

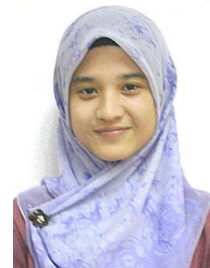
DR. NUR SYAMSINA BINTI AHMAD

BSc (Exercise and Sports Science), MSc (Sports Science), PhD (Sports Science)

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**Specialisation:**

Biochemistry of exercise and Sport Nutrition

Research interest:

- **Natural Supplement on Bone Metabolism and Antioxidant**
- **Natural Product Chemistry (Compound analysis, Bioactivity)**
- **Exercise/ Physical Fitness (Physiology of training, exercise performance, Biochemistry)**

Publication:

- 1) Manuscript entitled: **Dose-response Effect of Tualang Honey on Postprandial Antioxidant Activity and Oxidative Stress in Female Athletes: A Pilot Study** has been published in Journal of Alternative and Complementary Medicine
- 2) Manuscript entitled: **Bone Mineral and Associated Risk Factors among Female Athletes: A Cross-Sectional Study** has been published in Sains Malaysiana
- 3) Manuscript entitled: **Diet and Bone Status in Eumenorrheic Female Athletes** has done for the proceeding of 3rd International Conference on Movement, Health & Exercise (MoHE) on 28th -30th September 2016
- 4) Manuscript entitled: **Beneficial effects of Acacia honey drink supplementation during rehydration after exercise on blood parameters and subsequent running performance in the heat** has done for the proceeding of '16th National Conference on Medical and Health Sciences (16th NCMHS)' to be held in School of Medical Sciences, Universiti Sains Malaysia on 22nd -23rd June 2011
- 5) Manuscript entitled: **Effects of Post-Exercise Honey Drink Ingestion on Blood Glucose and Subsequent Running Performance in the Heat** has been published in Asian Journal of Sport Medicine.

Conferences:

- **3rd International Conference on Movement, Health & Exercise (MoHE) (UM)**
Oral Presenter: Diet and Bone Status in Eumenorrhic Female Athletes
- **The 1st Conference of Asian Nutrition Society of Sports and Health (The 6th Beijing International Forum on Sports Nutrition Food) (Beijing, China)**
Poster: Tualang Honey Supplementation Prevents Bone Loss, Oxidative Stress and Improves Estrogen Level on Female Athletes with Low Bone Density
- **International Convention on Science, Education & Medicine in Sport 2012 (Glasgow, UK)**
Abstract: Effects of Sodium-Enriched Acacia Honey Drinks Supplementation during Rehydration after Exercise on Subsequent Running Performance in the Heat
- **4th Asia-Pacific Conference on Exercise and Sport Science & 8th International Sport Science Conference (USM).**
Abstract: Effect Prescription on Blood lipid Profile of subject with High Cholesterol Level
- **25th Scientific Meeting Society of Phamacology and Physiology (UPM).**
Poster: Effects of exercise frequency on health related fitness components of subjects with high cholesterol level.
Poster: Effects of exercise frequency on blood lipid profiles, and anthropometric profile of subjects with high cholesterol level
- **'16th National Conference on Medical and Health Sciences (16th NCMHS)' (USM).**
Oral Presenter: Beneficial effects of Acacia honey drink supplementation during rehydration after exercise on blood parameters and subsequent running performance in the heat
- **5TH ISN Sports Medicine and Sports Science Conference 2011(SMSS2011) (ISN)**
Oral Presenter : Effects of Sodium-Enriched Acacia Honey Drink Supplementation during Rehydration after Exercise on Physiological Parameters and Subsequent Running Performance in the Heat
- **International Conference of Sports Science and Recreation 2011 (ICSSR 2011) (UiTM)**
Oral Presenter : Effects of sodium-enriched honey drink supplementation during rehydration after exercise on physiological parameters in the heat

Awards/ Recognition:

- Won an excellent poster presentation in The 1st Conference of Asian Nutrition Society of Sports and Health (The 6th Beijing International Forum on Sports Nutrition Food) at Beijing China on 13-14 September 2016