



1. CONTACT INFORMATION:			
Name:	Mohd Hafzal Bin Abdul Halim	Off. Tel. no:	+609-7717000
Address:	No.26, Jalan Kuak, Taman Pekan Baru, 34200 Parit Buntar, Perak.	Mobile no:	+6013-3236559
		E-Mail add:	hafzal@umk.edu.my hafzal85@yahoo.com.my
		NRIC no:	850204-07-5073

2. PERSONAL DETAILS:			
Date of Birth:	04-02-1985	Citizenship:	Malaysian
Place of Birth:	Pulau Pinang	Gender:	Male
Current Position:	Lecturer/Residential College Fellow		
Courses Taught:	Introduction to Healthcare Industry Human Anatomy, Physiology and Health Nutrition and Health Physiotherapy and Health Exercise Spa Management and Aromatherapy Current Issues in Health Seminar in Health Entrepreneurship Nursing Home Management Leisure and Recreation Fundamental of Management Organizational Management Strategic Entrepreneurship Safety and Health Environmental Health		
Current Employer Address:	Faculty of Hospitality, Tourism and Wellness Universiti Malaysia Kelantan City Campus Pengkalan Chepa Locked Bag 36, 16100 Kota Bharu Kelantan Darul Naim		
Date Joined:	01 March 2011		

3. CAREER OBJECTIVES:

My career objectives is to build a strong experience in all aspects of related matters by bringing a systematic and disciplined approach in helping organization to accomplish its corporate objectives.

I am well-rounded, very reliable, and responsible and a person of strong commitment who is willing to undertake any prime responsibility in whatever situation in so far as work assignments is concerned.

4. ACADEMIC BACKGROUND & QUALIFICATION:

Education Achievement:	Schools/ Institutions:	Date/ Year
a). Secondary School	<p>Sekolah Sukan Bukit Jalil, Kuala Lumpur.</p> <p>Sijil Pelajaran Malaysia – Pass SPM 2002</p> <p>BAHASA MELAYU – 2A BAHASA INGGERIS – 3B PENDIDIKAN ISLAM – 3B MATEMATIK – 5C KIMIA – 8E MATEMATIK T. – 8E FIZIK – 6C SEJARAH – 2A LUKISAN KEJURUTERAAN- 6C KEJURUTERAAN ELEKTRIK-7D</p> <p>Penilaian Menengah Rendah – Pass PMR 2000</p> <p>BAHASA MELAYU – A SEJARAH – A KEMAHIRAN HIDUP – A PENDIDIKAN ISLAM – A BAHASA INGGERIS – B GEOGRAFI – B MATEMATIK – B SAINS – B BAHASA ARAB – D</p>	1998 – 2002
b). College/University	<p>Universiti Teknologi Mara (UiTM) Shah Alam Campus Master in Sports Science CGPA 3.53</p>	2009 – 2010

	Universiti Teknologi Mara (UiTM) Shah Alam Campus Bachelor of Sports Management (Hons) CGPA 3.65	2006 – 2009
	Universiti Teknologi Mara (UiTM) Sarawak Campus Diploma in Sports Management and Recreation CGPA 3.68	2003 – 2006
c). Professional Training (latest)	Football Association Malaysia (FAM) – General Coordinator/Match Commissioner (International/Domestic)	2016 - 2019
	Football Association Malaysia (FAM) – Head of Technical Fitness Trainer	2015 - 2019
	Malaysian Youth Rugby Development Programme – Head Coach	2015
	Sport Masseur Certified by Malaysia Society For Complementary Medicine & Equal Fitness Sports Massage	2015
	Training on Trainer for Sport Curricular Courses – Kota Kinabalu, Sabah	2013
	Training on Trainer for Recreational Instructor – Pulau Redang, Terengganu	2007
	Recreational Instructor Certified by Universiti Teknologi MARA	2007

5. ADMINISTRATIVE CONTRIBUTION TO THE UNIVERSITY:

Position Held	Department	Date/ Year
1. Residential College Fellow	Student Housing Department, Office of Student Affairs	2016 - 2018

6. EMPLOYMENT HISTORY:

Position Held:	Organizations (<i>latest chronological order</i>)	Date/ Year
2. Player/Fitness Instructor (Elite Team)	Malaysia Rugby Union (MRU)	2014 – 2019
3. Player/Fitness Instructor	Malaysia Rugby Union (MRU)	2009 – 2013
4. Assistant Manager	True Fitness Gymnasium, Subang Jaya	2009 – 2010
5. Fitness Instructor	KILO'S Fitness Centre, Concorde Hotel Shah Alam	2007
6. Fitness Instructor	FSR Fitness Centre, UiTM Sarawak	July – Oct 2005
7. National Athlete	Sekolah Sukan Bukit Jalil (MSN)	1998 – 2002

7. CONFERENCE AND TRAINING:

- i. *Staff Turnover: Developing a Conceptual Framework for Staff Development in Nursing Home Malaysia, 4th International Seminar on Entrepreneurship and Business (ISEB 2015)*, Flamingo Hotel, Penang, Malaysia, 17 October 2015.
- ii. *Factors Associated with The Competencies of Staff in Malaysian Nursing Homes, First Asia Pacific Conference on Contemporary Research (APCCR-2015)*, ISBN: 9780994365699, 205-212, Arena Star Hotel, Kuala Lumpur, Malaysia, 3-4 October 2015.
- iii. *The Association Physical Activity and Low Back Pain: Systematic Review, International Social Sciences Academic Conference (ISSAC 2016)*, A'Famosa Resort, Malacca, Malaysia, 14-15 November 2016.
- iv. *Quality of Life and Facilities of Nursing Home: Systematic Review, International Social Sciences Academic Conference (ISSAC 2016)*, A'Famosa Resort, Malacca, Malaysia, 14-15 November 2016.
- v. Bengkel Pemurniaan Silibus Bagi Kursus Ko-Kurikulum Berkredit, UMK, 18-19 May 2016.
- vi. Bengkel Pemurniaan CLO dan Pembentukan ICGPA, Fakulti Hospitaliti, Pelancongan dan Kesejahteraan (FHPK), UMK, 21-23 August 2016.
- vii. Kursus Keusahawanan Bil.4 2016, UMK, 06 October 2016.
- viii. Bengkel Pelan Strategik dan Pembangunan Program Baharu Fakulti Hospitaliti, Pelancongan dan Kesejahteraan (FHPK), FHPK, UMK, 25-27 October 2016.
- ix. *Nursing Home Facilities in Malaysia (Premise, Shared Facilities and Individual Accommodation: Space Requirement): Systematic Review, American Institute of Physics (AIP 2017)*, Adya Hotel Langkawi, Kedah, Malaysia, 03-05 April 2017.
- x. *Physical Activity Associate Low Back Pain and Intervention Programme: Systematic Review, American Institute of Physics (AIP 2017)*, Adya Hotel Langkawi, Kedah, Malaysia, 03-05 April 2017.
- xi. *Message on Nutrition Information: Does The Consumer in Kota Bharu, Kelantan Understand*

- The Label*, **5th International Seminar on Entrepreneurship and Business (ISEB 2017)**, Grand Inna Padang Hotel Convention & Exhibition, Padang, Indonesia, 16 November 2017.
- xii. Bengkel Pentaksiran Akademik, Pengajaran dan Pembelajaran Siri II, FHPK, UMK, 22-24 August 2017.
- xiii. Program Transformasi Minda Siri-2 2017, Tanjung Demong Beach Resort, Terengganu, Malaysia, 29 October 2017 – 03 November 2017.
- xiv. *Mobiliti Pelajar Antarabangsa: Pendekatan dan Cabaran*, **Seminar Pengurusan Asrama Peringkat Kebangsaan (SPARK) 2017**, Hotel Grand Riverview, Kota Bharu, Kelantan, Malaysia, 15-17 May 2017.
- xv. *Kesan Positif Sesi Kerohanian Sepanjang Minggu Orientasi (3M) di Universiti Malaysia Kelantan, Kampus Jeli*, **Seminar Pengurusan Asrama Peringkat Kebangsaan (SPARK) 2017**, Hotel Grand Riverview, Kota Bharu, Kelantan, Malaysia, 15-17 May 2017.
- xvi. Kursus Kesejahteraan di Tempat Kerja Untuk Staf Fakulti, FHPK, UMK, 29 September 2018.
- xvii. Perkongsian Pelaksanaan ICGPA dan Program Intervensi antara UMK, UMT dan UMP, UMK, 25 January 2018.
- xviii. Program Kenali UMK Bil.2 2018, UMK, 14 – 15 May 2018.
- xix. Kursus Safety & Health Committee (SHC), UMK, 17-18 September 2018.
- xx. Bengkel Penyediaan Dokumen Untuk Pengajian Separuh Masa, FHPK, UMK, 17 April 2018.
- xxi. Bengkel Semakan Silibus dan Penawaran Subjek Baharu, Kursus Kokurikulum Berkredit UMK, 02-04 May 2018.
- xxii. UMK Sosial Business Forum (1 April 2018), UMK, 01 April 2018.
- xiii. Bengkel Penyeliaan dan Penilaian PPTA, FHPK, UMK, 11 – 12 February 2019.
- xiv. Bengkel Penyediaan Semakan Kurikulum dan MQA 01 Mod Industri, Permai Hotel Kuala Terengganu, Terengganu, Malaysia. 14 – 16 February 2019.
- xxv. Bengkel Manual Prosedur Kerja (MPK) FHPK, Hotel Central Seaview, Tanjung Tokong, Pulau Pinang, Malaysia, 04 – 06 April 2019.
- xvi. *Green Facilities for Elderly Care Home in Malaysia*, **International Social Science Academic Conference (ISSAC 2019)**, Thistle Hotel, Johor Bahru, Johor, Malaysia, 01-02 April 2019.
- xvii. *Factors of Influencing Turnover Intention among Nursing Homes Staff in Malaysia: A Literature Review*, **International Social Science Academic Conference (ISSAC 2019)**, Thistle Hotel, Johor Bahru, Johor, Malaysia, 01-02 April 2019.
- viii. *Factors that Determine Tourist Travel Intention for Gastronomy Tourism in Kelantan, Malaysia: A Literature Review*, **International Social Science Academic Conference (ISSAC 2019)**, Thistle Hotel, Johor Bahru, Johor, Malaysia, 01-02 April 2019.

8. RESEARCH AND PUBLICATIONS:

- i. **Power Action Resources**, 2016, *Fundamentals of Traditional & Complimentary Medicine*; ISBN 9789671326831; Nor Dalila Marican, Ahmad Fadhilnoor Marican, Nurul Hafizah Mohd Yasin, Hasif Rafidee Hasbollah, **Mohd Firdaus Mohd Nasir**, Mohd Hafzal Abdul Halim.
- ii. **iPRO Publication**, 2017, *Physiology and Health*; ISBN 9789671443736, Mohd Hafzal Abdul Halim, Nurul Hafizah Mohd Yasin, **Mohd Firdaus Mohd Nasir**, Mohd Hakam Nazir.
- iii. **iPRO Publication**, 2017;2019, *Physiotherapy and Physical Wellness*; Authors: Mohd Hafzal Abdul Halim, **Mohd Firdaus Mohd Nasir**, Nurul Hafizah Mohd Yasin.
- iv. **Skim Geran Penyelidikan Lanjutan (SGPL-MyRA), RM 15,000.00, 2016-2017, Minimum Standard Facilities for Nursery Home in Malaysia**, 1 Tahun, Universiti Malaysia Kelantan, Mohd Asrul Hery Ibrahim, Hasif Rafidee Hasbollah, Nurul Hafizah Mohd Yasin, Nor Dalila Marican, **Mohd Hafzal Abdul Halim** & Ahmad Faezi Ab.Rashid.
- v. **Skim Geran Jangka Pendek (SGJP), RM 5,000.00, 2017-2018, Prevalence, Patterns and Predictors of Reflexology Therapy Use Among Malaysian Adults**, 1 Tahun, Nor Dalila Marican, Mohad Anizu Mohd Nor, **Mohd Hafzal Abdul Halim** & Mohd Firdaus Mohd Nasir.
- vi. **Skim Geran Jangka Pendek (SGJP), RM 5,000.00, 2017-2018, Assessment on Understanding of Physical Activity Module for University Students**, 1 Tahun, Nurul Hafizah Mohd Yasin, **Mohd Hafzal Abdul Halim** & Ahmad Faezi Ab.Rashid.
- vii. **Skim Geran Jangka Pendek (SGJP), RM 5,600.00, 2019-2020, Physical Environment for Elderly Care Home Facilities in Klang Valley**, 1 Tahun, **Mohd Hafzal Abdul Halim**, Ghazali Ahmad, Hasif Rafidee Hasbollah, Nor Dalila Marican, Mohd Firdaus Mohd Nasir, Siti Fatimah Ab Ghaffar & Ahmad Faezi Ab.Rashid.

9. CONSULTANCY:

- i. **Highest Point Consultant, Training, Motivation & Counseling**, 01/2014 – 12/2016, Sebagai penceramah/perunding, memberi idea-idea dan pandangan dalam menganjurkan program-program yang berbentuk kesihatan dan kesejahteraan.
- ii. **Taklimat Kejohanan Piala FAM, Piala Presiden Dan Piala Belia 2016**, Ketua Taklimat Kejohanan/General Coordinator/Match Commissioner, 13-14 Februari 2016, Grand Bluewave Hotel Shah Alam, Selangor – Anjuran FAM.
- iii. **Taklimat Kejohanan Piala FAM, Piala Presiden Dan Piala Belia 2017**, Ketua Taklimat Kejohanan/General Coordinator/Match Commissioner, 11-12 Februari 2017, Grand Bluewave Hotel Shah Alam, Selangor – Anjuran FAM.
- iv. **Taklimat Kejohanan Piala FAM, Piala Presiden Dan Piala Belia 2018**, Ketua Taklimat Kejohanan/General Coordinator/Match Commissioner, 10-11 Februari 2018, Grand Bluewave Hotel Shah Alam, Selangor – Anjuran FAM.

- v. **Taklimat Kejohanan Piala FAM, Piala Presiden Dan Piala Belia 2019**, Ketua Taklimat Kejohanan/General Coordinator/Match Commissioner, 09-10 Februari 2019, Grand Bluewave Hotel Shah Alam, Selangor – Anjuran FAM.

10. COMMUNITY SERVICE/ INVITATION GUEST LECTURE/ SPEAKER:

- i. **Program ‘Community Day’; IM4U UMK Dan Aspirasi UMK**, 16 October 2017 – sebagai jawatankuasa program.
- ii. **Kursus Pengurusan Organisasi (KPO) Jawatankuasa Perwakilan Kolej Kediaman (JPKK) sesi September 2017/2018 Kampus Bachok**, 13-15 February 2018 – sebagai penceramah jemputan.
- iii. **Kem Kepimpinan JPKK sesi Februari 2018/2019 Kampus Kota**, 08-10 February 2018 – sebagai penceramah jemputan.
- iv. **Kursus Kesejahteraan di Tempat Kerja Untuk Staf Fakulti, FHPK, UMK**, 29 September 2018 – sebagai penceramah jemputan
- v. **Program Teambuilding Kelab Sekreteriat Rakan Muda UMK, Gelanggang Futsal UMK Kampus Kota**, 21 December 2018 – sebagai penasihat program
- vi. **Kem Kepimpinan JPKK sesi September 2018/2019 Kampus Kota**, 18-20 October 2018 – sebagai penceramah jemputan.
- vii. **Kursus Pengurusan Pasukan dan Aplikasi Sains Sukan Dalam Latihan UiTM Cawangan Kelantan**, 21 April 2018 - sebagai penceramah utama.
- viii. **Lawatan Akademik & Keusahawanan Ke Rumah Penjagaan Kesihatan Sekitar Kelantan**,
17 November 2019 – sebagai pensyarah pengiring.
- ix. **Kursus Kesejahteraan di Tempat Kerja Untuk Staf Fakulti, FHPK, UMK**, 05 May 2019 – sebagai penceramah utama.
- x. **Kursus Rawatan Kecederaan dalam Sukan Majlis Sukan Negara, Bilik Kenanga 4 MSN, Bukit Jalil**, 25 – 26 April 2015 – sebagai penceramah utama.
- xi. **Volunteer in World Rugby Charity (HELP FOR HEROES) Eden Park Stadium, Auckland, New Zealand**, 20 March 2015 – sebagai sukarelawan.

11. CO-CURRICULAR ACTIVITIES / LEADERSHIP:

- i. Represent Universiti Malaysia Kelantan (UMK) to SUKUM 36-43, – UMK Soccer Player/Physical Trainer.
- ii. Head Coach of UMK Student Handball Team since 2017 – MASUM, Handball IPT, MOHE Sports Carnival
- iii. Physical Trainer Coach of UMK Student Soccer Team since 2011 – MASUM, Liga IPT, Piala KPT
- iv. Physical Trainer Coach of Kelantan MAKSAK Team 2016
- v. Malaysia Rugby Player since 2009 – Asia Rugby Championships 2009-2020, World Rugby Qualifying 2011-2019, World University Games Russia 2013, Asian Games Korea 2014, Commonwealth Games 2014, SEA Games 2007-2013, Malaysia Rugby League (COBRA) 2009-2020.
- vi. Advisor of Kelab Wellness UMK Kampus Kota, since 2015.
- vii. Malaysia Society for Complementary Medicine & Equal Fitness Sports Massage, member since 2015.
- viii. Chairman for Kelab Rekreasi Universiti Malaysia Kelantan (KRU) 2015-2017
- ix. Members of American Council of Exercise (ACE) since 2011
- x. Members of Lembaga Kejurulatihan Kebangsaan (Sport Science Level 1,2 & 3) since 2006
- xi. Members of World Rugby Charity since 2015

12. COMPUTER SKILLS

- Own a personal computer and excellent with Microsoft Office package, Internet.
- Having knowledge in doing computer set-up and reboot for Windows operating system.

13. LANGUAGE PROFICIENCY

- | | |
|-------------------|-----------------------------------|
| • English | Excellent in writing and speaking |
| • Bahasa Malaysia | Excellent in writing and speaking |
| • German | Basic in writing and speaking |

14. ACHIEVEMENTS / AWARDS	Date/ Year
Asia Rugby Championship (Premier Division) – 2 nd place	2018 - 2019
Liga Bolasepak IPT Divisyen 2 – Champion (Qualified to Division 1 & Piala KPT 2018)	2018
Asia Rugby Championship Division 1 - Champion	2017
Asia Rugby Championship Division 1 - Champion	2016
Sukan Staf Universiti Malaysia (SUKUM) – Champion (Football)	2015
Majlis Sukan Universiti Malaysia (MASUM) – 3 rd place Football	2015
Liga IPT Division 3 – 3 rd place and qualified to Division 2	2009
Received scholarships from Kementerian Belia dan Sukan for pursuing Master’s Degree.	2008
Awarded “Anugerah Emas UiTM” in sports involvement	2006 – 2008
Received scholarship from Jabatan Perkhidmatan Awam for pursuing Degree	2008
First Class Degree	
FIFA Youth World Cup U17 2001 Bucharest, Romania – 4 th place	2001

15. REFERENCES

Name : Prof. Dr. Mohd Rafi Bin Yaacob
Deputy Vice Chancellor of Academic and International
Universiti Malaysia Kelantan
City Campus Pengkalan Chepa
Locked Bag 36, 16100 Kota Bharu
Kelantan Darul Naim

Off. Tel. No. : +609-7717000

Hp. No. : +6019-9388019

Name : Prof. Dr. Khairil Wahidin Bin Awang
Dean
Faculty of Hospitality, Tourism and Wellness
Universiti Malaysia Kelantan (www.umk.edu.my)
City Campus Pengkalan Chepa
Locked Bag 36, 16100 Kota Bharu
Kelantan Darul Naim

Off. Tel. No. : +609-7717160

Hp. No. : +6019 – 9846519

Name : Prof. Ts. Dr. Zaliman Bin Sauli
Deputy Vice Chancellor of Student Affairs and Alumni
Universiti Malaysia Kelantan
City Campus Pengkalan Chepa
Locked Bag 36, 16100 Kota Bharu
Kelantan Darul Naim

Off. Tel. No. : +609-7717000

Hp. No. : +6019-2663388