

Biodata – Dr. Zulezwan bin Ab. Malik, CFMS2



DR. ZULEZWAN AB MALIK is a senior lecturer at the Faculty of Sport Science and Coaching, Universiti Pendidikan Sultan Idris (UPSI). He completed his Ph.D. at Liverpool John Moores University (LJMU), United Kingdom which focuses on investigating muscle strength in diurnal variation and developing a more sophisticated way of phenotyping skeletal muscle e.g proteomic. He also has a special interest in athletic and has represented Malaysia in Asia Master competition, Liverpool Harrier Club, and also once a MASUM record holder in Pole Vaulting back then.

He chairs the Sport Science Unit Alumni USM Association and also a member of the Malaysia Strength and Conditioning Association (MSCA). A highly motivated academician specialized in Coaching Sciences (Strength Conditioning). As a qualified coach, he hold ISN Grade C Coaching Licence, looking forward to do his World Athletic (WA) Level 2 Coaching license and hold ISN Level 3 Sports Science course. He is also a Functional Movement Screen (FMS) Level 2 certified exercise professional. His current research interest is related to muscle strength, functional movement screening, training method, strength and conditioning: resistance training and rehabilitation.