



CURRICULUM VITAE



DR. KOK LIAN YEE
Department of Sport Studies,
Faculty of Educational Studies,
Universiti Putra Malaysia,
43400 UPM Serdang, Selangor
T: 03-8946 8144
F: 03-8946 8552
E: lian@upm.edu.my

CURRICULUM VITAE

A. MAKLUMAT UMUM (GENERAL INFORMATION)													
Nama (Name)	Kok Lian Yee												
Gelaran (Title)	Dr												
Jawatan (Position)	Pensyarah Kanan												
Kelayakan (Qualification)	<table border="1" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Degree</th> <th style="text-align: left;">University (Discipline)</th> <th style="text-align: left;">Year</th> </tr> </thead> <tbody> <tr> <td>PhD</td> <td>University of Western Australia (PhD in Ex. Physiology)</td> <td>2006</td> </tr> <tr> <td>Master</td> <td>Universiti Putra Malaysia (M Sc in Sports Science)</td> <td>1999</td> </tr> <tr> <td>First Degree</td> <td>Universiti Pertanian Malaysia (B Ed in Phy Education)</td> <td>1991</td> </tr> </tbody> </table>	Degree	University (Discipline)	Year	PhD	University of Western Australia (PhD in Ex. Physiology)	2006	Master	Universiti Putra Malaysia (M Sc in Sports Science)	1999	First Degree	Universiti Pertanian Malaysia (B Ed in Phy Education)	1991
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Jabatan (Department)	Jabatan Pengajian Sukan, Fakulti Pengajian Pendidikan												
Bidang Kepakaran (Area of Specialisation)	Suaian Fizikal, Metodologi Latihan Sukan												
Email	lian@upm.edu.my												
Phone	+603 8946 8144												
Homepage													

B. BIODATA
<p>Dr Kok Lian Yee memperoleh pendidikan peringkat rendah dan menengah di Sekolah Infant Jesus Convent Johor Bahru. Selepas melengkapkan pendidikan menengah atas di Sekolah Menengah Sultan Ibrahim (P), beliau telah berdaftar di Fakulti Pengajian Pendidikan, Universiti Putra Malaysia, dan bergraduat dengan Bachelo Pendidikan (Pendidikan Jasmani). Beliau juga memegang Master Sains (Sains Sukan – UPM) serta Ijazah Doktor Falsafah (Fisiologi Senam / Suaian Fizikal – UWA). Dr Kok dilantik sebagai tutor di Fakulti Pengajian Pendidikan UPM pada 1997, dan kini adalah pensyarah kanan di Jabatan Pengajian Sukan di fakulti tersebut. Fokus pengajaran Dr Kok adalah metodologi latihan dan beliau terlibat dengan aktiviti penyelidikan yang berkaitan dengan kaedah mengoptimumkan prestasi atlit elit, kaedah latihan kekuatan dan suaian fizikal untuk sukan berlainan, serta pengujian dan penilaian untuk sukan dan senaman. Dr Kok telah bertanding dalam pelbagai sukan dan mewakili negara semasa Kejohanan Bola Jaring Asia yang pertama di mana Malaysia menjadi johan. Beliau juga melibatkan diri secara aktif dalam kejurulatihan terutamanya dalam sukan bola jaring, renang dan badminton. Dr Kok telah menjadi jurulatih bola jaring Malaysia daripada 1999-2002 dan telah membantu pasukan Malaysia mencapai ranking Kejohanan Dunia yang terbaik, dan juga pingat emas bola jaring yang pertama semasa Sukan SEA 2001 di Kuala Lumpur. Untuk pencapaian ini beliau telah dianugerahkan sebagai “Jurulatih Prestasi Tinggi Wanita” tahun 2002 oleh Majlis Sukan Negara. Dr Kok juga dalam skuad pemenang pingat emas Bola Jaring Sukan Sea 2017 sebagai penolong pengurus pasukan. Selain daripada itu, beliau telah bantu Majlis Sukan Negara serta persatuan sukan menyediakan manual kejurulatihan dan pembangunan program kejurulatihan. Pada masa ini, Dr Kok melibatkan diri secara aktif dalam pembangunan jurulatih sukan.</p>

(Dr. Kok Lian Yee completed her primary and secondary education at the Infant Jesus Convent Johor Bahru. After finishing Form Six Education at the Sultan Ibrahim Girls' School, she enrolled at the Faculty of Educational Studies, Universiti Putra Malaysia and graduated with a Bachelor of Education (Physical Education). She also has a Masters in Science (Sports Science – UPM) and a Doctoral degree (Exercise Physiology / Physical Conditioning – UWA). Dr Kok was appointed tutor at the Faculty of Educational Studies UPM in 1997, and is at present a senior lecturer at the Department of Sports Studies of the same faculty. Dr Kok's main teaching focus is coaching methodology and she has mainly been involved in research concerning optimization of performance for elite athletes, strength and conditioning methods for different sports, and also testing and evaluation for sports and exercise. Dr Kok competed in many sports and represented Malaysia in the first Asian netball championships where Malaysia finished as champions. After retiring from competitive netball, Dr Kok was actively involved with the coaching of athletes especially in sports such as netball, swimming and badminton. Dr Kok was the Malaysian netball coach from 1999 until 2002, when she helped the national team obtain the best ranking in the 1999 world netball championships, and Malaysia's first gold medal in netball during the 2001 Kuala Lumpur SEA Games. For this she was named "Coach of the Year (Female, High Performance Athletes) by the National Sports Council in 2002. Dr Kok was also part of the netball gold medal squad during the 2017 SEA Games as assistant team manager. In addition to that, she has helped the National Sports Council and sports associations develop their coaching manuals and coach development programs. Currently, Dr Kok is actively involved in the development of coach education.)

C. BIDANG PENYELIDIKAN (RESEARCH AREA)

- Mengoptimum prestasi atlit (*Optimization of performance for athletes*)
- Suaian fizikal untuk sukan berbeza (*Physical conditioning methods for different sports*)
- Adaptasi fizikal dan fisiologikal terhadap latihan (*Physical and physiological adaptations to physical training*)
- Pengujian dan penilaian sukan dan senaman (*Testing and evaluation for sports and exercise*)

D. PENYELIDIKAN SEMASA (CURRENT RESEARCH)

- Pengesahan ujian fleksibiliti dinamik (*Validation of tests of dynamic flexibility*)
- Pengesahan ujian *inclined push up* (*Validation of the inclined push up test*)
- Kesan kaedah latihan berbeza terhadap prestasi (*Effects of different modes of training on performance*)
- Strategi memanaskan badan (*Warming up strategies*)
- Keberkesanan latihan small-sided games (*Effectiveness of small-sided games training*)
- Perubahan HR variability dan tekanan darah melalui manipulasi pemboleh ubah latihan bebanan (*Changes in post-exercise HR variability and blood pressure by manipulating strength-training variables*)
- Perbezaan Functional movement screen antara murid lelaki dan perempuan (*Functional movement screen differences between male and female primary school students*)

E. PENERBITAN (PUBLICATION)

Jurnal (Journal):

- **Lian-Yee Kok** (2017). Comparing periodised protocols for the maintenance of strength and power in resistance-trained women. *Movement, Health & Exercise*, 6 (2), 131-140.
- Jad-Adrian Washif , **Lian-Yee Kok**, Chen-Soon Chee & Erik C.H. Tan (2015). Effects of Static, Dynamic, and Combined Static-Dynamic Stretching on Sprint Performance, Reaction Time, and Power Production in Sprinters. *Journal of Australian Strength and Conditioning*, 23 (3), 9-15.
- **Kok Lian Yee** & Teh Lah Hoong (2013). Movement pattern recognition ability of Malaysian rhythmic gymnastics judges. *Movement, Health & Exercise*, 2, 15-30.
- Shankaralingam Ramalingam & **Kok Lian Yee** (2013). Comparison of linear and daily undulating periodization with equated volume and intensity for muscular endurance in adolescent athletes. *Asian Journal of Exercise & Sports Science*, 10(2), 36-48.
- Daruosh Moflehi, **Lian-Yee Kok**, Saidon Amri, & Tengku-Fadilah T-K (2013). Effect of exercise modes with similar intensities on lipid-peroxidation and muscle-damage markers on sedentary males. *Annals of Biological Research*, 4(5), 5-10.
- Kamil Abidalhussain Aboshkair, Saidon Bin Amri, **Kok Lian Yee**, Riyadh Khaleel Khammas, & Ali Yousuf Hussein (2012). Relations between health-related physical fitness, physical activity, and BMI among children in Selangor, Malaysia. *Wulfenia Journal*, 19(10), 67-81.
- Kamil Abidalhussain Aboshkair, Saidon Bin Amri, **Kok Lian Yee**, & Bahaman Bin Abu Samah (2012). Factors affecting levels of health-related physical fitness in secondary school students in Selangor, Malaysia. *Journal of Basic & Applied Sciences*, 8, 202-216.
- Daruosh Moflehi, **Lian-Yee Kok**, & Saidon Amri (2012). Influence of the intensity levels of resistance exercise on lipid peroxidation and muscle-damage markers. *European Journal of Sports & Exercise Science*, 1(4), 108-112.
- Daruosh Moflehi, **Lian-Yee Kok**, Tengku-Fadilah T-K, & Saidon Amri (2012). Effect of single-session aerobic exercise with varying intensities on lipid peroxidation and muscle-damage markers in sedentary males. *Global Journal of Health Science*, 4(4), 48-54.
- Kamil Abidalhussain Aboshkair, Saidon Bin Amri, **Kok Lian Yee**, & Bahaman Bin Abu Samah (2011). Assessment of weight status of secondary school children in Selangor, Malaysia. *Australian Journal of Basic and Applied Sciences*, 5(9), 1675-1682.
- **Kok, L-Y**, Hamer, P. & Bishop, D. (2009). Enhancing muscular qualities in untrained women: Linear vs undulating periodization. *Medicine and Science in Sports and Exercise*, 41(9):1797-1807.

Buku (Book):

- Saidon, A., **Kok, L-Y**, & Azita, A. (2010). *Instrumentation and Evaluation in Sports Science*. Seri Kembangan: Open University Malaysia.

Bab dalam buku (Chapter in book):

- Thung, J.S., Tengku-Fadilah, T.K., & **Kok, L.Y.** (2010). Effect of Rossiter System stretching on delayed-onset-muscle-soreness (DOMS) recovery. In Chen, C.K., Chin, M-K, Asok Kumar, G. & Coles, R. (Eds.), *Integration of Exercise and Sports Sciences, Physical Activity and Training for Sports Performance and Health* (pp. 155-164). Kota Bharu: USM.

- **Kok, L.Y.**, Tengku-Fadilah, T.K., Saidon, A. & Chee, C.S. (2008). Examining Periodization: A Brief Review. In Tengku-Fadilah, T.K., Saidon, A., Kok, L.Y. & Chee, C.S. (Eds.), *Issues in Sports Science and Physical Education* (pp. 1-24). Serdang: Penerbit UPM.
- Saidon, A., Tengku-Fadilah, T.K., **Kok, L.Y.** & Chee, C.S. (2008). Bilateral Kinematic Asymmetries as an Evaluation Tool for Examining Posterior Cruciate Ligament Injury. In Tengku-Fadilah, T.K., Saidon, A., Kok, L.Y. & Chee, C.S. (Eds.), *Issues in Sports Science and Physical Education* (pp. 25-36). Serdang: Penerbit UPM.
- Saidon, A., Tengku-Fadilah, T.K., Ahmad, N.I., Chee, C.S. & **Kok, L.Y.** (2008). General Considerations in Studying Young Athletes. In Tengku-Fadilah, T.K., Saidon, A., Kok, L.Y. & Chee, C.S. (Eds.), *Issues in Sports Science and Physical Education* (pp. 53-67). Serdang: Penerbit UPM.

F. PENGAJARAN (TEACHING)

- SPE 3530 Suaian Fizikal dan Kecergasan (Physical Conditioning and Fitness)
- SPE 4800 Kaedah Mengajar Pendidikan Jasmani (PE Teaching Methods)
- SPE 3547 Latihan dan Kecederaan Sukan (Sports Training and Injuries)
- EDU 5524 Metodologi dan Pedagogi Latihan (Training Methods and Pedagogy)
- EDU 5525 Internship Kejurulatihan (Sports Training Internship)
- EDU 5532 Pentaksiran dalam Kinesiologi (Assessment in Kinesiology)
- EDU 5534 Preskripsi Senaman (Exercise Prescription)