



UMS
UNIVERSITI MALAYSIA SABAH



UNCOVERING AND UNLEASHING PHYSICAL POTENTIAL FOR EVERYONE



**MUHAMMAD RIDAUDDIN SAFWAN BIN SAFRI
PHYSICAL FITNESS REHAB CENTRE (PFRC)
FACULTY OF EDUCATION & SPORTS STUDIES (FPPS)**





ABOUT US

PFRC is an entity that focuses on the comprehensive development of sports science at University Malaysia Sabah. Its main goal is to promote and advance the study, research, and application of sports science in areas such as sports performance, physiology, and rehabilitation. The center collaborates with athletes, coaches, and other stakeholders to enhance sporting excellence and overall health through scientific methods.

OUR FACILITIES

SPORTS REHAB & HUMAN PERFORMANCE LAB



SPORTS PSYCHOLOGY & HUMAN ANATOMY LAB



GYMNASIUM CENTRE



SPORTS REHAB & HUMAN PERFORMANCE LAB

Functions as a comprehensive centre for both rehabilitation and performance enhancement, catering primarily to athletes.

KEY FOCUS AREAS INCLUDE:

RESEARCH HUB

Investigating new methods and technologies to enhance recovery and performance, and talent identification.



ASSESSMENT

Conducting thorough evaluation of health and fitness levels, and skill related fitness.



PHYSICAL THERAPY

Developing tailored rehabilitation plan for specific injuries and conditions.



INJURY PREVENTION

Implementing strategies and programs for injury risk screening to minimize the risk of future injuries.



EQUIPMENTS



AlterG® PRO Anti-Gravity Treadmill™

Enabling earlier rehabilitation or increased training volume for peak performance with less risk of injury



Humac Norm Isokinetic Dynamometer

BEST solution for measuring and improving human performance in the clinic athletic training room, and research laboratory



Dynamic Stair Trainer - DST800

This is an innovative device designed for people in various stages of rehabilitation who exercise to regain their ability to use stairs and slopes.



COSMED T170 De Sport Med Treadmil

*Running surface length: 170cm
Speed (km/h): 0.0 - 40
Elevation range: 0 - 25%
Maximum patient weight: 200
Reverse belt rotation*

EQUIPMENTS



InBody 270 Body Fat Analyzer

The InBody 270 is a portable and powerful device that tracks your body fat, muscle mass, total body water and much more in less than 15 seconds.



Lode Excalibur Sport (Cycle Ergometer)

The ergometer allows for various tests, like a Wingate sprint test, Isokinetic tests, High Intensity Tests (HIT, time trials, and CPET testing).



Electric Stimulator Soleo Sonostim, Zimmer MedizinSysteme

Has a huge range of applications. Pain therapy, Muscle Rehabilitation, Metabolic Increase, Encouraging of circulation.

SERVICES



Cunningham & Faulkner test (Anaerobic capacity)



Isokinetic test



Body composition analysis

SERVICES



Myofascial release (MFR) + anti-gravity treadmill therapy



Electrical muscle stimulation (EMS) therapy

SPORTS PSYCHOLOGY & HUMAN ANATOMY LAB

Services provided:

MENTAL TRAINING



Consist of a mix of technique and practices to develop mental toughness, improve skill learning and even performance on (and off) the field.

RELAXATION



Practices to help bring about the body's "relaxtion response". Which is characterized by slower breathing, lower blood pressure, and a reduced heart rate

PSYCHOLOGY TEST



Administration of psychological tests.

PROFILING



Help athlete identify strength and weakness related to physical, psychological, tactical, and technical qualities of their performance.

GYMNASIUM CENTRE

The gymnasium provides a complete range of equipments to support fitness and overall health

The gymnasium focuses on developing physical fitness and overall health by offering equipments for various types of training.

- Personal Training
- Group Training
- Weight Loss Program
- Access to coaching support
- Personal Trainer Course
- Health Education

COLLABORATION



Eureka Drinks



Sports Medicine Unit



Sabah Football Club

*Sports Science & Referral
Specialist*



Sabah Rugby Union

*Sports Medicine & Sports
Science Collaboration*

CONTACT US :

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OPENS FROM
7AM - 10 PM
MONDAY TO FRIDAY

FIND US HERE



Fakulti Pendidikan dan Pengajian Sukan
Universiti Malaysia Sabah,
Jalan UMS,
88400 Kota Kinabalu,
Sabah

SERVICES OFFERED

PERSONAL TRAINER

Offering personalized regimens to fulfill your goals, priced at RM350 for ten sessions

PHYSICAL FITNESS TESTING

- Injury Risk Screening
 - Isokinetic testing (RM100)
- Postural Analysis (RM30)
 - Movement Skill Test & Overhead Squat

REHABILITATION

- Isokinetic Strength
 - 1st session RM100, RM80 after first session
- Anti-Gravity Treadmill (RM100 per session)
- Myofascial Release
 - Full Body RM80, Half Body RM50
- Electrical muscle stimulation - EMS (RM80 per session)

SPORTS MASSAGE by experts

- Full Body (RM80)
- Half Body (RM50)

Courses such as Basic Life Support (BLS) & Personal trainers courses are also available on demand

WALK-IN FEE

Student	RM 4
UMS Staff	RM 6
Public	RM 8

GYM MEMBERSHIP

RATE PER MONTH

Student	RM 60
UMS Staff	RM 90
Public	RM 120

MEMBERSHIP PACKAGES

	2 MONTHS	3 MONTHS
Student	RM 100	RM 150
UMS Staff	RM 150	RM 225
Public	RM 200	RM 300

FOR MORE INFORMATION

FEEL FREE TO CONTACT

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Explore our range of services and take the first step toward enhancing your performance or well-being. Our experts are ready to guide you on your journey. Contact us and book your session today to experience the difference!

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SCAN ME



THANK YOU