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Dr. Mazlan Ismail is a Senior Lecturer at Faculty of Sports Science and Recreation Universiti Teknologi MARA, Negeri Sembilan Malaysia. He is also the advisor for Healthy Generation Enterprise which has promoted health awareness in Malaysia particularly in exercise and sport psychology as well as physical activity. Dr. Mazlan is an instructor of Sports Psychologist of the National Coaching Academy, National Golf Academy and a fellow of Coaching Sciences Department of the National University of Defence Malaysia. He is also a sport psychologist officer for UiTM FC Football Club, UiTM Rugby team, Malaysia Rugby Union, FAM Futsal team, Felda United Football Academy etc. He is also the founder of PIM training programme and e-IOD based coaching system. He is the author of "Healthier You In 52 Week: Healthy Generation Programme and 10 Basic stretching before and after prayer. He is a former national rugby player with 34 caps international Tournament including Commonwealth and Asian games in 2002. Dr. Mazlan has achieved a Doctor of Philosophy (Ph.D) in Sport Psychology from University of Malaya, Malaysia and Master Science (M.Sc) in Sports Science recognized by Universiti Teknologi MARA, Malaysia besides Bachelor degree and Diploma from the same university.