



Abdul Rashid Aziz
Head of Strength & Conditioning Dept
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Rashid has been involved in Singapore's sporting scene for over 20 years. Rashid is currently the Head of Strength & Conditioning Dept at the Singapore Sports Institute where he serves as an advisor and consultant to elite local athletes and their coaches from a broad range of high performance sports, on many aspects of sports-specific testing, training for fitness and preparation for peak performance. He was previously Head of the Physiology Unit.

Rashid's work in the area of exercise science and sports performance training and testing has been published in international sports medicine and sports science journals. He is a pioneer in research investigating emerging Asian-dominated sports such as sepak-takraw and pencak-silat. His research interest lies in the practical applications of research findings to the improvements of the athletes' sporting performances.

Rashid is a graduate of the University of Alberta, in Edmonton, Canada, in Physical Education. He is currently completing his PhD at Nanyang Technological University, Singapore, where he is investigating the physiological effects of Ramadan fasting on competitive sporting performances and training of Muslim athletes; and designing ways to attenuate or circumvent the impact of Ramadan fasting on Muslim athletes' performance.