



Victor S Selvanayagam, CSCS, PhD
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Victor S Selvanayagam completed his degree in Sports Science and Master's in Medical Science at the University of Malaya (UM). He received his PhD from The University of Queensland in the area of Neuroscience where he focused on identifying early neural responses to strength training. Victor, who is also a Certified Strength and Conditioning specialist (CSCS), is currently a Senior Lecturer with the Sports Centre, University of Malaya. He also the President of the Malaysian Strength and Conditioning Association (MSCA). His main research focuses on the contribution of the nervous system to strength gains by incorporating well-explored motor learning paradigms to strength training. He also plays a consultative role in the area of exercise physiology and exercise testing and prescription. Ultimately, Victor is keen to explore and share his expertise pertaining to the science and fundamentals of human movement, so that movements can be safe, effective and efficient.