

1. PUBLICATION

As of **November 2025**

KPI Measures	KPI Target	Achievement
WOS	40	47
Scopus	46	25
Total number of Conference Proceedings papers and indexed in SCOPUS/WOS	11	-
Chapter in Book		
Total amount of new research grant approved (pledged) in the year assessed	RM1,433,000.00	RM195,000.00

1.1 WoS (47/40)

No.	Title & Journal	Author & Corresponding Author (CA)	DOI	Category (Article / Review/ Chapter)	Status (Publish / Index)	Date	Quartile
1.	Psychological interventions for dancers' mental health: A systematic review. <i>BMC Psychology</i>	Dr. Young-Eun Noh (CA)	10.1186/s40359-025-03724-7	Article	Published Index		Q1
2.	Caffeine and taurine: a systematic review and network meta-analysis of their individual and combined effects on physical capacity, cognitive function, and physiological markers <i>Nutrition & Dietetics</i>	Dr. Mohamed Nashrudin Naharudin	10.1080/15502783.2025.2566371	Article	Published Index	31.12.2025 8.10.2025	Q1
3.	Placebo effect of carbohydrates on muscle force production in male collegiate athletes: The role of misinformation and feedback-reinforced cues <i>Physiology & Behavior</i>	Assoc Prof. Dr. Ashril Yusof Assoc. Prof. Dr. Victor Selvarajah Selvanayagam Dr. Khong Teng Keen	10.1016/j.physbeh.2025.115083	Article	Published Index	1.12.2025 9.10.2025	Q2
4.	Effects of Single- Versus Multicomponent Neuromuscular Training on Balance Performance in Recreational Athletes: A Systematic Review and Network Meta-Analysis <i>Sport Rehabilitation</i>	Assoc. Prof. Dr. Rizal Razman	10.1123/jsr.2024-0467	Article	Published Index	9.11.2025	Q2

5.	Development and validation of a measurement instrument for student assessment of quality physical education in Chinese secondary schools <i>Multidisciplinary Sciences</i>	Prof. Dr. Selina Khoo	10.1371/journal.pone.0324227	Article	Published Index	26.6.2025	Q2
6.	Factor structure and measurement invariance of exercise self-efficacy scale among secondary school students in China <i>Multidisciplinary Sciences</i>	Prof. Dr. Selina Khoo	10.1038/s41598-025-89287-4	Article	Published Index	26.6.2025	Q1
7.	Life Satisfaction Among Individuals with Physical Disabilities in Saudi Arabia: The Impact of Physical Activity, Self-Perceived Health and Fitness, and Sociodemographic Features <i>Medicine, General & Internal</i>	Prof. Dr. Selina Khoo	10.3390/medicina61010031	Article	Published Index	31.1.2025	Q1
8.	Insights Into Peripheral, Central, And Systemic Vascular Health In Young Men <i>Biochemistry & Molecular Biology</i>	Assoc. Prof. Dr. Ashril Yusof (CA) Dr. Khong Teng Keen	10.3390/metabo15030166	Article	Published Index	31.1.2025	Q2
9.	Empowering health through tradition: A grounded theory study on the impact of traditional Chinese physical activities on the well-being of full-time mothers	Dr. Nor Eeza Zainal Abidin	10.29063/ajrh2025/v29i8s.8	Article	Published Index	11.9.2025	Q4

10.	The Effectiveness of 8-Week Small-Side Games (SSGS) and Daily-Physical Activity in Increasing Endurance Cardiovascular and Motoric Skills <i>Annals Applied Sport Science</i>	Dr. Nasnoor Juzaily Bin Mohd Nasiruddin		Article	Published Index	9.4.2025	Q4
11.	A multi-country and region comparison of the news coverage of the 2020 Tokyo Paralympic Games <i>Humanities & Social Sciences Communications</i>	Assoc Prof. Jadeera Phaik Geok Cheong	10.1057/s41599-025-05361-2	Article	Published Index	4.7.2025 13.7.2025	Q1
12.	Motivational Processes Associated with Mental Toughness Among College Skiers	Dr. Nor Eeza Zainal Abidin	10.3390/bs15050610	Article	Published Index	1.5.2025 31.5.2025	Q2
13.	Dance-related injuries and psychosocial challenges among professional folk, ballet, and modern dancers in China: A qualitative study. <i>Research in Dance Education</i>	Dr. Young-Eun Noh Dr. Eliza Hafiz	10.1080/14647893.2025.2570131	Article	Published Index		Q1
14.	Exploring the factors associated with professional and non-professional dancer well-being: a comprehensive systematic review	Assoc. Prof. Dr. Vincent Teo Eng Wah	10.3389/fpsyg.2025.1644253	Article	Published Index		Q1
15.	Cross-limb transfer during isometric plantar flexion familiarization	Assoc. Prof. Dr. Victor Selvarajah Selvanayagam	10.1038/s41598-025-93626-w	Article	Published Index	13.3.2025 21.3.2025	Q1

16.	Effects of insect consumption on exercise performance, body composition and metabolism: a review <i>Insects As Food and Feed</i>	Assoc. Prof. Dr. Ashril Yusof (CA) Dr. Khong Teng Keen	10.1163/23524588-00001104	Article	Published Index	Feb. 2025 10.3.2025	Q1
17.	Spirituality, Religion, And Sports Injury: A Systematic Review <i>Religion and Health</i>	Dr. Young-Eun Noh (CA) Dr. Mohamad Faithal Hj Hassan	10.1007/s10943-025-02323-5	Article	Published Index	 19.5.2025	Q1
18.	Effects of virtual reality technology on attention deficit on children with ADHD: A systematic review and Meta-Analysis	Assoc. Prof. Dr. Vincent Teo Eng Wah	10.1016/j.jad.2025.05.037	Article	Published Index	1.9.2025 23.5.2025	Q1
19.	Sports Motivation Scale II Questionnaire; Indonesian Version with 16 Items <i>Annals Of Applied Sport Science</i>	Prof. Mohd Salleh Aman		Article	Published Index	2025 9.4.2025	Q4
20.	Physical activity and cognitive function among community-dwelling older adults: a mediating role of functional fitness <i>BMC Public Health</i>	Assoc Prof. Jadeera Phaik Geok Cheong Assoc. Prof. Dr. Victor Selvarajah Selvanayagam	10.1186/s12889-025-22321-2	Article	Published Index	21.3.2025 28.3.2025	Q1
21.	Comparative Analysis of Waist-Height Ratio and Heart Rate Recovery for Predicting Coronary Heart Disease Risk Among Working Malaysian Women <i>Women's Health</i>	Prof. Dr. Selina Khoo Assoc. Prof. Teo Eng Wah	10.2147/IJWH.S497927	Article	Published Indexed	 22.3.2025	Q1

	Sports Participation Questionnaire for Senior High School Students	Prof. Mohd Salleh Aman		Article	Published Indexed	2025 9.4.2025	Q4
22.	The Chinese Adaptation of the Teachers' Sense of Efficacy Scale in Early Childhood Pre-service Teachers: Validity, Measurement Invariance, and Reliability <i>Behavioral Sciences</i>	Dr. Nasnoor Juzaily Bin Mohd Nasiruddin	10.3390/bs15030329	Article	Published Indexed	7.3.2025 5.4.2025	Q2
23.	An introduction to MyBFF@school, a school-based childhood obesity intervention program: a cluster randomized controlled trial <i>BMC Public Health</i>	Prof. Dr. Halim Mokhtar	10.1186/s12889-025-21382-7	Article	Published Indexed	14.1.2025 23.1.2025	Q1
24.	Rationale, design, and methodology of My Body Is Fit and Fabulous at school (MyBFF@school) study: a multi-pronged intervention program to combat obesity among Malaysian schoolchildren <i>BMC Public Health</i>	Prof. Dr. Halim Mokhtar	10.1186/s12889-024-20726-z	Article	Published Indexed	10.1.2025 18.1.2025	Q1
25.	Effects of the MyBFF@school obesity intervention program with nutrition education intervention on nutrition knowledge and attitude of secondary schoolchildren: a cluster randomized controlled trial <i>BMC Public Health</i>	Prof. Dr. Halim Mokhtar	10.1186/s12889-024-21090-8	Article	Published Indexed	9.1.2025 15.1.2025	Q1

26.	The effect of the MyBFF@school program on cardiorespiratory fitness in overweight and obese primary schoolchildren: a cluster randomized controlled trial <i>BMC Public Health</i>	Prof. Dr. Halim Mokhtar	10.1186/s12889-024-20723-2	Article	Published Indexed	9.1.2025	Q1
27.	Effects of MyBFF@school, a multifaceted obesity intervention program, on anthropometry and body composition of overweight and obese primary school children <i>BMC Public Health</i>	Prof. Dr. Halim Mokhtar	10.1186/s12889-024-20724-1	Article	Published Indexed	14.1.2025 23.1.2025	Q1
28.	Effects of a nutrition education intervention on nutrition knowledge and attitude among overweight and obese primary schoolchildren: a cluster randomized controlled trial <i>BMC Public Health</i>	Prof. Dr. Halim Mokhtar	10.1186/s12889-025-21671-1	Article	Published Indexed	4.2.2025 10.2.2025	Q1
29.	Exploring the Wushu teaching on metacognitive learning skills: a literature review Current Psychology (Springer)	Dr. Nasnoor Juzaily Bin Mohd Nasiruddin	10.1007/s12144-025-07390-1	Article	Early Access Indexed	28.2.2025	Q2
IN WOS & SCOPUS							
30.	Effects of app-based imagery training on imagery skills and technical performance in junior national squash athletes. <i>Applied Sport Psychology</i>	Dr. Young-Eun Noh (CA) Dr. Mohamad Faithal Hj Hassan	10.1080/10413200.2024.2402707	Article	Published	4.4.2025	Q1
31.	Exploring the relationship between sports media use, sports participation behavior, and sport commitment: a mixed-methods study using	Prof. Mohd Salleh Aman Dr. Nor Eeza Zainal Abidin	10.1186/s40359-025-02964-x	Article	Early Access Indexed	1.7.2025 10.7.2025	Q1

	structural equation modeling and qualitative insights						
32.	The utility of psychological readiness scales in predicting return to sport: A systematic review <i>BMC Psychology</i>	Dr. Young-Eun Noh (CA)	10.1186/s40359-025-03378-5	Article	Published Index	3.11.2025 14.11.2025	Q1
33.	Knee Abduction Angles and Landing Kinematics in Badminton Jump Smash: A Study of ACL Injury Risk Factors	Assoc. Prof. Dr. Rizal Mohd Razman	10.3390/bioengineering12040343	Article	Published Indexed	26.3.2025 7.5.2025	Q2
34.	The effect of carbohydrate and salt oral stimulation on central fatigue	Assoc. Prof. Dr. Ashril Yusof (CA) Dr. Khong Teng Keen	10.1080/02640414.2025.2540211	Article	Published Index Early Access	2.11.2025 12.8.2025	Q2
35.	The relationship between perceived quality physical education and 7-day physical activity among secondary school students in China: the mediating role of exercise self-efficacy	Prof. Dr. Selina Khoo	10.1186/s13690-025-01731-z	Article	Published Indexed	13.10.2025 19.10.2025	Q1
36.	Effect of upper limb isometric training (ULIT) on hamstring strength in early postoperative anterior cruciate ligament reconstruction patients: Study protocol for a randomized controlled trial <i>Multidisciplinary Sciences</i>	Assoc. Prof. Dr. Ashril Yusof (CA)	10.1371/journal.pone.0319724	Article	Published Indexed	21.8.2025 24.10.2025	Q2
37.	Developing a model of quality physical education in the Chinese context: a grounded theory investigation of secondary school physical	Prof. Dr. Selina Khoo	10.3389/fpubh.2025.1569222	Article	Published Indexed	1.5.2025 20.5.2025	Q1

	education teachers' perceptions <i>Public Health</i>						
38.	A narrative review of deep learning applications in sports performance analysis: current practices, challenges, and future directions <i>BMC Sports Science Medicine and Rehabilitation</i>	Dr. Eliza Hafiz	10.1186/s13102-025-01294-0	Article	Published Indexed	27.8.2025	Q1
39.	Improving Intercultural Communication in Chinese Football Clubs: Reconceptualizing the Meaning of Cultural Hybridization, Glocalization, and Expatriating Football Players 'Cultural Transition in China <i>Education & Educational Research</i>	Prof. Mohd Salleh Aman Dr. Nor Eeza Zainal Abidin	10.32674/3k9pgj53	Article	Published Indexed	16.5.2025	Q2
40.	Exploring the relationship between sports media use, sports participation behavior, and sport commitment: a mixed-methods study using structural equation modeling and qualitative insights	Prof. Mohd Salleh Aman Dr. Nor Eeza Zainal Abidin (CA)	10.1186/s40359-025-02964-x	Article	Published Indexed	1.7.2025 10.7.2025	Q1
41.	Sports and Disability: A Ten-Year Bibliometric Review of Research Trends <i>Annals Applied Sport Science</i>	Dr. Nor Eeza Zainal Abidin		Article	Published Indexed	2025 9.4.2025	Q4
42.	Effects of Exercise on Arterial Stiffness: Mechanistic Insights into Peripheral, Central, and	Assoc. Prof. Dr. Ashril Yusof (CA)	10.3390/metabo15030166	Article	Published Index	1.3.2025 1.4.2025	Q2

	Systemic Vascular Health in Young Men <i>Metabolites</i>	Dr. Khong Teng Keen					
43.	Ecological Network Analysis: Utilizing Machine Learning to Unravel the Effects of Multilevel Pathways of Moderate-to-Vigorous Physical Activity Facilitators Among School Children <i>Social Sciences</i>	Assoc. Prof. Dr. Sareena Hanim Hamzah	10.1080/02701367.2025.2478870	Article	Published Index	2.10.2025 16.5.2025	Q3
44.	Effects of Family-Professional Partnerships in Adapted Physical Education on the Fundamental Motor Skills, Adaptive Behaviors, and Physical Activity Levels of Children with Autism Spectrum Disorder and on Parent Satisfaction <i>Autism And Developmental Disorders</i>	Assoc Prof. Jadeera Phaik Geok Cheong (CA)	10.1007/s10803-024-06342-1	Article	Published Index	May 2025 24.4.2025	Q1
45.	Physical activity and cognitive function among community-dwelling older adults: a mediating role of functional fitness BMC Public Health	Assoc Prof. Jadeera Phaik Geok Cheong (CA)	10.1186/s12889-025-22321-2	Article	Published Index	21.3.2025 28.3.2025	Q1
46.	Translation, cross-cultural adaptation, and validation of the Chinese version of the injury-psychological readiness to return to sport scale.	Dr. Young-Eun Noh (CA)	s13102-025-01127-0	Article	Published	9.4.2025	Q1

	<i>BMC Sports Science, Medicine and Rehabilitation</i>						
47.	A scoping review of the types and features of technology used to deliver exercise prescription and improve exercise adherence, Patient Education and Counseling	Assoc. Prof. Dr. Zulkarnain Jaafar Assoc. Prof. Dr. Sareena Hanim Hamzah	10.1016/j.pec.2024.108580	Article	Published		Q1
IN COMING (NOT YET DETECTED IN WOS)							

1.2 Scopus (25/46)

No.	Title & Journal	Author & Corresponding Author (CA)	DOI	Category (Article / Review/ Chapter)	Status (Publish / Index)	Date
1.	The utility of psychological readiness scales in predicting return to sport: A systematic review <i>BMC Psychology</i>	Dr. Young-Eun Noh (CA)	10.1186/s40359-025-03378-5	Article	Published Index	
2.	Do Athletes Differ in Religious Coping: Gender Perspective of Sports Motivation <i>Society for Arts and Social Sciences</i>	Prof. Dr. Selina Khoo	10.33152/jmphss-9.3.5	Article	Published Index	
3.	Effects of a Commercially Available Energy Drink on Resistance Training Performance	Assoc. Prof. Dr. Sareena Hanim Hamzah	10.1007/978-981-96-8757-2_14	Article	Published Indexed	
4.	Integration of Mental Education through Sports to Improve Personal Resilience of Adolescents in Elementary, Junior and Senior High School Students	Dr. Nor Eeza Zainal Abidin	10.5817/StS2025-2-13	Article	Published Indexed	
5.	The effect of carbohydrate and salt oral stimulations on central fatigue	Assoc. Prof. Dr. Ashril Yusof (CA) Dr. Khong Teng Keen	10.1080/02640414.2025.2540211	Article	Published Index Early Access	2.11.2025 12.8.2025
6	The relationship between perceived quality physical education and 7-day physical	Prof. Dr. Selina Khoo	10.1186/s13690-025-01731-z	Article	Published Indexed	13.10.2025 19.10.2025

	activity among secondary school students in China: the mediating role of exercise self-efficacy					
6.	Effect of upper limb isometric training (ULIT) on hamstring strength in early postoperative anterior cruciate ligament reconstruction patients: Study protocol for a randomized controlled trial	Assoc. Prof. Dr. Ashril Yusof	10.1371/journal.pone.0319724	Article	Published Indexed	
7.	A narrative review of deep learning applications in sports performance analysis: current practices, challenges, and future directions <i>BMC Sports Science Medicine and Rehabilitation</i>	Dr. Eliza Hafiz	10.1186/s13102-025-01294-0	Article	Published Indexed	
8.	Exploring the relationship between sports media use, sports participation behavior, and sport commitment: a mixed-methods study using structural equation modeling and qualitative insights	Prof. Mohd Salleh Aman Dr. Nor Eeza Zainal Abidin	10.1186/s40359-025-02964-x	Article	Published Indexed	
9.	Sports and Disability: A Ten-Year Bibliometric Review of Research Trends	Dr. Nor Eeza Zainal Abidin		Article	Published Indexed	2025 9.4.2025
10.	Teacher Involvement in Integrating Universal Values in Schools <i>Sport Science</i>	Dr. Nor Eeza Zainal Abidin		Article	Published Index	2025
11.	Short-Term Amrap and Emom Training Program Using Bosu, Kettlebell, and Dumbbell Complex to Improve Power, Strength Lower Extremity, and Core Stability in Competitive Athletes Sport Science	Dr. Nasnoor Juzaily Bin Mohd Nasiruddin		Article	Published Index	

12.	Developing a model of quality physical education in the Chinese context: a grounded theory investigation of secondary school physical education teachers' perceptions <i>Public Health</i>	Prof. Dr. Selina Khoo	10.3389/fpubh.2025.1569222	Article	Published Index	
13.	Spirituality, Religion, and Sports Injury: A Systematic Review <i>Religion and Health</i>	Dr. Young-Eun Noh Dr. Mohamad Faithal Hj Hassan	10.1007/s10943-025-02323-5	Article	Published Index	
14.	Maximizing the role of coaches in implementing social values in team sports	Dr. Nor Eeza Zainal Abidin	10.47197/retos.v68.111321	Article	Published Index	Jun 2025
15.	Effects of Exercise on Arterial Stiffness: Mechanistic Insights into Peripheral, Central, and Systemic Vascular Health in Young Men	Assoc. Prof. Dr. Ashril Yusof (CA) Dr. Khong Teng Keen	10.3390/metabo15030166	Article	Published Index	1.3.2025 1.4.2025
16.	Ecological Network Analysis: Utilizing Machine Learning to Unravel the Effects of Multilevel Pathways of Moderate-to-Vigorous Physical Activity Facilitators Among School Children <i>Social Sciences</i>	Assoc. Prof. Dr. Sareena Hanim Hamzah	10.1080/02701367.2025.2478870	Article	Published	May 2025
17	Effects of Family-Professional Partnerships in Adapted Physical Education on the Fundamental Motor Skills, Adaptive Behaviors, and Physical Activity Levels of Children with Autism Spectrum Disorder and on Parent Satisfaction	Assoc Prof. Jadeera Phaik Geok Cheong (CA)	10.1007/s10803-024-06342-1	Article	Published	May 2025

	<i>Autism And Developmental Disorders</i>					
18.	Physical activity and cognitive function among community-dwelling older adults: a mediating role of functional fitness <i>BMC Public Health</i>	Assoc Prof. Jadeera Phaik Geok Cheong (CA)	10.1186/s12889-025-22321-2	Article	Published	21.3.2025
19.	Translation, cross-cultural adaptation, and validation of the Chinese version of the injury-psychological readiness to return to sport scale	Dr. Young-Eun Noh	10.1186/s13102-025-01127-0	Article	Published	
20.	Improving Intercultural Communication in Chinese Football Clubs: Reconceptualizing the Meaning of Cultural Hybridization, Glocalization, and Expatriating Football Players' Cultural Transition in China	Prof. Mohd Salleh Aman Dr. Nor Eeza Zainal Abidin	10.32674/3k9pgj53	Article	Published	2.4.2025
21.	The Role of Teachers in Integrating Universal Values in Schools: A Comparative Study Across Educational Levels	Dr. Nor Eeza Zainal Abidin	10.13189/saj.2025.130208	Article	Published	
22.	Factor structure and measurement invariance of exercise self-efficacy scale among secondary school students in China	Prof. Dr. Selina Khoo	10.1038/s41598-025-89287-4	Article	Published	
23.	Enhancing Youth Athletes' Self-Efficacy, Mental Skills, Emotional Management, and Rugby-Specific Skills through the SUPER Rugby Program	Dr. Mohd Firdaus Abdullah	10.13189/saj.2025.130106	Article	Published	

24.	Effects of app-based imagery training on imagery skills and technical performance in junior national squash athletes <i>Journal of Applied Sport Psychology</i>	Dr. Mohamad Faithal Hj Hassan Dr. Young-Eun Noh	10.1080/10413200.2024.2402707	Article	Published	4.3.2025
25.	A scoping review of the types and features of technology used to deliver exercise prescription and improve exercise adherence, Patient Education and Counseling <i>Patient Education and Counseling</i>	Assoc. Prof. Dr. Zulkarnain Jaafar Assoc. Prof. Dr. Sareena Hanim Hamzah	10.1016/j.pec.2024.108580	Article	Published	
IN COMING (NOT YET DETECTED IN SCOPUS)						

1.3 Total number of Conference Proceedings papers and indexed in SCOPUS/WOS and Chapter in Book (0/11)

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