



Dr Victor S Selvanayagam  
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Victor S Selvanayagam completed his degree in Sports Science and Master's degree 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.

His main research focuses on the contribution of the nervous system to strength gains by incorporating well-explored motor learning paradigms to strength training. Most of this research work utilises a wrist clamping experimental apparatus to assess force data and manipulate motor learning protocols. He also incorporates electrophysiological techniques such as peripheral nerve stimulation and Transcranial Magnetic Stimulation (TMS) with electromyography (EMG) into his experiments. Most of his research is funded by University of Malaya's UMRG and HIR grants. In addition, Victor plays a supervisory role in research areas such as muscle fatigue, muscle damage and familiarisation, all focusing on the role of the central nervous system.