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Rizal was part of the very first batch of Sport Science students that graduated from University of Malaya in 1999. In year 2000, he went on to pursue an MSc (Human Movement) at the University of Western Australia, graduated the following year and started to teach in UM in 2001. He formally completed his Phd from the Department of Biomedical Engineering, University of Malaya in 2012; investigating the critical parameters of the ten-pin bowling delivery.

Rizal's primary focus is in on how movement variability affect motor tasks and sports performance. Current research include studying the role of imagery in error detection and movement variability in laboratory and field based tasks. He has also done work related in anthropometry and talent identification. Moreover, he has a particularly keen interest in investigating and finding solutions for applied problems in an array of different fields.

On the sporting side, Rizal is an accomplished hockey player that played at all age group levels for KL up to national junior's team. Now an active coach, recently winning the 2014 SUKMA gold with the KL ladies hockey team. The highlight of his coaching career thus far is being the assistant coach for the national hockey team in 2008/09. He was also the coach cum player for the Malaysian Floorball Team and won a bronze medal at the 2015 SEA Games.