



**CURRICULUM VITAE**

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## CURRICULUM VITAE

A. MAKLUMAT UMUM (GENERAL INFORMATION)	
Nama (Name)	KOK LIAN YEE
Gelaran (Title)	DR
Jawatan (Position)	PENSYARAH KANAN ( <i>SENIOR LECTURER</i> )
Kelayakan (Qualification)	PhD
Jabatan (Department)	JABATAN PENGAJIAN SUKAN ( <i>DEPARTMENT OF SPORTS STUDIES</i> )
Bidang Kepakaran (Area of Specialisation)	1. SUAIAAN FIZIKAL ( <i>PHYSICAL CONDITIONING</i> ) 2. KEJURULATIHAN SUKAN ( <i>SPORTS COACHING</i> )
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B. BIODATA
<p><b>Dr Kok Lian Yee</b> 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 Bachelar 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 suaian fizikal dan 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 terlibat dalam sukan bola jaring Temasya SEA 2017 sebagai penolong pengurus pasukan yang memenangi pingat emas. Selain daripada itu, beliau telah bantu Akademi Kejurulatihan Kebangsaan serta persatuan sukan menyediakan manual kejurulatihan dan pembangunan program kejurulatihan. Pada masa ini, Dr Kok melibatkan diri secara aktif dalam pendidikan jurulatih.</p> <p><i>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</i></p>

*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 physical conditioning and 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 in the 2017 winning SEA Games netball team as assistant manager. In addition to that, she has helped the National Coaching Academy and sports associations develop their coaching manuals and coach development programs. Currently, Dr Kok is actively involved in the coach education.*

#### **C. BIDANG PENYELIDIKAN (RESEARCH AREA)**

- Kaedah mengoptimumkan prestasi atlit (Optimization of performance for athletes)
- Kaedah suaian fizikal bagi sukan berbeza (Strength and conditioning methods for different sports)
- Adaptasi fizikal dan fisiologi terhadap latihan fizikal (Physical and physiological adaptations to physical training)
- Pengujian dan penilaian bagi sukan dan senaman (Testing and evaluation for sports and exercise)

#### **D. PENYELIDIKAN SEMASA (CURRENT RESEARCH)**

- Kesahan ujian fleksibiliti dinamik (Validation of tests of dynamic flexibility)
- Pengubahsuaian ketinggian inclined push up bagi pelbagai tahap kekuatan (Varying heights for inclined push up for differing strength ability)
- Perubahan kadar nadi dan tekanan darah semasa latihan kekuatan (Heart rate variability and blood pressure during strength training)
- Literasi fizikal (physical literacy)

Hr variability during resistance training

#### **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 (Book Chapters):**

- 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.

**Prosiding (Proceedings):**

- Thung, J.S. & Kok, L.Y. (2018). Pre-race determinant factors in elite swimming performance – chronological age and body stature. *Proceedings of the MOHE/ACPES Conference 2018*, pg 30.
- Jad Adiran Washif & Kok Lian Yee (2018). Using the reactive bounding coefficient to evaluate horizontal plyometric performance. *Proceedings of the MOHE/ACPES Conference 2018*, pg 63.
- Behzad Alemi, Lian-Yee Kok & Chen Soon Chee (2018). Optimizing rest intervals and load intensities according to heart rate variability and blood pressure changes: a design of experiment approach. *Proceedings of the MOHE/ACPES Conference 2018*, pg 108.
- J. Washif & L. Kok (2017). Relationship between ballistic strength metrics and sprint performances in well-trained sprinters. *Journal of Strength and Conditioning Research*, 31 (S1), S171.
- Behzad Alemi & Lian-Yee Kok (2017). Effect of different rest intervals between sets and load intensities on heart rate variability and blood pressure after a single strength training session. *Proceedings of the 6th ASEAN Universities Conference on Physical Education and Sports Science & 2nd ASEAN Council for PE and Sports*.
- Chew-Yee Wee & Lian-Yee Kok (2017). Association between self-reported physical literacy among physical educators in Selangor and their students' fitness levels. *Proceedings of the 6th ASEAN Universities Conference on Physical Education and Sports Science & 2nd ASEAN Council for PE and Sports*.
- Kok Lian Yee (2016). Protein for Training and Conditioning. *MDA-AODA Conference 2016*.
- Kok Lian-Yee (2015). Comparing daily and session undulating periodised protocols for the maintenance of strength and power in resistance-trained women. *Proceedings of the ASEAN Council on Physical Education and Sports Science*, pp85.
- Kok Lian-Yee (2013). Load that maximizes average mechanical power output during the bench press throw and countermovement jump in women. *Proceedings of the ASEAN Universities Conference on Physical Education and Sports Science*, pp85.
- R. Shankaralingam & Kok L.Y. (2011). Comparison of periodisation models with equated volume and intensity for muscular endurance among adolescent athletes. *Proceedings of the 1st International Conference of SEA Universities on PE, Recreation, Sports Science and Health*, pp38.
- Syarifah Fathynah Syed Shiekh & Kok L.Y. (2011). Physiological and physical demands during international silat olahraga matches. *Proceedings of the 1st International Conference of SEA Universities on PE, Recreation, Sports Science and Health*, pp98.
- Lah-Hoong Teh, Lian-Yee Kok & Mohd Majid Konting (2009). Movement pattern recognition ability of Malaysian rhythmic gymnastics judges. *Proceedings of the 4th Asia-Pacific Conference on Exercise and Sports Science, Malaysia*, pp55.
- Thung Jin Seng, Tengku Fadilah Tengku Kamalden & Kok Lian-Yee (2009).

Effect of Rossiter System® stretching on delayed-onset-muscle-soreness (DOMS) recovery. Proceedings of the 4th Asia-Pacific Conference on Exercise and Sports Science, Malaysia, pp75-76.

- Niknafs, S. & Kok L-Y (2008). A comparison of linear and undulating periodization for improving maximal strength and strength endurance in untrained men. Proceedings of the 6th International Conference on Strength Training, USA, pp 143-144.
- Kok, L-Y, Hamer, P & Bishop, D. (2006). Load that maximizes mechanical power output during the bench press throw and countermovement jump in women. Proceedings of the 11th Annual Congress of the European College of Sports Science, Switzerland, 11, pp 315.
- Kok, L-Y, Hamer, P & Bishop, D. (2006). Enhancing muscular strength qualities in untrained women: Linear versus undulating periodization. Proceedings of the 11th Annual Congress of the European College of Sports Science, Switzerland, 11, pp 315-316.

#### **F. PENGAJARAN (TEACHING)**

<b>Kursus (Courses)</b>	<b>Tahap (Level)</b>
Assessment in Kinesiology	Masters / PhD
Exercise Prescription	Masters / PhD
Coaching Methodology and Pedagogy	Masters / PhD
Coaching Internship	Masters / PhD
Physical Conditioning	Bachelor
Physical Education Teaching Methods	Bachelor
Sports Training and Injuries	Bachelor