

# RESUME

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Nationality : Malaysian  
NRIC : 740211-01-5127 (36yrs.)  
Current Position : Head of Athlete Periodization  
Program Development Unit,  
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## EDUCATION

### University Putra Malaysia • 10<sup>th</sup> Dec. 2009

- Master of Science (Sports Science)

### University Putra Malaysia • 3<sup>rd</sup> Aug 1999

- Bac. Edu. (Physical Education)

## PROFESSIONAL RELATED CREDENTIALS

### National Strength & Conditioning Association • since 22<sup>nd</sup> Nov. 2004

- Certified Strength & Conditioning Specialist. (valid till 31<sup>st</sup> Dec 2011)

### National Sports Institute of Malaysia • (2002-2006)

- Certified Sport Trainer level 1 (2005)
- Certified Physical Conditioning Specialist level II (2004)
- Certificate of Sport Paramedic Level I (2003)
- Certified Physical Conditioning Specialist level 1 (2002)

### National Heart Institute of Malaysia

- C.P.R Certified (CardioPulmonary Resuscitation) (2002, 2004, 2006, 2008)

### Microsoft

- Microsoft Office Specialist – Project 2007 (2010)
- Microsoft Certified Application Specialist – Access 2007 (2009)

### Malaysia Lifesaving Association

- Certificate of Lifesaving Swimming Instructor (1997)
- Certificate of Lifesaving Swimming - Bronze Medalion (1996)

### Rossiter System®

- Certified Rossiter System® Specialist Level 1 (2005)

## HIGH PERFORMANCE WORK EXPERIENCE

### Head of Athletes Periodization Program Development • 1<sup>st</sup> Oct 2008 – current

- To supervise and monitor of design and implementation of athletes periodization program.

- To advise and educate coaches on periodization program development at all levels.
- To identify, design and implement periodization research.

**Head of ISN Penang Satellite Center • 1<sup>st</sup> Aug 2007 – 31<sup>st</sup> Jul 2008**

- To provide services/expertise in sports science to meet State Sports Council's requirements
- To set up the ISN Satellite Center to functional level.
- To promote ISN Satellite Center services to all potential stakeholders and end-users.

**Deputy Head of Sports Science (Operation) • 1<sup>st</sup> May 2005 – 31<sup>st</sup> Jul 2007**

- To ensure ISN High Performance Team services meet stakeholders' expectation that include
  - Supervise, monitor, coordinate and report sports science services to top management.
  - Advise applied sports science application based on sports specificity.

**Head of Conditioning Unit cum ISO Management Representative • 2002 – 2005**

- To ensure effectiveness and efficiency of program design, implementation, monitor and reporting.
- To achieve and maintain ISO MS9001:2000 certified for the entire major unit functions.
- To benchmark and achieve international standard (staff competency, facilities and research activities)

**Conditioning Staff • 1<sup>st</sup> Sept 2000 – 2002**

- To design, implement, monitor, and report on form sports (gymnastics, diving, synchronized swimming) and martial art's (karate, taekwondo, wushu, boxing, fencing, wrestling, judo) conditioning program.
- To maintain and assist in facilities operation.

**PEER REVIEW & PUBLICATION**

**ISSN Publication**

**Thung JS**, Kamalden TFT, Kok LY. Effect of rossiter system(R) stretching on delayed-onset-muscle-soreness. In: Chen CK, Chia M-K, Ghosh AK, Coles R, editors. 4th Asia-Pacific Conference on Exercise and Sports Science & International Sports Science Conference; 15-17 July 2009; Kota Bharu, Kelantan, Malaysia: Sports Science Unit, Schools of Medical Sciences, Universiti Sains Malaysia; 15-17 July 2009. p. 155-64.

Rebecca SKW, **Thung JS**, Pieter W. Mood and performance in young Malaysian karateka. *Journal of Sports Science & Medicine*. 2006 1 July 2006;5:54-9.

**Oral Presentation**

**Thung JS**, Ho RB, Lee SF, Newton RU. Comparison of warm up procedures in elite wushu athletes: Ballistic vs Dynamic Stretching. 4th ISN Sports Medicine and Sports Science International Conference. Palace of Gold Horses, Malaysia: ISN; 25-27 May 2006.

**Thung JS**, Yiau SY, Pieter W. General fitness in young Malaysian karate athletes. 1st Regional Conference on Human Performance. Hilton Hotel, Petaling Jaya, Malaysia: University Malaysia; 30 Nov -2 Dec 2004.

Yiau SY, **Thung JS**, Pieter W. General physical fitness in young taekwondo-in at the 2004 Malaysia Games. 1st Regional Conference on Human Performance. Hilton Hotel, Petaling Jaya, Malaysia: Universiti Malaya; 30 Nov - 2 Dec 2004.

#### Poster Presentation

Tan CH, Mardi MH, Yiau SY, **Thung JS**, Newton RU. Vertical jump performance of elite junior diver. 5th International conference on strength training Institute of sport science and biomechanics, University of Southern Denmark; 18-22 Oct 2006. p. 330-1.

Yiau SY, Tan CH, Mardi MH, **Thung JS**, Newton RU. Vertical jump performance of elite junior wushu athletes. 5th International Conference on Strength Training Institute of Sport Science and Biomechanics, University of Southern Denmark; 18-22 Oct 2006.

Yiau SY, Fathynah S, **Thung JS**, Newton RU. Heart rate responses during Taekwondo competition. 4th ISN Sports Medicine and Sports Science International Conference Palace of Golden Horses, Malaysia; 25-27 May 2006.

#### ON GOING RESEARCH PROJECT

1. Periodization practice among Malaysian football coaches.
2. Tapering pattern toward Malaysian Games
3. Effect of Rossiter System® stretching on strength properties
4. Effect of aerobic capacity on shooting performance
5. Metabolic profiling on Karate Kata performance.

#### AWARD

- Recipient of "Anugerah Perkhidmatan Cemerlang", Youth and Sports Ministry 2008

#### SPORT ACHEIVEMENT

1. JUNIOR NATIONAL KARATE KATA –CHAMPION (1992)
2. INTERVASITI GAMES – KARATE KUMITTE & KATA– CHAMPION (1996)