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Specialisation:

Pediatric exercise and physical activity in children

Research Interest:

Habitual Participation on Physical Activities among children and adolescence

Research Recognition and Achievements:

National School Sports Science Curriculum Panel members of discussion (Ministry of Education, Malaysia)

Available Postgraduate Research Topics:

1. Determination of Optimal Dosage of Nigella Sativa Supplementation in Moderating the Severity of Inflammation In Soft Tissue Injuries Following Eccentric Exercise in Youth Football *Athletes*
2. Improving Mouthguard Design to Enhance Physical Performance of Athletes
3. Determination of Rs9930609 Polymorphism Of Fat-Mass And Obesity Associated (FTO) Gene in Overweight Malay Children In Relation to Physical Activity And Cardiorespiratory Fitness Level
4. A Study on Melanocortin 4 Receptor (MC4R)Gene Variants among Overweight Malay Children in Relation to Physical Activity
5. The Association of PPAR Gamma Gene Variant with Physical Activity and Eating Behaviour Among Overweight Children