

CURRICULUM VITAE

Hashbullah Ismail
Clinical Exercise Physiologist
Senior Lecturer
Cardiac Rehabilitation Specialist
Universiti Teknologi Mara

Office (603) 55102385
Cell 013-2438803
email: hashbullahismail@salam.uitm.edu.my
hashbull@yahoo.com

EDUCATION

PHD
Cardiovascular Rehabilitation
University of New England
Armidale NSW 2350
2015

Adelphi University, Garden City, NY, USA
Master Clinical Exercise Physiology (Cardiac Rehabilitation)
2006

University Teknologi MARA
Bachelor in Sports Science (Hons.)
2001

University Teknologi MARA
Diploma in Health & Fitness
1998

PROFESSIONAL EXPERIENCE: Academic and Clinical

RehabCare Specialist
Pusat Pakar Pemulihan Jantung dan Penyakit Kronik
Cardiac and Chronic Disease Rehabilitation Specialist
2015 – current

University Teknologi MARA
Senior Lecturer
Exercise Physiology Lab & Exercise Rehabilitation
Faculty of Sports Science & Recreation, Shah Alam,
Malaysia.
2007- Present

University Teknologi MARA
Deputy Dean Academic
Faculty of Sports Science & Recreation, Shah Alam,
Malaysia.
2008 - 2009

Clinical Exercise Physiologist
Health Screening and Fitness Testing for Emergency Response
Team (ERT). Petronas (Oil & Gas Company)
National Institute of Occupational Safety & Health (NIOSH)
2009-Present

Sports Science Instructor
(Certification for National & States Coaches.)
National Sports Council of Malaysia
2008-2011

Manager of Equinox Fitness Centre,
Hotel Equatorial Melaka
Malaysia.
2001-2004

PUBLICATIONS AND PRESENTATIONS

Hashbullah Ismail, Plenary Speaker.
Exercise Prescription and Rehabilulitation with Chronic Heart
Failure patients. Malaysia Medical Heart Association Conference,
Kual Lumpur, 2016.

Hashbullah Ismail, Mauzalan, Hosni Hasan, Raja Firhad Raja
Azidin. Faculty of Sport Sciences & Recreation.
Teknologi MARA, Shah Alam, Malaysia.
*Effects of Different Warm-up Protocols and No Warm Up on
Speed Performance among Football Players.
International Conference on Science & Social Research.
December 5-7, 2010*

Hashbullah Ismail, Najihah Rahmat Abdullah, Mohd Noorazam Abd Razak, Syed Shahbudin Syed Omar. Faculty of Sports Science and Recreation, Universiti Teknologi MARA, Shah Alam, Malaysia. *Different Techniques in Assessing Body Composition among Inactive Adolescent Female. International Conference on Science & Social Research. December 5-7, 2010*

Hosni Hasan, Hashbullah Ismail, Raja Firhad. Faculty of Sports Science & Recreation, Universiti Teknologi MARA, Shah Alam. *Preventive Methods of Low Back Pain. International Conference on Science & Social Research. December 5-7, 2010.*

Hashbullah Ismail. *Keynote speaker. Cardiac Rehabilitation Application in Human Performance Perspective. Pioneer Frontiers In Sports Research: Exploring New Limits to Human Performance. International Sports Science Research, July 3-4, 2008.*

Hashbullah Ismail, John Wygand, Robert M. Otto. *The Cardiovascular response to incremental, submaximal exercise in patients on cardioselective Beta Blockers. Volume 39(5), May 2007, P S441. Medicine & Science in Sports & Exercise.*

Noorazam Abd Razak, Hashbullah Ismail. et.al. *Pengajaran Penyalahgunaan Dadah dalam kalangan Pelajar tingkatan Empat: Satu Kajian Kes. (Drug Abuse education among students in secondary school: A Case Study.) Jilid 5/2009 M/S190 - 218 Malaysian Anti Drug Journal.*

CURRENT RESEARCH

1. **Ismail, H., J. McFarlane, and N.A. Smart** *Is exercise training beneficial for heart failure patients taking beta-adrenergic blockers? A systematic review and meta-analysis.* Congestive Heart Failure, 2013, 19(2): pp 61-9
2. **Ismail, H., J. McFarlane, G. Dieberg, H. Noujimian and N.A. Smart** *Clinical Outcomes and Cardiovascular Responses to Different Exercise Training Intensities in Heart Failure Patients: A systematic review and meta-analysis.* JACC: Heart Failure, 2013, 1(6): pp 514-22
3. **Ismail, H., J. McFarlane, G. Dieberg and N.A. Smart** *Exercise Training Program Characteristics and Magnitude of*

Change in Functional Capacity of Heart Failure Patients. International Journal of Cardiology, 2014, 171(1): pp 62-65

4. Smart, N.A. and H. **Ismail** *Is It Safer and More Beneficial to Work Heart Failure Patients Harder? An Editorial Commentary.* Clinical Cardiology, 2013, 36(10): pp 638-639.

5. Dieberg, G., H. **Ismail**, F. Giallauria, N.A. Smart *Clinical Outcomes and Cardiovascular Responses to Exercise Training in Heart Failure Patients with Preserved Ejection Fraction: A Systematic Review and Meta-Analysis.* Journal of Applied Physiology. 6 March 2015 Vol. no., DOI: 10.1152/jappphysiol.00904.2014

6. Smart, N.A., Waldron M., **Ismail**, H., Giallauria F., Vigorito C., Cornelissen V., Dieberg G. *Validation of a new Tool for the assessment of Study quality and reporting in Exercise training studies: (TESTEX).* International Journal of Evidence-Based Health Care. International Journal of Evidence-Based Health Care. 2015 Mar; 13(1):9-18. doi:10.1097/XEB.0000000000000020

PATERN & INNOVATION

Hosni Hasan, Hashbullah Ismail . *Top Corner Penalty Kick Test.* National Innovation. October 12-14, 2010.

BOOKS

English Language Books

Hashbullah Ismail., Borhan Yusoff, Mohd Sadek Mustafa. ***Research Methodology in Sports Science, Open University Malaysia, Meteor Doc. ISBN 967-316-181-2. 2008***

Hashbullah Ismail., Borhan Yusoff, Mohd Sadek Mustafa. ***Leadership and Sports Organization. Open University Malaysia, Meteor Doc. 200.7***

Malaysian Language Books

Raja Mohd Firhad, Hashbullah Ismail, et.al. Perlaziman Fizikal Bolasepak. (**Physical Conditioning for football**). UPENA, UiTM 2010. ISBN 978-363-114-8.

Hashbullah Ismail., Borhan Yusoff, Mohd Sadek Mustafa. *Kegiatan Profesional (Permainan) (**Profesional Activity.**)* Open University Malaysia, Meteor Doc. ISBN 967-316-212-3. 2008

Mohd Sadek Mustafa, Hashbullah Ismail, Borhan Yusoff. *Kegiatan Profesional (Permainan gelanggang) (**Profesional Activity-Indoor game**).* Open University Malaysia, Meteor Doc. ISBN 967-316-057-0. 2008

Borhan Yusoff, Hashbullah Ismail, Mohd Sadek Mustafa. Gaya Hidup Sihat (**Active Life Style**).) Open University Malaysia, Meteor Doc. ISBN 967-316-140-9. 2008

Hashbullah Ismail., Borhan Yusoff. *Kegiatan Profesional (Permainan) (**Profesional Activity.- Team Game**).* Open University Malaysia, Meteor Doc. ISBN 967-316-056-3. 2008

Borhan Yusoff, Mohd Sadek Mustafa, Hashbullah Ismail, *Ujian, Pengukuran dan Penilaian Dalam Pendidikan Jasmani (**Testing, Evaluation and Measurement in Physical Education.**)* Open University Malaysia, Meteor Doc. ISBN 967-316-055-6. 2007

WORKSHOP EXPERIENCES

Committee member for RMK (11) for National Football UiTm FC and FAM. (2015 – present)

Committee to set up University football Academy at National level Workshop in March 2011.

Health & Fitness Appraisal workshop for Petronas Emergency Responses Team (ERT). 2010

Training Module workshop for state and national level coaches 2007, 2008, 2009 and 2010

Workshop in Total Health Promotion with NIOSH (National Institute of occupational, Safety & Health), 2009.

PROFESSIONAL MEMBERSHIP

American College of Sports Medicine, 2005- 2007.

National Sports Council, (National Instructor for Coaches, Malaysia)
2007-2011

National Fitness Council, Ministry of Youth & Sports, (Malaysia)
2008 – 2009

HONORS

Merit Award for Excellence in Teaching, University Teknologi MARA. 2008

SERVICE:

UiTM UNIVERSITY SERVICE

Established MOU between University Technology MARA and SAMSUNG Malaysia in Ergonomic and occupational therapy, 2016 so Samsung staff will get health and rehabilitation services from Clinical Exercise Physiologist,

Conducting lost weight program for obesity students in Hospital UiTM Sungai Buloh, 2016.

Conducting Cardiac Rehabilitation Program for Heart Patients in Hospital UiTM, Sungai Buloh, 2015 – present.

Conducting lab tests such as VO2 max for UiTM FC soccer players
2015 till present

Established collaboration between University and Malaysian Air force Army, so army (recruited) in training will follow training guideline from faculty as part of their training. 2008

Faculty Review Board, Chair, 2008.

Faculty Review Board, member 2008, 2011.

Sports Science Journal, Peer Review Committee, member, 2009-present

Review Committee for Quality Management Award, UiTM. 2007

Gymnasium Coordinator. Faculty of Sports Science, 2007

PROFESSIONAL SERVICE

Committee member for setting up Malaysia Guideline of Physical Activity and Health by Ministry of Health. (2015)

Reviewer, Malaysian Journal of Sport Science and Recreation. Critical Power Revisited: An Alternative Interpretation of Physiology Based On Observation. 2010

Panel TV, Astro : Orthopodic and Sports Injuries, 2008

Panel TV, Astro : Malaysian culture on eating habit, 2008

Consultant for Malaysian Army (NAVI) on Advanced courses Physical Conditioning 2008

Physical Trainer and lecturer for PDRM (Malaysian Police Force) 2007-2011

Committee member for MASUM (Malaysian University Athlete) International Islamic University, 2009

Resource Person for Aerobic and Strength Training & Conditioning Certification at Ministry of Youth & Sports, 2008 – 2011

Reviewer, New Degree program in Health Sciences at University Science Malaysia. 2008.

Keynote Speaker for Sports Science Seminar at National Sports Council, Malaysia, 2008

COMMUNITY SERVICE

Health Screening and risk injury assessment for Shah Alam community, 2015

East Armidale Soccer Team, First Grade and Reserve Division coach, February 2012 – 2014

Exercise Rehabilitation program with Malaysian Diabetic Association, 2008

Setting-up Cardiac Rehabilitation program at Sungai Buluh Hospital, Malaysia 2010-2011

Health Promotion Awareness at Rural Area in Negeri Sembilan and Perak. 2007.

Area of Expertise

Cardiac Rehabilitation in Chronic Heart Failure

Chronic Disease Rehabilitation, currently working with hypertensive and diabetic patients.

Clinical Exercise Physiologist for high performance, stress management and ergonomic work safety