

**DIRECTORY OF EXPERTISE:
FACULTY OF HEALTH SCIENCES, UNIVERSITI TEKNOLOGI
MARA (UiTM) CAWANGAN SELANGOR, KAMPUS PUNCAK ALAM,
SELANGOR, MALAYSIA**

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4	WEBSITE	http://www.researcherid.com/rid/O-1463-2013 http://orcid.org/0000-0003-0342-8136
5	ACADEMIC POSITION & CENTER OF STUDY	Senior Lecturer Centre of Physiotherapy
6	QUALIFICATION AND GRANTING INSTITUTION	<ul style="list-style-type: none"> • Ph.D. (Health Science); Universiti Teknologi MARA (2015) • BSc (Hons) Applied Rehabilitation (Physiotherapy), University of Teesside, U.K (2007) • Diploma in Physiotherapy, Universiti Teknologi MARA (2002)
7	CURRENT ACADEMIC & ADMINISTRATIVE RESPONSIBILITIES	<p><u>ACADEMIC RESPONSIBILITIES</u></p> <ul style="list-style-type: none"> • PHT714: Motor Control; Master in Physiotherapy (Musculoskeletal) • PHT464: Physiotherapy in Neurology I (Bachelor in Physiotherapy) • PHT494: Physiotherapy in Neurology II (Bachelor in Physiotherapy) • PHT517: Evidence Based Practice (Bachelor in Physiotherapy) • PHT437: Management and Professional Issues in Physiotherapy (Bachelor in Physiotherapy) • PTY256: Physiotherapy in Neurology II (Diploma in Physiotherapy) • PTY206: Physiotherapy in Neurology I (Diploma in Physiotherapy) <p><u>ADMINISTRATIVE RESPONSIBILITIES</u></p> <ul style="list-style-type: none"> • Head of Centre of Physiotherapy <p><u>POSTGRADUATE SUPERVISION</u></p> <ul style="list-style-type: none"> • Ongoing - 11 • Completed - 5

8	RESEARCH INTERESTS AND PROJECTS	<ul style="list-style-type: none"> • Grant: BESTARI/UiTM (RM 50,000.00) Title: 3-Dimensional Virtual Reality for Motion and Gait Rehabilitation Post Acquired Brain Injury. Status : Active Year : 2017-2019 Role : Co-Researcher. • Grant: FRGS/KPT (RM87,344.00) Title: Plasma BDNF, Cognitive Function, Cardiorespiratory and Muscle Strength Parameters Changes Following Maximal Intensity Exercise in Chronic Post-Stroke Patients Status : Completed. Year : 2017-2019 Role : Co-researcher • Grant : FRGS/KPT (RM44,520.00) Title: Developing Nutritional Knowledge and Supplement Habits Intervention Model for Malaysian Disabled Athletes Status : Active Year : 2017-2019 Role : Co-Researcher • Grant: GIP/UiTM (RM20,000.00) Title: Effects of 6-Week High - Intensity Cycling Exercises Plus Functional Electrical Stimulation on Aerobic Capacity and Muscles Strength Among Individual with Spinal Cord Injury. Status : Completed. Year : 2017-2018. Role : Principle Researcher. • Grant: LESTARI/UiTM (RM20,000.00) Title: Effects of High Intensity Soccer Specific Fatigue Protocol on Biomechanical Markers of ACL Injury Risk Status : Active. Year : 2017-2019. Role : Co-Researcher. • Grant: FRGS/KPT Title: Adaptation in Brain-Derived Neurotrophic Factors and Neuromuscular Fatigue Response Following High-Intensity Exercise among Incomplete Spinal Cord Injury Status : Completed. Year: 2016-2019. Role : Principal Researcher. • Grant: LESTARI/UiTM (RM20,000.00) Title: Characteristics of Physical Activity, Sedentary Behaviour and Barriers to Exercises among Individual with Spinal Cord Injury Deciphering the population parameters between juvenile and adult stages of Aedes sp. in influencing dengue transmission. Status : Completed. Year : 2015-2017. Role : Principal Researcher.
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		<p>(RM20,000.00) Title: Application of Ankle Kinesio Taping to Correct Foot Equinovarus and its Effect on Postural Control after Stroke Status: Completed. Year 2016-2018. Role : Co-Researcher</p> <ul style="list-style-type: none"> • Grant: Lestari Grant / Universiti Teknologi MARA (RM20,000.00) Title: Effects of Delorme Strengthening Exercises Regime on Biceps Brachii Based on one Repetitive Maximum (1-RM) and Ten Repetitive Maximum (10-RM) Progression Test. Status: Completed. Year 2016-2018. Role : Co-Researcher • Grant: FRGS/KPT (RM 104,000.00) Title: Watermelon Branched Chain Amino Acids Status as Essential Muscle Nutrients for Healthy Living Status: Completed. Year 2016-2018. Role : Co-Researcher
9	PUBLICATIONS	<p><u>JOURNAL PUBLICATIONS</u></p> <ul style="list-style-type: none"> • Hisham, H., Justine, M., Hussain, H., Hasnan, N., & Manaf, H. (2019). Effects of Graded Exercises Integrated with Education on Physical Fitness, Exercise SelfEfficacy, and Activity Levels in People with Spinal Cord Injury: A Quasi-Experimental Study Protocol. Asian Spine Journal. • Rosley, N., Hamzaid, N. A., Hasnan, N., Davis, G. M., & Manaf, H. (2019). Muscle size and strength benefits of functional electrical stimulation-evoked cycling dosage in spinal cord injury: A narrative review. Sains Malaysiana, 48(3). • Abdul Rahman, R. A., Hanapiah, F. A., Nikmat, A. W., Ismail, N. A., & Manaf, H. (2019). Postural sway changes during static standing with concurrent task in children with traumatic brain injury. Neurosciences, 24(1). • Justine, M., Ishak, A., & Manaf, H. (2018). Effects of sub-maximal exercise on energy expenditure and heart rate recovery in individuals with normal weight, overweight and obesity. Journal of Physical Education and Sport, 18(3). • Hashim, S. H. B. M., Ismail, M. B., Manaf, H. B. A. & Hanapiah, F. A. B. Framework of virtual reality game on dual cognitive task for stroke rehabilitation. in ISCAIE 2018 - 2018 IEEE Symposium on Computer Applications and Industrial Electronics (2018).

		<ul style="list-style-type: none"> • Abdul Rahman, R. A., Manaf, H et al. Effect of Dual-Task Conditions on Gait Performance during Timed Up and Go Test in Children with Traumatic Brain Injury. <i>Rehabil. Res. Pract.</i> (2018). • Nor, N. M., Manaf, H. & Azhari, N. A. M. A conceptual model for developing a valid and reliable questionnaire on nutritional knowledge and supplement habits among disabled athletes in Malaysia. <i>Curr. Res. Nutr. Food Sci.</i> 5, (2017). • Zakaria, N. K., Manaf, H et al. Can gait deviation index (GDI) be an early indicator for children with autistic spectrum disorder (ASD)? <i>Inf.</i> 20, (2017). • Mustapa, A., Justine, M., Mustafah, N. M. & Manaf, H. The Effect of Diabetic Peripheral Neuropathy on Ground Reaction Forces during Straight Walking in Stroke Survivors. <i>Rehabil. Res. Pract.</i> 2017, 1–9 (2017). • Mustapa, A., Mustafah, N. M., Justine, M. & Manaf, H. Postural control and gait performance among individual with diabetic peripheral neuropathy and stroke survivors: A review paper. <i>J. Eng. Appl. Sci.</i> 12, (2017). • Justine, M., Bukry, S. A. & Manaf, H. Functional performance of older persons with normal, pronated and supinated foot. <i>J. Teknol.</i> 78, (2016). • Said, A. M., Justine, M. & Manaf, H. Plantar Pressure Distribution among Older Persons with Different Types of Foot and Its Correlation with Functional Reach Distance. <i>Scientifica (Cairo).</i> (2016). • Justine, M., Manaf, H et al. Range of motion, muscle length, and balance performance in older adults with normal, pronated, and supinated feet. <i>J. Phys. Ther. Sci.</i> 28, 916–22 (2016). • Mustapa, A., Justine, M., Mohd Mustafah, N., Jamil, N. & Manaf, H. Postural Control and Gait Performance in the Diabetic Peripheral Neuropathy: A Systematic Review. <i>BioMed Research International</i> 2016, (2016). • Manaf, H., Mohd Mustafah, N., Bukry, S. A. & Justine, M. Effects of Dual-Task Conditions on Turning Characteristics of Stroke Survivors in Healthcare Environment. <i>Environ. Proc. J.</i> 1, 134 (2016). • Anang, N., Jailani, R., Tahir, N. M., Manaf, H. & Mustafah, N. Analysis of kinematic gait parameters in chronic stroke survivors. in <i>ISCAIE 2016 - 2016 IEEE Symposium on Computer Applications and Industrial Electronics</i> 57–62 (2016). • Said, A. M., Justine, M. & Manaf, H. Plantar pressure distribution among older persons with different types of foot and its correlation with functional reach distance. <i>J. Nanomater.</i> 2016, (2016).
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10	INVOLVEMENT IN PROFESSIONAL ORGANIZATIONS	<ul style="list-style-type: none"> • President of Malaysian Physiotherapy Association (2019 – 2021) • Vice President of Malaysian Physiotherapy Association (2017 – 2019) • Vice President of Malaysian Physiotherapy Association (2015 – 2017) • Exco Committee of Malaysian Physiotherapy Association (2015 – 2017)
11	OUTREACH AND COMMUNITY SERVICES	<ul style="list-style-type: none"> • ASEAN Paragames, Kuala Lumpur 2017 - International Classifiers • SUKMA Paralympic, Perlis 2014 - Classifier • World Archery Championship, Bangkok 2013 - International Classifier • Asian Youth Paralympic 2013 Kuala Lumpur - Chief International Classifier • Paralimpiad Malaysia XII Pahang 2013 - Classifier Officer • World Archery Championship, 2011, Torino, Italy - International Classifier
12	AREA OF EXPERTISE & INTEREST	<ul style="list-style-type: none"> • Neurorehabilitation • Movement analysis

13	CONFERENCES AND COMPETENCY TRAINING	<p>2015</p> <ul style="list-style-type: none"> • Manaf, H., Justine, M., & Goh, H.-T. (2015). Effects of attentional loadings on axial segmental coordination during turning in stroke survivors. Paper presented at the World Confederation for Physical Therapy Congress 2015, Singapore. • • Said, M.A., Manaf, H., & Justine, M. (2015). Foot posture and functional performances in community-dwelling older person. Paper presented at the World Confederation for Physical Therapy Congress 2015, Singapore. <p>2014</p> <ul style="list-style-type: none"> • Manaf, H., Justine, M., & Goh, H.-T. (2014). Effect of attentional loadings on gait performance during Timed Up and Go test in stroke survivors. Paper presented at the The 2nd International Physical Therapy Conference and The 2nd Physical Therapy Mahidol University Research Symposium, Mahidol University, Thailand. <p>2013</p> <ul style="list-style-type: none"> • Noor Hisham, N. H., Manaf, H., Kamaruddin, K., & Latiff, L. (2013). The Effects of Peripheral Mobilizations in Elderly with Peripheral Joint Dysfunction: Systematic Review. Paper presented at the International Conference, Dubai, UAE. • Manaf, H., Maria Justine, Goh Hui Ting, Lydia Latiff (2013). Relationship Between Balance, Motor Impairment and Gait Parameters Across Attentional Loading Conditions in Stroke Survivors. 6th WCPT-AWP & 12th ACPT Congress 2013, Taichung, Taiwan: 5th – 9th September 2013. • Manaf, H., Goh Hui Ting (2013). Effect of Attentional Loading on Biomechanical Gait Parameters: A Preliminary Results. 2nd MOH Physiotherapy Conference, Melaka, Malaysia: 9th – 11th May 2013. <p>2012</p> <ul style="list-style-type: none"> • Manaf, H., Justine, M., Omar, M., Md Isa, K.A. & Salleh, Z. (2012). Comparison of gait parameters during single and dual-task between stroke survivors and healthy elderly. Asia-Oceania Conference of Physical and Rehabilitation Medicine, Bali, Indonesia: 20th -23rd May. • Manaf, H., Justine, M., Omar, M., Md Isa, K.A. & Salleh, Z. (2012). Turning ability in stroke survivors. International Conference Art, Science & Technology, Penang, Malaysia: 1-3 March.
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14	CONSULTATION PROJECTS	<ul style="list-style-type: none"> • Academic Advisor for Diploma in Physiotherapy, Management and Science University (2019) • External Reviewer for Bachelor of Physiotherapy, Cyberjaya University College (2019) • Ahli Panel Penilai, Malaysian Qualification Agency (2017 – 2019) • Academic Advisor for Bachelor of Physiotherapy, Universiti Selangor (2019) • Academic Advisor for Bachelor in Physiotherapy, Universiti Malaysia Sabah (2019) • External Examiner, Kolej Sains Perubatan Antarabangsa PUSRAWI (2018) • Board of Studies (BOS) for Master of Clinical Physiotherapy, Cyberjaya University College (2018) • Board of Studies (BOS) for Bachelor of Physiotherapy, Universiti Kuala Lumpur (2018) • Invited Speaker, Physiotherapy Update in Neuro Rehabilitation, Jabatan Kesihatan Negeri Melaka, 6 - 7 Ogos 2018 • Invited Speaker, 3rd Kelantan Allied Health Conference 2018, Jabatan Kesihatan Negeri Kelantan, 31 Julai 2018 • Invited Speaker, Understanding and Managing Gait in Stroke Workshop, Universiti Kuala Lumpur, 21 - 22 Julai 2018 • Invited Speaker, 1st Interdisciplinary Stroke Rehabilitation Course - Moving Together in Stroke Rehabilitation Care, Pusat Perubatan Universiti Malaya, 11 - 12 Oktober 2017 • Academic Advisor for Diploma in Physiotherapy, Kolej Sains Perubatan Antarabangsa PUSRAWI (2015-2017) • Board of Studies (BOS) for Bachelor of Physiotherapy, Kolej Sains Perubatan Antarabangsa PUSRAWI (2015-2017). • Invited Speaker, An Update in Neurological Condition Management in Primary Care Peringkat Negeri Selangor, Jabatan Kesihatan Negeri Selangor, 29 - 30 Ogos 2016 • Invited Speaker, Program Transformasi Minda Budaya Kerja Kelas Pertama (Mengutamakan Masyarakat), Pusat Latihan Universiti Teknologi Mara, Kg Gajah, Perak, 10 Disember 2015
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		<ul style="list-style-type: none"> • Invited Speaker, Program Transformasi Minda Budaya Kerja Kelas Pertama (Mengutamakan Masyarakat), Pusat Latihan Universiti Teknologi Mara, Kg Gajah, 19 November 2015 • Invited Speaker, The Role of Functional Electrical Stimulation in SCI, University Malaya Medical Centre, 18 – 20 May 2014
15	HONOURS & AWARDS	<ul style="list-style-type: none"> • Anugerah Kepimpinan Akademik Terbaik, Fakulti Sains Kesihatan, 2018. • Anugerah Perunding Terbaik, Fakulti Sains Kesihatan, 2018 • Anugerah Ahli Akademik Harapan, Fakulti Sains Kesihatan 2017 • Anugerah Perkhidmatan Cemerlang Universiti Teknologi MARA, 2016. • Anugerah Penyelidik Terbaik, Fakulti Sains Kesihatan 2017 • Anugerah Penulis Jurnal Terbaik, Fakulti Sains Kesihatan 2017 • Anugerah Perkhidmatan Cemerlang, Universiti Teknologi MARA 2010.

BIOGRAPHY



DR MOHD HAIDZIR ABD MANAF

Dr. Mohd Haidzir Abd Manaf is a senior lecturer with the Faculty of Health Sciences, Universiti Teknologi MARA, Puncak Alam Campus, Shah Alam. Dr. Mohd Haidzir graduated with a Diploma In Physiotherapy from Universiti Teknologi Mara (2002), Bsc. (Hons) Applied Rehabilitation (Physiotherapy) in 2004 and PhD Health Sciences in 2015 from Universiti Teknologi MARA. His area of expertise is mainly in neurological rehabilitation (stroke, spinal cord injury, traumatic brain injury), gait and movement analysis and paralympic sports (classification). After his graduation, Dr. Mohd Haidzir was attached briefly as a senior physiotherapist in the Department of Rehabilitation Medicine at University Malaya Medical Center. He held the post for 6 years before joining the Faculty of Health Sciences in Universiti Teknologi MARA.

Dr. Mohd Haidzir is also an academic advisor to several institutions as well as a thesis examiner to Masters students. Apart from that, he is also actively involved in many research projects securing several research grants and has some researches published locally and internationally. He has

presented papers locally and internationally notably in Singapore, Thailand, Taiwan, Indonesia and Dubai. He is also frequently invited as a journal reviewer particularly relating to topics in Stroke Rehabilitation. Dr. Mohd Haidzir is an active classifier in the paralympic sports competitions and has been awarded the Gold Medal in several Invention and Innovation Design Exposition

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