360° TitaniUM
Core Strength
Exercise®

By: Dr. Lim Boon Hooi and Dr. Teo Eng Wah
Train the Trainers - 360° TitaniUM Core Strength Exercise®

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UNIVERISTY OF MALAYA
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Dr. Lim Boon Hooi is a Senior lecturer and the Deputy Director of Sports Centre, University of Malaya. Dr. Lim completed his degree in BSc. Sports Science from University of Malaya, MSc from University Putra Malaysia and obtained his PhD. from University of Malaya. Dr. Lim is an expert in Sports Psychology with his area of expertise among others in Sport Psychology Intervention (Anxiety in Sport) and Performance And Perception (Relaxation Skills). Dr. Lim has on many times retained as sports consultant by various governmental agencies and private entities. Dr. Lim is also a committee member of Malaysian Sport Psychology Association (MASPA), member of Persatuan Pendidikan Jasmani & Sains Sukan Kebangsaan Malaysia and a registered member of Persatuan Penyelamat Kebangsaan Malaysia.

Dr. Teo Eng Wah, Vincent completed his master and PhD of Kinesiology from the University of Illinois, Urbana-Champaign, USA. Prior to that he received a Master of Education (Physical Education) and Bachelor of Sports Science (Management) from the University of Malaya. Dr. Teo possess a strong research interest in testing and measurement, sport motivation, psychometrics, sports statistics, sports tourism and healthy lifestyle. Beside that Dr. Teo is an ex-table tennis player and coaches Penang table tennis MSSM team before moving to University of Malaya. Lastly, Dr. Teo is also an avid wildlife photographer and champion for the cause of wildlife conservation via Malaysia Nature Society (MNS).