

## **ASSOC. PROF. DR. RAJA MOHAMMED FIRHAD RAJA AZIDIN**

**SESSION: SYMPOSIUM 4 (DAY 2: 1640 – 1705)**

**TOPIC: TRAINING LOAD MONITORING IN FOOTBALL**



**Associate Professor Dr Raja Mohammed Firhad Raja Azidin** is the Deputy Dean (Academic Affairs) at the Faculty of Sport Science and Recreation, Universiti Teknologi MARA (UiTM). He completed his Ph.D. at Liverpool John Moores University (LJMU), United Kingdom focuses on developing biomechanical and neuromuscular injury risk assessment in football players. He also has a special interest in strength and conditioning for high performance athletic success. He has consulted with a variety of national and international sports organizations including National Football Academy UiTM-MOE-FAM, Football Association of Selangor, Malaysia National Institute of Sports, National and State (Terengganu, Selangor and Wilayah Persekutuan) Sports Council, Football Association of Malaysia, Royal Malaysian Polo Association, and Laos Football Federation. He currently served as Head of Sports Science and Performance for UiTM Football Club, competing in Professional Malaysia Super League. He oversees the fitness and rehabilitation areas of the club with a particular focus on player football-specific physical development and monitoring training load, together with initiating applied research in football-related areas. He has published several peer-reviewed journal articles on the influence of fatigue on biomechanical and neuromuscular markers of injury risk during dynamic tasks and developing injury risk assessment for injury prevention, screening, rehabilitation and return to play. His current research interest is related to developing high performance physical conditioning intervention for elite athletes. He is also the President of the Malaysia Strength and Conditioning Association (MSCA).