



A center for excellence and innovation of sports science practices.



UNIVERSITI
TEKNOLOGI
MARA



Sport Specific Fitness Assessments and Prescriptions Program

**THE FUTURE OF
ATHLETES**

Contact us

For more information, please contact;

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Our Specialist

YM Dr. Raja Mohammed Firhad Raja Azidin

Deputy Dean (Academy), Faculty of Sports Science and Recreation UiTM
Fields:

Strength and Conditioning / Sport Biomechanics

Dr. Hashbullah Ismail

Director Industry Network Centre
The Office of Industry, Community and Alumni Network (ICAN) UiTM

Fields:

Clinical Exercise Physiologist / Cardiac Rehabilitation

Dr. Hosni Hasan

Head of Sports Science Study, Faculty of Sports Science and Recreation UiTM

Fields: Skill

Acquisition / Sport Biomechanics / Movement Analysis (Running and Cycling)

Dr Mahenderan Appukutty

Head of Postgraduate Study, Faculty of Sports

Science and Recreation UiTM

Field: Nutritionist

Mr. Rahmat Adnan

Senior Lecturer, Faculty of Sports Science and Recreation UiTM

Fields:

Accredited Exercise Physiologist / Spine Rehabilitation Specialist / Strength and Conditioning

Mr. Norasrudin Sulaiman

Coordinator Practicum Training, Faculty of Sports Science and Recreation UiTM

Field:

Accredited Performance Analyst

The Test

Laboratory-Based Assessments

- 1) Body composition – Bioelectrical Impedance Assessment
- 2) Cardiorespiratory Endurance – Maximum Oxygen Consumption (VO₂max) Incremental Motorized Treadmill Protocol
- 3) Power – Maximum Vertical / Horizontal Jump
- 4) Biomechanical Markers of Lower Limb Injury Risk – Landing Error Scoring System

Field-Based Assessments

- 1) Cardiorespirator Endurance – Yo-Yo Intermittent Recovery / Endurance
- 2) Speed – 20 m Sprint
- 3) Speed Endurance – Repeated Sprint Ability
- 4) Agility – Arrow Head

Facilities

UiTM Sports Lab

Universiti Teknologi MARA
Shah Alam

Package

Lab Test

RM500.00/individu/4 tests or
RM150/test

Field Test

RM90.00/individu/4 tests or
RM25/test

**Quality athlete is our
passion. Come visit
us today!**