Integrating of Training Methods and Sports Science Disciplines to Develop Champion Sprinters

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About The Authors

Mr. Jason Lim obtained his diploma in Aircraft Maintenance Technology. He ventures into events management and organized several events for private and cooperate entity. He has been professionally Photographing, Disc Jockey, Music producer and managed multiple events. Currently he is the Senior Executive in HSBC Data Electronic Processing Centre Malaysia.

Mohd Nizam Md Yusop currently working in Malaysian Terengganu Sport School as an athletics coach and also as the Head of Sports Coaching Division. He obtained his Diploma in Physical Education from Teaching Training Institute of Malaysia and Bachelor Degree in Sports Science from University of Malaya. He owns an excellent series of qualification in coaching such as Level III MAF/IAAF/NSC Athletics specialising in sprint event; Sports Science ISN in Level II and Licence B in National Coaching Scheme, Malaysia. He has been produced number of sprinters in National and International level in his 19 years coaching career.

Prof. Rajesh Kumar has obtained his first Degree, Masters Degree and Doctoral degree in Physical Education from Osmania University, Hyderabad and Diploma in Sports Coaching in Athletics from Sports Authority of India. He is presently working as Principal, Department of Physical Education, Osmania University, Hyderabad. He is a International Master Athlete participated in the World Masters and Asian Masters Athletics Championships. Bronze Medalist in 5000 M Run in the Asian Masters Athletics Championships held at Bangalore 2006. President of International Federation of Physical Education, Fitness and Sports Science Associations and Secretary General, Indian Federation of Computer Science in Sports.

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