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Dr. Nur Ikhwan Mohamad is Associate Professor in Strength & Conditioning, and the Deputy Dean for Research & Postgraduate at the Faculty of Sports Science and Coaching, Sultan idris Education University (UPSI). Earned a doctored from Edith Cowan University, Western Australia, he is also an alumnus of MARA University of Technology (UiTM) and Bukit Jalil Sports School (BJSS). His research interest includes kinematics and kinetics in strength training, muscle fascicle-tendon behaviour during dynamic movement, and metabolic responses to various types of physical conditioning protocols.