

# CURRICULUM VITAE

<b>A. BUTIR-BUTIR PERIBADI</b> ( <i>Personal Details</i> )			
Nama Penuh ( <i>Full Name</i> )	Azhar bin Yaacob		Gelaran ( <i>Title</i> ): Dr
No. MyKad / No. Pasport (Mykad No. / Passport No.) 850211025349	Warganegara (Citizenship) Malaysia	Bangsa ( <i>Race</i> ) Melayu	Jantina ( <i>Gender</i> ) Lelaki
Jawatan ( <i>Designation</i> )	Pensyarah	Tarikh Lahir ( <i>Date of Birth</i> )	11 Februari 1985

Alamat Semasa ( <i>Current Address</i> )	Jabatan/Fakulti ( <i>Department/Faculty</i> )	E-mel dan URL ( <i>E-mail Address and URL</i> )
No 11, Jln Tasik Senangin 3/2, Bandar Tasik Senangin, 71750 Lenggeng Negeri Sembilan  Tel: 0125297202	Jabatan Pengajian Sukan, Fakulti Pengajian Pendidikan, UPM	E-mail: azhar_y@upm.edu.my  URL:  H/P: 0125297202

<b>B. KELAYAKAN AKADEMIK</b> ( <i>Academic Qualification</i> )			
Nama Sijil / Kelayakan ( <i>Certificate / Qualification obtained</i> )	Nama Sekolah Institusi ( <i>Name of School / Institution</i> )	Tahun ( <i>Year obtained</i> )	Bidang pengkhususkan ( <i>Area of Specialization</i> )
Doctor of Philosophy	Universiti Putra Malaysia	2019	Human Physiology
Master Of Science	Universiti Putra Malaysia	2013	Pharmacology and Toxicology
Bachelor Of Science	Universiti Putra Malaysia	2007	Biomedical Sciences

<b>C. KEMAHIRAN BAHASA</b> ( <i>Language Proficiency</i> )					
Bahasa / <i>Language</i>	Lemah <i>Poor</i> (1)	Sederhana <i>Moderate</i> (2)	Baik <i>Good</i> (3)	Amat Baik <i>Very good</i> (4)	Cemerlang <i>Excellent</i> (5)
English					X
Bahasa Melayu					X
Chinese					
Lain-lain ( <i>other</i> ):					

<b>D. PENGALAMAN SAINTIFIK DAN PENGKHUSUSAN</b> <i>(Scientific experience and Specialisation)</i>				
Organization	Position	Start Date	End Date	Expertise

<b>E. PEKERJAAN (Employment)</b>				
Majikan / Employer	Jawatan / Designation	Jabatan / Department	Tarikh lantikan / Start Date	Tarikh tamat / Date Ended
Sports Academy, UPM	Science Officer	Laboratory physical performance and skills analysis	25.5.2009	1.9.2010
Sports Academy, UPM	Research Officer	Sports Academy	1.9.2010	-

<b>F. ANUGERAH DAN HADIAH (Honours and Awards)</b>				
Name of awards	Title	Award Authority	Award Type	Year
Academic Awards	Graduate Student Fellowship	IEEE Lasers and Electro-optics Society	National	2000
Non-Academic Awards				
Awards of Merit				

<b>G. SENARAI PENERBITAN (Sila masukan nama pengarang, tajuk, nama jurnal, jilid, muka surat dan tahun diterbitkan) (List of publications – author (s), title, journal, volume, page and year published)</b>	
Journal	<ol style="list-style-type: none"> <li>1. Yaacob, A., et al., RELATIONSHIP BETWEEN ANTHROPOOMETRY ATTRIBUTES AND CARDIOVASCULAR FITNESS AMONG MALE UNIVERSITI PUTRA MALAYSIA FUTSAL ATHLETES. Malaysian Journal of Sport Science and Recreation (MJSSR), 2023(2): p. 284-294%V 19.</li> <li>2. Yaacob, A., Mohd Moklas, M., Amom, Z., Nur Marthuan, S., &amp; Baharuldin, M. (2022). EFFECT OF FICUS DELTOIDEA ON RAT'S SWIMMING PERFORMANCE AND ITS MUSCLE ANABOLIC PROPERTIES. Malaysian Journal Of Sport Science And Recreation (MJSSR), 18(2), 244-254. doi:10.24191/mjssr.v18i2.19576</li> <li>3. Norjali Wazir, M. R. W., Samsu, R., Yaacob, A., Martuan, S. Z., &amp; Ishkandar, C. D. M. (2022) Comparison of Anthropometric and Physical Fitness among Sprinters, Jumpers and Throwers in Male Student-Athletes. International Journal of Education and Training.(InjET) 8(1): June: 1 - 6 (2022)</li> <li>4. Yaacob, Azhar, and Mohamad Taufik Hidayat Baharuldin. "A Review on Ficus deltoidea Medicinal Properties and Its Potential Use as Ergogenic Aids in Athletes." Pertanika Journal of Scholarly Research Reviews 4, no. 2 (2018).</li> <li>5. Jamaluddin, Fauzani N., Siti A. Ahmad, Samsul Bahari Mohd Noor, Wan Zuha Wan Hassan, and Y. Azhar. "Features selection for Bayes classification of prolonged fatigue on rectus femoris muscle." In 2017 39th Annual International Conference of the IEEE Engineering in Medicine and Biology Society (EMBC), pp. 2506-2509. IEEE, 2017.</li> <li>6. Jamaluddin, Fauzani N., Siti A. Ahmad, Samsul Bahari Mohd Noor, Wan Zuha Wan Hassan, Azhar Yaacob, Yunus Adam, and Akademi Sukan. "Estimation of wavelet threshold value for surface EMG baseline removal." In 2016 IEEE EMBS Conference on Biomedical Engineering and Sciences (IECBES), pp. 102-105. IEEE, 2016.</li> <li>7. Jamaluddin, Fauzani N., Siti A. Ahmad, Samsul Bahari Mohd Noor, Wan Zuha Wan Hassan, Azhar Yaacob, Yunus Adam, and Sawal HM Ali. "Amplitude and frequency changes in surface EMG of biceps</li> </ol>

	<p>femoris during five days Bruce Protocol treadmill test." In <i>2015 37th Annual International Conference of the IEEE Engineering in Medicine and Biology Society (EMBC)</i>, pp. 6219-6222. IEEE, 2015.</p> <ol style="list-style-type: none"> <li>8. Jamaluddin, Fauzani N., Siti A. Ahmad, Samsul Bahari Mohd Noor, Wan Zuha Wan Hassan, <b>Azhar Yaacob</b>, and Yunus Adam. "Performance of DWT and SWT in muscle fatigue detection." In <i>2015 IEEE Student Symposium in Biomedical Engineering &amp; Sciences (ISSBES)</i>, pp. 50-53. IEEE, 2015.</li> <li>9. Mohd Hafiz Rosli, Mohamad Taufik Hidayat Baharuldin, Muhammad Nazrul Hakim Abdullah, Mohd Sofian Omar Fauzee, Yunus Adam, <b>Azhar Yaacob</b>. (2013) Coupling GPS with Accelerometer to Measure Physical Activity. <i>Procedia-Social and Behavioral Sciences</i> 91 (2013)171-178</li> <li>10. N. Somchit, C. W. Wong, <b>A. Yaacob</b>, A. Zuraini, Z.A. Zakaria. (2009) Influence in Cytochrome P450 inhibitors in the in vitro cytotoxicity of antifungal drugs itraconazole and fluconazole. <i>Journal of Toxicology</i> (In press)</li> <li>11. Saiful Yazan Latifah, Nurdin Armania,Tan Hern Tze, <b>Yaacob Azhar</b>, Abdul Hadi Nordiana, Saad Norazalina, Ithnin Hairuszah, Moin Saidi, Ismail Maznah. (2010) Germinated brown rice (GBR) reduces the incidence of aberrant crypt foci with the involvement of β-catein and COX-2 in azoxymethane-induced colon cancer rats. <i>Nutrition Journal</i></li> <li>12. <b>Azhar, Y.</b>, Chiong, H.S., Malarvili, S., Nazrul Somchit, M., Yuen, K.H. (2010). Preliminary Ulcerogenic Evaluation of Piroxicam-Loaded Liposomes. <i>Journal of Industrial Technology</i>, 19(1): 1-16</li> <li>13. Chiong, H.S., <b>Azhar, Y.</b>, Nazrul Somchit, M., Yuen, K.H. (2010). Preparation and In-Vitro Evaluation of Blank and Piroxicam-Loaded Liposomes. <i>Journal of Industrial Technology</i>, 19(1): 17-30.</li> <li>14. Chiong, H.S., Nazrul Somchit, M., <b>Azhar, Y.</b>, Yong, Y.K., Sulaiman, M.R., Zakaria, Z.A., Yuen, K.H. (2011) Liposomal Encapsulation of Piroxicam: A Strategy for Improved Anti-Inflammatory and Anti-Pyretic Activities. <i>Journal of Pharmacological Sciences</i>, 115(1): 275.</li> <li>15. M Nazrul-Hakim, <b>A Yaacob</b>, Y. Adam, A Zuraini, Preliminary Toxicological Evaluations of Polypeptide-K Isolated from <i>Momordica Charantia</i> in Rats, <i>International Journal of Biological and Medical Sciences</i> 1:1 2011.</li> <li>16. Chong, L. C., <b>Yaacob, A.</b>, Rosli, M. H., Adam, Y., Yusuf, A., Omar-Fauzee, M. S., et al. (2011). Physical evaluation of selected Malaysian national rugby players. <i>World Academy of Science, Engineering and Technology</i>, 74, 1021-1025.</li> <li>17. Ahmad, Z., Zamhuri, K. F., <b>Yaacob, A.</b>, Siong, C. H., Selvarajah, M., Ismail, A., &amp; Hakim, M. N. (2012). In Vitro Anti-diabetic Activities and Chemical Analysis of Polypeptide-k and Oil Isolated from Seeds of <i>Momordica charantia</i> (Bitter Gourd). <i>Molecules</i>, 17(8), 9631-9640.</li> <li>18. Lok, L. C., Sim, M. Y. Y., Ahmad, M. Z., <b>Yaacob, A.</b>, &amp; Hakim, M. N. (2011). Effects of polypeptide-k supplemented soft bun on blood glucose level in healthy adults.</li> <li>19. Somchit, N., Chung, J. H., <b>Yaacob, A.</b>, Ahmad, Z., Zakaria, Z. A., &amp; Kadir, A. A. (2012). Lack of hepatotoxicity and nephrotoxicity induced by antifungal drug voriconazole in laboratory rats. <i>Drug and Chemical Toxicology</i>, 35(3), 304-309.</li> </ol>
<i>Books/Monographs</i>	
<i>Chapter in book</i>	
<i>Proceedings</i>	<ol style="list-style-type: none"> <li>1. <b>Azhar Yaacob</b>, Ahmad Termizi Ahmad Kamil, Siti Zubaidah Nur Marthuan. Knowledge, attitude and practice among elite tennis athlete. <i>International e-Conference of Research and Education for Educators 2021</i> (17 July 2021)</li> <li>2. Siti Zubaidah Nur Marthuan, <b>Azhar Yaacob</b>, Rohaida Hassan, Zawin Nadiah. Knowledge and attitude of sports nutrition among Softball/Baseball athletes in Malaysia. <i>The 5<sup>th</sup> International Conference on Sport Science, Health and Physical Education: A Virtual Conference</i> (18-19 November 2020)</li> <li>3. <b>Azhar Yaacob</b>, Hazizi Abu Saad, Mohd Hafiz Rosli, Siti Zubaidah Nur Marthuan. Knowledge and attitude of sports nutrition among university track and field athletes. <i>International Conference of Research and Education for Educators 2019</i> (9-10 December 2019, Phuket)</li> <li>4. <b>Azhar Yaacob</b>, Muhammad Taufik Hidayat Baharuldin. Anabolic Effect of FD (Mas Cotek) in Sedentary and Trained Rat's Model. <i>2nd ASEAN Sports Medicine Conference 2018</i> (24-25 March 2018, Hotel Istana Kuala Lumpur)</li> </ol>

	Lumpur)
	<p>5. <b>Azhar Yaacob</b>, Muhammad Taufik Hidayat Baharuldin. <i>FD (Mas Cotek) as athlete's performance enhancer supplement</i>. Putra Research Symposium (PRS) 2018 (1 November 2018, Hotel Bangi-Putrajaya)</p> <p>6. <b>Azhar Yaacob</b>, Yunus Adam, Mohd Hafiz Rosli, Muhammad Nazrul Hakim Abdullah. Body composition changes in response to combination of resistance and endurance training. Movement, Health and Exercise Conference (MoHE) 2014.</p> <p>7. Mohamad Nizam Asmuni, Yunus Adam, <b>Azhar Yaacob</b>, Mohd Hafiz Rosli, Muhammad Nazrul Hakim Abdullah. Physical fitness evaluation of physical education teachers in Maktab Rendah Sains MARA (MRSM). Abstract Proceeding, 1<sup>st</sup> UMS International Sports Science Conference (UISSCo) 2013.</p> <p>8. Zarina Muhammed, Khairul Faizi Zamhuri, <b>Azhar Yaacob</b>, Chiong Hoe Siong, Amin Ismail, Zuraini Ahmad &amp; Muhammad Nazrul Hakim. Potent inhibitor of <math>\alpha</math>-amilase and <math>\alpha</math>-glucosidase activities by oil isolated from seeds of momordica charantia (Bitter gourd): Potential use in diabetes. 3<sup>rd</sup> International Symposium on Wellness, Healthy Lifestyle and Nutrition 2012.</p> <p>9. Roszini Mohamad Nor, Khairul Faizi Zamhuri, <b>Azhar Yaacob</b>, Chiong Hoe Siong, Amin Ismail, Zuraini Ahmad &amp; Muhammad Nazrul Hakim. Chemical analysis and anti-oxidant activity of oil isolated from seeds of momordica charantia (Bitter gourd). 3<sup>rd</sup> International Symposium on Wellness, Healthy Lifestyle and Nutrition 2012.</p> <p>10. Chiong Hoe Siong, Muhammad Nazrul Hakim Abdullah, <b>Azhar Yaacob</b>, Malarvili Selvaraja &amp; Yuen Kah Hay. Reduction of ulcerogenic effects of piroxicam by nano-encapsulation. Pameran Reka Cipta, Penyelidikan dan Inovasi UPM 2011.</p> <p>11. Chiong Hoe Siong, Muhammad Nazrul Hakim Abdullah, <b>Azhar Yaacob</b>, Sandy Ong Gim Ming &amp; Yuen Kah Hay. Piroxicam nano-encapsulation: Preparation and In-vitro Characterisation. Pameran Reka Cipta, Penyelidikan dan Inovasi UPM 2011.</p> <p>12. Muhammad Nazrul Hakim Abdullah, Lee Cheng Lok, Yong Yean Sirn, Zuraini Ahmad, <b>Azhar Yaacob</b>, Nahzatul Shima Abd Wahab &amp; Subramaniam Supparoo. Polypeptide-k accelerates the reduction of blood glucose level in healthy adults. Pameran Reka Cipta, Penyelidikan dan Inovasi UPM 2011.</p> <p>13. Muhammad Nazrul Hakim Abdullah, Yunus Adam, Mohd Hafiz Rosli, Zuraini Ahmad, Muhammad Taufik Hidayat, <b>Azhar Yaacob</b> &amp; Zainul Amiruddin Zakaria. Orthosipan stamineus (Misai Kucing) as diuretic agent in sports medicine. 22<sup>nd</sup> Pacific Science Congress 2011.</p> <p>14. Muhammad Nazrul Hakim Abdullah, Soo Li Chin, <b>Azhar Yaacob</b>, Zuraini Ahmad, Mohd Roslan Sulaiman &amp; Zainul Amiruddin Zakaria. Apoptotic cell death in the mechanism of hepatotoxicity induced by azole anti-fungal drug itraconazole. Pameran Reka Cipta, Penyelidikan dan Inovasi UPM 2010.</p> <p>15. Muhammad Nazrul Hakim Abdullah, Ali Reza Amani, Yunus Adam, <b>Azhar Yaacob</b>, Mohd Hafiz Rosli, Noor Idwan Naim &amp; Mohd Majid Konting. Relationship between percentage of body fat and maximal oxygen uptake among adults. Pameran Reka Cipta, Penyelidikan dan Inovasi UPM 2010.</p> <p>16. Muhammad Nazrul Hakim Abdullah, Yunus Adam, Mohd Hafiz Rosli, Zuraini Ahmad, Muhammad Taufik Hidayat, <b>Azhar Yaacob</b> &amp; Zainul Amiruddin Zakaria. Orthosipan stamineus (Misai Kucing) as diuretic agent in sports medicine. Biolnno Awards 2009.</p>
<i>Other publications</i>	
<i>Computer software</i>	

<b>H. PROJEK PENYELIDIKAN TERDAHULU</b> ( <i>Past Research Project</i> )					
<i>Project No.</i>	<i>Project Title</i>	<i>Role</i>	<i>Year</i>	<i>Source of fund</i>	<i>Status</i>
9332400	<i>Combination of resistance and aerobic endurance training in reducing body fat mass and improving blood lipid profile</i>	Project Leader	2012	Universiti Putra Malaysia	Completed

06-01-04-SF1875	<i>Energy demand evaluation: First step in modeling specific physical fitness training for female hockey athletes.</i>	Member	2014	Ministry of Science, Technology and Innovation, Malaysia	Completed
	Ciri-ciri fisiologi dan antropometri atlet ragbi di Maktab Rendah Sains Mara (MRSM)	Member	2013	Majlis Amanah Rakyat (MARA)	Completed
	Keberkesanan latihan plyometrik dan senaman aerobic dalam menangani masalah obesiti di kalangan pelajar MRSM	Member	2014	Majlis Amanah Rakyat (MARA)	Completed
9509500	<i>The effect of Ficus deltoidea aqueous extract on rats physical performance and energy level</i>	Member	2016	Universiti Putra Malaysia	Completed
9692200	<i>Investigation on intermittent fasting and physical training effect on sex hormone regulation and androgen receptor</i>	Member	2020	Universiti Putra Malaysia	On-going