

## **Brief Bio**

Dr. Nur Ikhwan Mohamad is an Associate Professor in Strength & Conditioning at the Faculty of Sports Science and Coaching, Sultan Idris Education University (UPSI). Earned a doctorate 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 behavior during dynamic movement, and metabolic responses to various types of physical conditioning protocols. He has published over 30 peer reviewed publications, supervised 2 PhD and 24 Masters students to completion. Ikhwan's scientific reputation (RG Score) based on ResearchGate is 14.28, with h-index 5 based on Google Scholar. He is also active in strength & conditioning consultation with tagline "fitness, performance & health" which appropriately described target area of his works. In term of administrative experience, Ikhwan's has been part of his Faculty's management team for the past 7 years as Head of Department, Deputy Dean and currently as Dean of the faculty. His past and current involvement with other organizations includes as visiting research fellow at Sports Performance Research Institute New Zealand (SPRINZ) (2017), Research fellow at Thaksin University Thailand (2016-2018), Board Member for Malaysia Health Promotion Board (2017-2019), Advisory Panel for National Coaching Academy (2013-2017), and Board member of Perak Sports Council Management Board (2016-2017). Ikhwan's also part of the pioneer group which works towards the establishment of Malaysian Strength & Conditioning Association (MSCA) in 2011, previously served as President and currently as Honorary Secretary to the association.