

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. 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 organisations including Malaysia National Institute of Sports, National and State (Terengganu, Selangor and Wilayah Persekutuan) Sports Council, Royal Malaysian Polo Association, Baseball Federation of Malaysia, Selangor Football Club, National Football Academy UiTM-MOHE-FAM and Laos Football Federation. He currently served as Head of Strength and Conditioning for Selangor Football Club, competing in Malaysia Professional Super League. He oversees the physical conditioning department of the club with a particular focus on players' 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 interventions for elite athletes.