizma Ayub	Masters	USM
10	Siti Raifana Roslan	Masters	USM
11	Afizudin Idrus	Masters	UPSI
12	Nur Syazwani Ibrahim	Masters	USM
13	Annisaa binti Basar	Masters (2015)	UiTM
14	Khairal Afiq Jamal Abd Haziq Basar	Masters (2015)	UiTM
15	Nurul Aimi Jusoh	Masters (2017)	USM Kubang Kerian
16	Prabhu a/l Regawan	Masters (2017)	UPSI
17	Siti Raifana Roslan	Masters (2017)	USM Penang
18	Ros Amizah Bt Abdullah	Masters (2018)	USM Penang
19	Amira bt Zahiran	Masters (2019)	USM Kubang Kerian

External Examiner for Doctor of Philosophy

Bil	Name	Academic Program	Institutions
1	Mohsen Aminaie	PhD	UKM
2	Fariba Hussien Abadi	PhD	UKM
3	Suhaina Aiman	PhD	UKM
4	Mohd Mohni Iskandar	PhD	UPSI
5	Ali Mohamad Nadzalan	PhD	UPSI
6	Mohd Mohni Iskandar	PhD	UPSI
7	Asna Mahmud	PhD (2017)	UPSI
8	Ali Ahmad Nadzalan	PhD(2017)	UPSI
9	Mat bin Berahim	PhD (2018)	UPNM
10	Eman Ahmad Kaarud	PhD (2019)	USM Kubang Kerian
11	Pari Khalili Marandi	PhD (2019)	UKM
12	Behzad Alami	PhD(2019)	UPM
13	Norfazilawati Othman	PhD(2019)	UPNM
14	Ang Ha Loon	PhD(2019)	USM
15	Marhasyiah Rahim	PhD (2020)	USM Kubang Kerian
16	Siti azilah Atan	PhD (2020)	UPNM
17	Angelina Tan Li San	PhD (2020)	UPSI
18	Pooya Nekoei	PhD (2020)	UPM

PUBLICATIONS AND PAPER PRESENTED

H INDEX:

Scopus H-index - 4.

Google Scholar Citation H-index - 4.

i10-index – 3

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ISI Journal

1. Dale W Chapman, Michael J Newton, **Zainal Zainuddin**, Paul Sacco, Kazunori Nosaka (2008). Work And Peak Torque During Eccentric Exercise Do Not Predict Changes In Markers Of Muscle

Damage. *British Journal of Sports Medicine* (doi:10.1136/bjism.2007.037929). Sep 14; 17873057 (2008).

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2. **Zainal Zainuddin**, Paul Sacco, Mike Newton and Kazunori Nosaka. (2005). Effects of Massage on Delayed –Onset Muscle Soreness, Swelling, and Recovery of Muscle Function. *Journal of Athletic Training*. 2005:40(3); 174-180 (2005).

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3. **Zainal Zainuddin**, Paul Sacco, Mike Newton, Peter Hope and Kazunori Nosaka. (2005). Effects of Partial Immobilization After Eccentric Exercise on Recovery from Muscle Damage. *Journal of Athletic Training*. 2005:40(3); 197-202

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4. **Zainal Zainuddin**, Paul Sacco, Mike Newton, and Kazunori Nosaka. (2006). Light Concentric Exercise Has A Temporarily Analgesic Effect on Delayed-Onset Muscle Soreness, But No Effect on Recovery from Eccentric Exercise. *Applied, Physiology, Nutritional, Metabolisme*. 2006:31: 126–134 (2006).

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5. Asha Hasnimy Mohd Hashim, Halijah Ibrahim, **Zainal Abidin Zainuddin**, Lee Ai Choo (2014). Static Postural Control Profile of Patellofemoral Pain Syndrome and Healthy Athletes, *Journal of Sports Science*, 32(Supp.2);S18-S21, <https://doi.org/10.1080/02640414.2014.968370> ISI Journal (IF: 1.189)

SCOPUS Journal

1. Syahrul Ridhwan Morazuki, **Zainal Abidin Zainuddin** (2017), TAFT Model Improved Aerobic Capacity Of Well-Trained Junior Tennis Players, *Man In India* 97 (12), pg. 323-331
2. Mazlan, A.N., Harun, J., **Zainuddin, Z.A.**(2014). Problems in learning movement skills among students in higher education, *Proceedings - 2014 International Conference on Teaching and Learning in Computing and Engineering*, LATICE 2014
3. Rasti, M. A., Abubakar, Z. B., Abidin, Z. B., & Valiollah, F. (2015). The Effect of Mental Training Program on Improving Mental Toughness among Tehran High School Student Athletes. *Asian Social Science*, 11(28), 175.
4. Asha Hasnimy Mohd Hashim, Halijah Ibrahim, **Zainal Abidin Zainuddin** and Lau Siew Kiong (2017). The efficiency of babywearing in terms of perceived exertion while walking. *Man in India*, 97(19): 51-57.
5. Halijah Ibrahim, Nur Ezzaini Mohd Nor, Asha Hasnimy Mohd Hashim and **Zainal Abidin Zainuddin** (2017). The change of direction speed performance of hearing-impaired netball players. *Man in India*, 97(13): 195-203
6. Zulkhairi Azam, Zainal Abidin Zainuddin, Halijah Ibrahim, Asha Hasnimy Mohd Hashim, Mohd. Hazuddin Baki, Mohd. Saizul Ha Md. Noor. Prenatal Testosterone and Sporting Success among Malaysian Rugby Athletes. *Indian Journal of Public Health Research & Development*, April-June 2019, Vol. 10, No. 4

7. Moayed Abdullah Alsayegh, Zainal Abidin Bin Zainuddin, Wadee A Alkuhaili,(2020) Reduction Of Decision Making Error Amongst Football Referees: A Systematic Literature Review. *International Journal of Mechanical and Production Engineering Research and Development*
8. Altowerqi, Z. M., bin Zainuddin, Z. A., & Hashim, H. B. M. (2020). METABOLIC SYNDROME AND ITS COMPONENTS IN FORMER ATHLETES: A. *International Journal of Psychosocial Rehabilitation, 24*(06).
9. Altowerqi, Z. M., bin Zainuddin, Z. A., Sayyd, S. M., Alkuhaili, W. A., & Alsayegh, M. A. (2020). Dietary habits among former athletes in Saudi Arabia. *Indian Journal of Public Health Research & Development, 11*(3), 1381-1386.
10. Shi, S., & Zainuddin, Z. A. B. (2020). A REVIEW OF THE RESEARCH ON BLENDED LEARNING IN PHYSICAL EDUCATION IN CHINA AND INTERNATIONAL. *Journal of Critical Reviews, 7*(11), 672-686.
11. Altowerqi, Z. M., Zainuddin, Z. A. B., Hashim, A. H. B. M., & Almarwaey, A. O. (2020). Are Former Athletes Protected Against Obesity after Retirement?. *Indian Journal of Public Health Research & Development, 11*(2), 1983-1989.
12. ALTOWERQI, Z. M., ZAINUDDIN, Z. A. B., & AHMED, H. S. PREVALENCE OF METABOLIC SYNDROME AMONG FORMER ATHLETES.
13. Raimi, F., Jawis, M., Hashim, H., Zainuddin, Z. (2020) Single one-off dose of Nigella Sativa does not attenuate indirect markers of exercise-induced muscle damage as a model of inflammation *Journal of Physical Education and Sport, 20* (3), art. no. 199, pp. 1444-1454.
14. Sameer Mohammed Sayyd, Zainal Abidin bin Zainuddin, Fahad M Ghabban, Zayed M Altowerqi, Wadee A Alkuhaili¹ and Moayed A Alsayegh (2020) Preliminary Study of the Factors Influencing Sports Participation in Saudi Universities. *International Journal of Advance Science and Technology Vol. 29 No. 10S, (2020), pp. 896-903*
15. Sameer Mohamed Sayyd, Zainal Abidin Zainuddin, Diyana Zulaika Abdul Ghani, Zayed M. altowergi (2020) Sports Activities for Undergraduate Students in Saudi Arabia Universities: A systematic Literature Review. *International Journal of human Movement and Sports Sciences 8*(1) pp 1-16

NON-INDEXED Journal

1. Adjah Naqkiah Binti Mazlan, Jamalludin B Harun and **Zainal Abidin B Zainuddin** (2020) The Impact Of Using @Vis-Mole Software On Students Achievement In Sports Skills Innovative Teaching And Learning *Journal (Itlj)*
2. Berto Apriyano, Zainal Abidin Zainuddin, asha HAsnimy Hashim (2020). Physical Fitness of Student at the Junior High School. *Advances in Social Science, Education and Humanities Research, volume 460*

3. Noorasikin Binti Ismail, **Zainal Abidin B Zainuddin**, Halijah Bt. Ibrahim, (2018). Komitmen Terhadap Keselamatan Aktiviti Luar Dan Berisiko Dalam Pendidikan, *Sains Humanika*, 10(3-2):57-66
4. Nurul Fazlin Binti Ramli, **Zainal Abidin B Zainuddin**, Halijah Bt. Ibrahim, (2018). Identifying The Talent Of Netball Players Under 12 Years Old (Mengenali Pasti Bakat Pemain Bola Jaring Bawah 12 Tahun), *Sains Humanika*, 10(3-2):67-72
5. Mohamad Asraf, **Zainal Abidin B Zainuddin** (2016), Kesan Aktiviti Fizikal Dan Puasa Terhadap Indeks Obesiti Sebagai Parameter Untuk Menilai Sindrom Metabolik, *Jurnal Pendidikan Nusantara*. Edisi Khas: 137-147
6. Syamsuar, **Zainal Abidin B Zainuddin** (2016), *Perbandingan Efektivitas Model Pembelajaran TGFU Dan Inquiry Dalam Meningkatkan Motivasi Dan Hasil Belajar Siswa Kelas V Pada Mata Pelajaran Olahraga Di Sdn 01 Lubuk Alung Padang Pariaman*, *Jurnal Menssana*, 1(1): 1-15.
7. Halijah Bt. Ibrahim, Norfarahain Binti Abd Razak, Asha Hasnimy Binti Mohd Hashim, **Zainal Abidin B Zainuddin**, (2016). Dominasi Tangan Terhadap Kekuatan Gengaman Dan Aktiviti Otot Di Kalangan Guru Pelatih Pendidikan Jasmani. *Jurnal Pendidikan Nusantara*. Edisi Khas: 201-210
8. Diyana Zulaika Abdul Ghani, **Zainal Abidin Zainuddin**, Halijah Ibrahim, and Chris Button. (2016). Notational Analysis and Game Strategy Performed By Female Squash Players In International Competition. *Movement, Health & Exercise* 5(2): 15-21.
9. Mohammad Ali Rasti, **Zainal Abidin B Zainuddin**, Zainudin Bin Abu Bakar (2015), Mental Education Program Towards Success: The Case Of Student Athletes And Other Adolescents, *Indian Journal Of Fundamental And Applied Life Science*, 5(S1):4240-4246
10. Mohamad Nizam Nazarudin, Mohd Sofian Omar-Fauzee, Mohamad Razali Abdullah, **Zainal Abidin B Zainuddin** (2015). Developing A Decision Making Test For Rugby Referees. *Malaysian Journal Of Sports, Recreational And Education* 2(1):77-85
11. Asha Hasnimy Binti Mohd Hashim, Halijah Bt. Ibrahim, **Zainal Abidin B Zainuddin**, Nurul Aimy Binti Kamal. (2014). Perbezaan Kaedah Baby Wearing Terhadap Penggunaan Oksigen (VO₂). *Journal of Physical Activity, Sports & Exercise*, 2(2): 21-26
12. Asha Hasnimy Binti Mohd Hashim, Halijah Bt. Ibrahim, **Zainal Abidin B Zainuddin**, Shamierul Afieda Binti Md Ghani. (2014). Perbezaan Penggunaan Kaedah Babywearing Terhadap Penggunaan Tenaga. *Journal of Physical Activity, Sports & Exercise*, 2(2): 11-14

13. Nordin, N., & bin Zainuddin, Z. A. (2015, December). The Effect of Combined Calisthenics And Flexibility Exercises On Risk Factors Associated To Diabetes. In *International Education Postgraduate Seminar 2015* (p. 127).
14. Tarveen Kaur Ragbir Sing, **Zainal Abidin Zainuddin**, Halijah Ibrahim (2011). Eurycoma Longifolia Jas as Alternative Treatment for Delay Onset Muscle Soreness (DOMS). *International Journal of Motor Learning and Sports Performance*. 1(1), 69-78
15. Halijah Ibrahim, Mohd Firdaus Latif, Asha Hasnimy Hashim, **Zainal Abidin Zainuddin** (2010), Fundamental Movement Instructions Intervention on Gross Motor Group with Learning Difficulties. *Journal of Sports Science and Technology*, Vol 10 (2S), 205 - 208.
16. Asha Mohd Hashim, Halijah Ibrahim, **Zainal Abidin Zainuddin**, Lee Ai Choo (2010) The Effects of Activity related Fatigue on Athlete's Dynamic posural Control Ability. *Journal of Sports Science and Technology*, Vol 10 (2S), 261-264

Books/Chapters in Books/Monograph

Books

1. Asha Hasnimy Mohd Hashim, Halijah Ibrahim, **Zainal Abidin Zainuddin**, Hyrol Shahrizad Moh Sharif , (2009), *Manual Kecergasan dan Kenal Pasti Bakat*, Skudai: Nasmax. Sdn. Bhd.ISBN: 978-967-53-9010-4

Chapters in Books

1. Diyana Zulaika Abdul Ghani, Halijah Ibrahim **Zainal Abidin Zainuddin**,(2019). Squash Backhand Stroke Analyses For Three Different Playing Levels In Malaysia. In Ismail, S. I., Sulaiman, N., & Adnan, R. (Eds.). *Proceedings of the 2nd International Colloquium on Sports Science, Exercise, Engineering and Technology 2016 (ICoSSEET 2016)*. Springer Nature Singapore, Pte. Ltd.
2. Norazila Nordin, **Zainal Abidin B Zainuddin** (2019), Calisthenics And Passive Stretching Exercises For Patients With Type 2 Diabetes Mellitus: A Study Protocol, In Ismail, S. I., Sulaiman, N., & Adnan, R. (Eds.). *Proceedings of the 2nd International Colloquium on Sports Science, Exercise, Engineering and Technology 2016 (ICoSSEET 2016)*. Springer Nature Singapore, Pte. Ltd.
3. Halijah Ibrahim, Diyana Zulaika Abdul Ghani, **Zainal Abidin Zainuddin**, and Asha Hasnimy Mohd Hashim (2017). Evaluation of 'Fun And Fit With Baby' Exercise Programme on Individual Psychological Being. In *Studies on Applications of Psychology and Counselling In Asian Context*. 129-142
4. Muhammad Sukri Saud, Noraffandy Yahaya, **Zainal Abidin Zainuddin**, Johari Surif (2016). Scenario-Based Learning In. *A Guide To New Academia Learning Innovation*. Centre for Teaching and Learning (CTL), UTMLead, UTM.

5. Asha Hasnimy Binti Mohd Hashim, Halijah Bt. Ibrahim, **Zainal Abidin B Zainuddin** (2015) Diaphragmatic Breathing Versus Abdominal Crunches: Muscle Activity, In *Advances In Applied Psychology And Education*, Research India Press, India
6. **Zainal Abidin Zainuddin**, Nurhanani Husna Harme (2014) Terapi Pemanasan Pasif Dan Relaksasi Terhadap Tekanan Darah Dan Kadar Nadi. In *Teori Dan Amalan Sains Sukan Daripada Pelbagai Dimensi - Siri 1*. Penerbit UTM Press, Skudai: 41-54
7. Nur Fatihah Binti Raimi, **Zainal Abidin Zainuddin** (2014). Kesan Pengambilan Air Mineral, Air Isotonik dan Air Zam Zam kepada Status Hidrasi dan Nilai Urine Specific Gravity (USG) Ketika Melakukan Larian Jarak Jauh. In *Teori Dan Amalan Sains Sukan Daripada Pelbagai Dimensi - Siri 2*. Penerbit UTM Press, Skudai: 45-58
8. Nur Fatihah Binti Raimi, **Zainal Abidin Zainuddin** (2014). Keupayaan Pengekalan Air Dalam Badan Di Antara Air Mineral, Air Isotonik Dan Air Zam Zam Ketika Melakukan Larian Jarak Jauh In *Teori Dan Amalan Sains Sukan Daripada Pelbagai Dimensi - Siri 3*. Penerbit UTM Press, Skudai: 49-70
9. Asha Hasnimy Mohd Hashim, Kamal Talib, **Zainal Abidin Zainuddin**, Halijah Ibrahim (2008). Pola Kecederaan Atlet Memanah. In *Adaptasi Latihan dan Kecederaan* (ms 99-105), Penerbit UTM, Skudai
10. Halijah Ibrahim, **Zainal Abidin Zainuddin**, Asha Hasnimy Mohd Hashim, Muhammad Hafiz Ismail & Syahrul Ridhwan Morazuki (2008). The Underlying Construct of The Physical Fitness Test Employed in The "Uni-Aktif" Software. In: *Integrating Injuries Factors in Physical Activities* (pp16-23), Penerbit UTM, Skudai
11. Asha Hasnimy Mohd Hashim, Mohd Shafie Abdul Rahman, Halijah Ibrahim & **Zainal Abidin Zainuddin** (2008) Muscle Activation Between Volleyball and Hockey Players. In *Integrating Injuries Factors in Physical Activities* (pp16-23), Penerbit UTM, Skudai
12. **Zainal Abidin Zainuddin**, Halijah Ibrahim & Asha Hasnimy Mohd Hashim (2008) Partial Immobilization After Eccentric Exercise Does Not Enhance Recovery From Muscle Damage. In *Integrating Injuries Factors in Physical Activities* (pp71-75), Penerbit UTM, Skudai
13. **Zainal Abidin Zainuddin**, Tarveen Kaur, Halijah Ibrahim & Asha Hasnimy Mohd Hashim (2008) Use of Eurycoma Longifolia Jack As An Alternative Treatment For Delayed Onset Muscle Soreness (DOMS). In *Integrating Injuries Factors in Physical Activities* (pp76-93), Penerbit UTM, Skudai
14. **Zainal Abidin Zainuddin** & Halijah Ibrahim (2008) Light Concentric Exercise As A Cure For DOMS and Symptom of Muscle Damage. In *Integrating Injuries Factors in Physical Activities* (pp94-117), Penerbit UTM, Skudai
15. **Zainal Abidin Zainuddin** dan Kong Chee Onn (2006). Kesan Minuman Jus Oren Terhadap Daya Tahan Kardiovaskular Atlit, In *Eksplorasi Aspek Sains Dalam Sukan*, UTM, Skudai
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79. Mohd Hashim, A.H., Abdul Rahman, M.S., Ibrahim, H. and **Zainuddin, Z.A.** (2007) Rectus Abdominis Muscle Activation During Abdominal Crunches in Volleyball and Hockey Player Asia-Pacific Conference on Exercise and Sports Science 2007 6-8 December 2007 Hiroshima Japan
 80. **Zainal Abidin Zainuddin**, Halijah Ibrahim (2006).Effects of massage on muscle soreness and parameters associated with muscle damage following eccentric exercise of the elbow flexors. Teluk Danga International Games Convention, 2006. 3-5 April 2006
 81. Ibrahim, H., Hashim, A. H., **Zainuddin, Z. A.** (2006). Developing Physical Education benchmark : A preliminary investigation using two standardized test instruments. Teluk Danga International Games Convention, 2006. 3-5 April 2006
 82. **Zainal Abidin Zainuddin**, Tarveen Kaur (2006). The effects of Eurycoma Longifolia Jack (Tongkat Ali) towards the recovery of muscle damage following eccentric exercise. Teluk Danga International Games Convention, 2006. 3-5 April 2006
 83. Asha Hasnimy Mohd Hashim, **Zainal Abidin Zainuddin**, Halijah Ibrahim (2006).Implementing Phone Coaching Method in Promoting Healty Lifestyles Among Malaysians. Teluk Danga International Games Convention 2006. 3-5 April 2006
 84. **Zainal Abidin Zainuddin**, Tarveen Kaur, Halijah Ibrahim, Asha Hasnimy Hashim. (2006). Eurycoma Longifolia Jack as an alternative treatments to muscle damage. International Sports Science Conference. Putrajaya. 19-21 December 2006
 85. Asha Hasnimy Mohd Hashim, **Zainal Abidin Zainuddin**, Halijah Ibrahim (2006) Muscle Activity during Diaphragmatic Breathing Compared to Abdominal Crunches: A Pilot Study International Sports Science Conference 2006 19 to 20 December 2006 Putrajaya, Malaysia
 86. **Zainal Zainuddin**, Paul Sacco, Mike Newton, and Kazunori Nosaka. (2005). Light concentric exercise has a temporary analgesic effect on DOMS but no effect on recovery from eccentric exercise. European College of Sports Science Annual Congress, Belgrade, Serbia. 2005
 87. **Zainal Zainuddin**, Paul Sacco, Mike Newton, and Kazunori Nosaka. (2005). Partial immobilization after eccentric exercise does not enhance recovery from muscle damage. European College of Sports Science Annual Congress, Belgrade, Serbia. 2005
 88. Ibrahim, H., **Zainuddin, Z. A.** (2005). Employing qualitative assessment to identify individual with motor abilities. 3rd International Qualitative Research Conference. Senai Johor. August 2005
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INVITED SPEAKER

Bil	Activity	Year	Place	Level
	International Seminar on Sports, Exercise, Health. Education, social science and Technology	31 jan-1 feb 2020	Universiti Negeri Makassar	International
	Postgraduate seminar on Physical Education	2019	Universiti Negeri Padang	International

1	Kuliah Umum, Faculty of Sports Science	18th October 2018	Universiti Negeri Padang. Indonesia	International
2	2 nd International Conference on Education, Physical Education and Sports Sciences (ICEPESS),	29th – 31st July, 2017	Kuala Lumpur, Malaysia	International
3	Development of International Journal	10 Mac 2015	University Negeri Makassar, Indonesia	International
4	10 th International Sports Science Conference.	25-27 August 2014	Kota Bahru Kelantan	International
5	5 th International Understanding Education Forum,	9-13 Dec 2014	Bunkyo University, Japan	International
6	1 st University Malaysia Sabah International Sports Science Conference	24-26 June 2013	University Malaysia Sabah, Kota Kinabalu Sabah.	International
7	Seminar Penerbitan Antarabangsa	2012	IKIP Semarang. Indonesia	International

CONSULTANCY

Bil	Project	Vot	RM
1	Projek Perkhemahan SMK Taman Daya 2 (2006)	63023	-
2	Projek Perkhemahan Jati Diri Waja Murid Tahun 6, Sek. Keb. Taman Desa Jaya (2006)	63023	-
3	Projek Perkhemahan Kem Waja Diri SMK Taman Putri, Kulai, Johor (2006)	63023	-
4	Projek Perkhemahan Unit Beruniform SK Permas Jaya 1 (2006)	63023	-
5	Projek Perkhemahan Unit Beruniform 2006 SMK Taman Desa Skudai (2006)	63023	-
6	Projek Perkhemahan Tahunan Unit Beruniform 2006 SMK Agama Johor Bahru (2006)	63023	-
7	Projek Perkhemahan SMK Senai (2006)	63023	-
8	Projek Kursus Pembangunan dan Kecemerlangan Pelajar (SK Pasir Gudang 3) (2007)	63023	1,200.00
9	Kem Pemantapan Motivasi Skwad Elit Futsal Lelaki dan Wanita Negeri Johor (2007)	63023	3,000.00
10	Projek Kem Kepimpinan Unit Beruniform 2007 SK Permas Jaya 1 (2007)	63023	3,500.00
11	Projek Kem Elit Kontijen SUKMA Johor 2007	63023	12,000.00
12	Kem Bina Insan Royshindoh ManuFacturing Malaysia Sdn Bhd (2007)	63023	1,100.00
13	Projek Aktiviti Riadah & Rekreasi Madrasah Tahfiz Al Iman, Johor (2007)	63023	2,200.00
14	Kem Kepimpinan Unit Beruniform 2007, SMK. Taman Universiti 1 (2007)	63023	4,700.00
15	3rd International Education Postgraduate Seminar	PU/2016/13581	20000.00
16	2nd International Conference on Educational Studies 2017 (ICES-2017)	PU/2017/16169	59602.00
17	International Conference on Applied Counselling and Psychology (ICACP-2017)	PU/2017/16168	74365.45
18	Outward bound Sains Sukan	PU/2018/20757	40000.00

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