

## CURRICULUM VITAE

### Hazliza Binti Razali

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Fakulti Sains Kesihatan, Kampus Gong Badak, Universiti Sultan Zainal Abidin, Terengganu Darul Iman.

#### Personal Information

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**Email :** hazlizarazali@unisza.edu.my  
**Gender :** Female  
**D.O.B :** 23 June 1984  
**Age :** 37  
**Race :** Malay  
**Religion :** Islam  
**Current Scheme:** UA44  
**Started in UniSZA:** 02 October 2011  
**Qualification :** Master of Science, *Universiti Sultan Zainal Abidin (unisza)*, 2016.  
Sarjana Muda Kesihatan (fisioterapi), *Teesside University*, 2010.  
Diploma Fisioterapi, *Kolej Sains Kesihatan Bersekutu Sg. Buloh*, 2006.  
**H-Index :** [Scopus: ][Google Scholar: ]

#### Area of Research

#### Work Experience

#### Training

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## Publication

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### *Journal Article*

1. Exercise Programmes for Reducing The Risk of Falls in Elderly: a Review (2020), Research Journal of Pharmacy and Technology, pp. 2961-2968, ISSN: 0974-3618 [*Indexed by: Scopus - Co-author*]
2. Does Proprioception of Knee Improve After Various Forms of Training in Osteoarthritis of Knee? (2019), Research Journal of Pharmacy and Technology, pp. 4379-4386, ISSN: 0974-3618 [*Indexed by: Scopus - Co-author*]
3. Impacts of Three Different Relaxation Techniques on Mood States Among Athletes (2017), Malaysian Journal of Public Health Medicine, pp. 49-58, ISSN: 16750306 [*Indexed by: Scopus - Main Author*]

### *Conference Proceedings*

1. Does Proprioception of Knee Improve After Various Forms of Training in Osteoarthritis of Knee? (2019), 2nd International Conference on Fostering Interdisciplinary Research in Health Sciences (icfirhs) 2019, Aimst, kedah - **Co-author**
2. Music Training (zikr) is Superior to Autogenic and Progressive Muscle Relaxation Training to Increase Endurance Level Among University Sultan Zaina, I Abidin's Athletes (2014), 10th International Sport Science Conference, Hotel Perdana, Kota Baru - **Co-author**

## Research Grant

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### *Co-Researcher*

1. Effect of Pelvic Floor Muscle Training with Biofeedback on Stress Urinary Incontinence in Malaysia Females, Geran Dalam Universiti, University (2018), Grant Value: **RM18,000**
2. A 12-Week Multimodal Balance Enhancing Programme Improves Balance and Stability for Older Adults., Geran Dalam Universiti, University (2017), Grant Value: **RM20,000**

## Postgraduate Student

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## Academic Ecosystem

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1. Speaker/trainer, Facilitator Program Ikatan Ukhuwah Bersama Warga Emas, 2020-2020
2. Expert/pakar Rujuk, Khidmat Kepakaran - Projek Komuniti "health Awareness & Intervention

- Project", Laguna Redang Island Resort, 2019-2019
3. Advisor, Penasihat Ajk Physio Day 2019, Smk Kompleks Gong Badak, 2019-2019
  4. Committee, Ajk Program Health Promotion 2019, 2019-2019
  5. Leader/chairman, Pengurus Pasukan Sukan Peringkat Kebangsaan (nahsse) 2016 Fakulti Sains Kesihatan, 2016-2016

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