

PERSONAL PARTICULARS

NAME : MOHD HAKAM BIN NAZIR
OCCUPATION : SENIOR LECTURER
PERMANENT ADDRESS : 1655, JALAN PASIR KOTA, PINTU
GENG, 15100 KOTA BHARU,
KELANTAN.
E-MAIL ADDRESS : hakam.n@umk.edu.my
Scopus ID: : 57225185814
ORCID link : <https://orcid.org/my-orcid?orcid=0000-0001-9478-5555>



EDUCATION

1. PhD Degree

University : University of Leeds, United Kingdom (Dec 2015- Nov 2021)
Programme : PhD in Sport and Exercise Science
Thesis title : Adaptability of skeletal muscle capillary supply and the potential for exercise-induced angiogenesis in cardiovascular disease.
Award : November 2021

2. Master Degree

University : International Islamic University Malaysia, Kuantan branch (2011-2013)
Programme : Master Medical Science (Physiology) by mix-mode programme
Thesis title : The study of paraoxonase (PON1) activity, oxidized low-density lipoprotein and augmentation index (AIx) among healthy population in Chengal Lempong village.
CGPA : 3.48

3. Bachelor Degree

University : International Islamic University Malaysia, Kuantan branch (2006-2010)
Programme : Bachelor of Biomedical Science (Hons) (specializing in Clinical and Pharmaceutical Research)
Thesis title : The antitrypanosoma property of papaya seeds extract on trypanosoma induced mice". The aim of the research is to observe the effect of papaya seeds extract on trypanosomiasis. It was expected to kill those trypanosome *evansi* in mice blood.
CGPA : 3.23

4. International Massage Diploma

Institution : New Skill Academy (Accredited by the UK CPD body)

5. Sijil Pelajaran Malaysia (SPM)

Stream : Science
Result : 9A and 2B

6. IELTS

Band 6.5 (2015)

7. MUET

Band 4 (2005)

EMPLOYMENT HISTORY

No.	Institution/ Event	Position	Year
1.	Universiti Malaysia Kelantan	Senior lecturer	March 2022- present
2.	Universiti Malaysia Kelantan	Part-time lecturer	Oct 2021- Feb 2022
3.	MHN Agrotech SDN. BHD	General worker (Part-time)	June 2020- Feb 2022
4.	Universiti Malaysia Kelantan	Fellow/ Zamalah	Oct 2015-Mac 2019
5.	UPM (Kota Bharu branch)	Partime lecturer	July-Oct 2015
6.	Western food business	Cook and marketer	July-Nov 2015
7.	Universiti Malaysia Kelantan	Tutor (Master)	May 2014-June 2015
8.	Universiti Malaysia Kelantan	Tutor (Bachelor)	June 2011-May 2014
9.	Masterskill College Kota Baharu	Junior lecturer	May 2010- May2011
10.	Kelantan Book Fair	Sale promoter	May 2010

TEACHING ACTIVITIES

A. Universiti Malaysia Kelantan (UMK)

No.	COURSES	CODE
1	Prinsip Pemasaran	AFT 1053
2	Asas Keusahawanan	AFT 1013
3.	Introduction to healthcare industry	AWS 2013
4.	Humn physiology and health	AWS 2023
5.	Traditional and Complementary Medicine	AWS 3064
6.	Final year project	AWS 4112/4113
7.	Sport business	HWF 30304
8.	Introduction to wellness industry	HWT10103
9.	Enterprise management	HPT20403

B. Masterskill College Kota Bharu

No.	COURSES
1	Human physiology
2	Immunology
3.	Epidemiology

C. Universiti Putra Malaysia (UPM) Kota Bharu branch

- Biology course long distance learning (PJJ) degree programme.

Academic activities

A. Publication

No	Articles	Status
1	Tickle, P. G., Hendrickse, P. W., Weightman, A., Nazir, M. H. , Degens, H., & Egginton, S. (2021). Impaired skeletal muscle fatigue resistance during cardiac hypertrophy is prevented by functional overload-or exercise-induced functional capillarity. <i>The Journal of Physiology</i> .	Published
2	iPRO Publication, 2017, <i>Physiology and Health</i> ; ISBN 9789671443736, Mohd Hafzal Abdul Halim, Nurul Hafizah Mohd Yasin, Mohd Firdaus Mohd Nasir, Mohd Hakam Nazir .	Published
3	bin Nazir, M. H. (2014). The study of paraoxonase (PON1) activity, oxidized low-density lipoprotein (Ox-LDL) and augmentation index (A1x) among healthy population (Master's thesis, Kuala Lumpur: International Islamic University Malaysia, 2014).	Published
4	W. N. F. W. Hanafi, H. R. Hasbollah, N. A. M. Nasir, and M. Hakam Nazir (2021). Financial incentive as a promising motivation in weight loss programme participation among obese married women: knowledge and attitude. <i>1st IcoHoTS & 4th HTC 2021</i> .	Submitted
5	M. Hakam Nazir , N. Aung, N. Samsuddin and N.Z. Abdullah (2022). Augmentation index (Aix) as a surrogate measurement of arterial stiffness and its relationship with paraoxonase (PON1) activity and oxidized low-density lipoprotein (Ox-LDL) in healthy population. <i>IUM Medical Journal Malaysia</i> .	To be submitted

B. Proceeding publications

No.	Proceedings	Year
1.	43 rd Physiological Society. Physiology 2019 (Aberdeen, UK). Beneficial effect of running wheel exercise in rats with aortic constriction	2019
2.	FBS symposium 2019. Is running wheel exercise in rats with aortic constriction of therapeutic benefit?	2019
3.	67 th Scientific Meeting of British Microcirculation Society (BMS). Characterisation of Fast Muscle Phenotype of Outbred and Inbred Rats	2018
4.	41 st Physiological Society. Europhysiology 2018 (London, UK). Influence of muscle mass on capillarity and fibre composition in fast muscles of inbred and wild type rats.	2018
5.	FBS symposium 2017. Differential effect of exercise volume on muscle fibre type composition and capillarity.	2017
6.	39 th Physiological Society. Future Physiology (Leeds,	2017

	UK). Voluntary wheel running exercise improves muscle oxygen transport capacity via angiogenesis and fibre type transformation.	
7.	66 th Scientific Meeting of British Microcirculation Society (BMS). Voluntary wheel running exercise effects on fast and slow twitch muscles: capillarity and fibre type composition changes in rat.	2017
8.	The IIUM Research, Invention and Innovation Exhibition (IRIIE) 2014. The study of paraoxonase (PON1) activity, oxidized low-density lipoprotein (Ox-LDL) and augmentation index (AIx) among healthy population.	2014
9.	27th Scientific Meeting of Malaysian Society of Pharmacology and Physiology (MSPP). Study of Oxidized-LDL and Augmentation Index (AIx) among healthy population in Chengal Lempong village.	2013

C. MQA task force

Institution	Programme	Task	Year
UMK	Bachelor Degree in Health Entrepreneurship (Hons)	- Task force member in MQA documentation preparation -Teaching assessment and evaluation by a MQA officer	2014/ passed
Masterskill College Kota Bharu	Diploma in Healthcare management	- Task force member MQA documentation preparation	2011/ passed

D. Committee in Entrepreneurship Modul Development for UMK Faculty of Entrepreneurship and Business, 2014.

E. Participant in Basic Biostatistic workshop, 2012

F. Participant in Tissue Culture workshop, 2012

AWARDS

1. Anugerah Perkhidmatan Cemerlang (APC) UMK 2015

COMMUNITY AND CO-CURRICULAR ACTIVITIES		
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MONTH/YEAR	PROGRAMME	POST
2018	Malaysian Society and Community in Leeds (MSCL).	President
2017	Malaysian Society and Community in Leeds (MSCL).	Sport Committee
2013	UMK 3 rd Convocation	Committee
2013	CPR course	Participant
2010	Putrajaya Night Marathon 2010	Faculty representative
2009	Merentas desa POAWP	Faculty representative
8/2008	Remembrance of Al-Quds	Head Committee
8/2008	Triathlon challenge	Champion
8/2008	Chateau of tradition programme	Performer
2/2008	Health and lifestyle talk	Committee
9/2008	SCIENCESS Iftar Jamaie	Committee
3/2008	Sciencess video competition	Participant
10/2007	SCIENCESS Iftar Jamaie	Head Committee
7/2007	Gathering of science students V	Committee
2/2007	Career seminar for KOS undergraduates	Committee

SKILLS

LANGUAGE

Malay
English
Arabic

SPOKEN

Very Fluent
Good
Beginner

WRITTEN

Very Good
Good
Beginner

COMPUTER

Programme

Years of Experience

ImageJ	7
Histological analysis programme (Dtect)	9
Microsoft Office® (Word, Excel, Access, Powerpoint, Frontpage)	18
ChemSketch	4
Maple	4
SPSS (Version 23)	15

Soft skill

- Able to communicate and work with people and also independently
- Fast learner
- Hardworking, dedicated and committed to works
- Able to think out of box
- Interested to work in challenging environment
- Interested to learn new things
- Pressure tolerance

REFERENCES

Prof. Dr. Mohd Rafi Bin Yaacob
Professor at Faculty Business and Entrepreneurship
Universiti Malaysia Kelantan,
Kampus Kota, Karung Berkunci 36, Pengkalan Chepa, 16100 Kota Bharu, Kelantan, Malaysia
Phone: +609 - 771 7000
email: rafi@umk.edu.my

Dr. Hasif Rafidee Bin Hasbollah
Lecturer at Faculty Hospitality, Tourism and Wellness
Universiti Malaysia Kelantan,
Kampus Kota, Karung Berkunci 36, Pengkalan Chepa, 16100 Kota Bharu, Kelantan, Malaysia
Phone: +609 - 771 7000
email: rafidee@umk.edu.my

Stuart Egginton DSc FRSB FPhysiol
Professor of Exercise Science
School of Biomedical Sciences
Faculty of Biological Sciences
Garstang 5.64
Clarendon Way
University of Leeds
Leeds, LS2 9JT United Kingdom
Tel +44(0)113 343 2264
http://www.fbs.leeds.ac.uk/staff/profile.php?tag=Egginton_S