



UMS
UNIVERSITI MALAYSIA SABAH

PHYSICAL FITNESS REHAB CENTRE
UNCOVERING AND UNLEASHING PHYSICAL POTENTIAL FOR EVERYONE

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.



PHYSICAL THERAPY

Developing tailored rehabilitation plan for specific injuries and conditions.



ASSESSMENT

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



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.

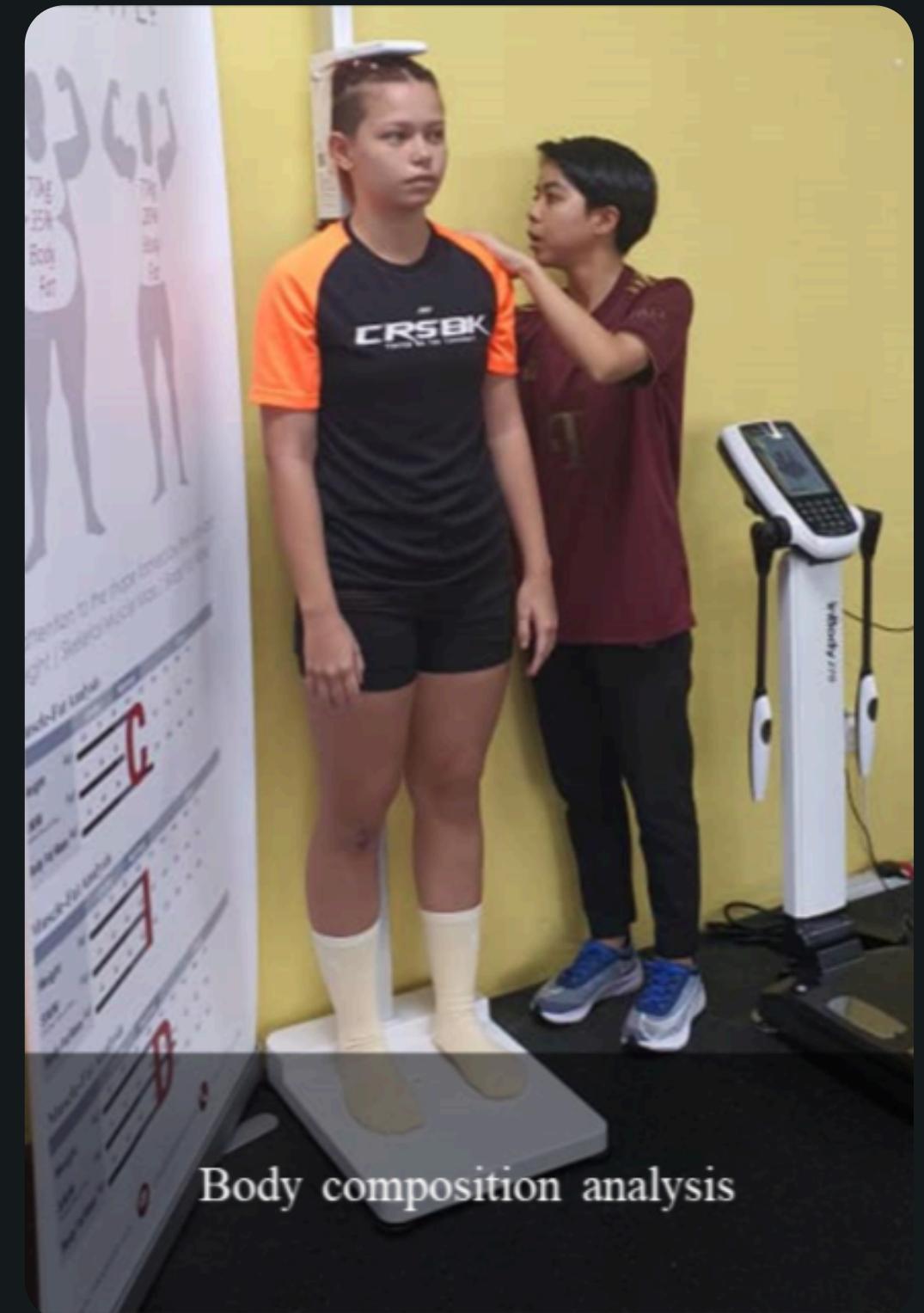
SERVICES



Cunningham & Faulkner test (Anaerobic capacity)



Isokinetic test



Body composition analysis

SERVICES



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 :

DR. HASNOL BIN NOORDIN

019 - 3311277

ZULIANA BACHO

014 - 6744303

M. RIDAUDDIN SAFWAN

013 - 5602602



UMS
UNIVERSITI MALAYSIA SABAH

**FAKULTI PENDIDIKAN DAN
PENGAJIAN SUKAN**
Faculty of Education and Sports Studies

PHYSICAL FITNESS REHAB CENTRE
UNCOVERING AND UNLEASHING PHYSICAL POTENTIAL FOR EVERYONE



FIND US HERE

SCAN



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

**OPENS FROM
7AM - 10 PM
MONDAY TO FRIDAY**

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

Dr. Hasnol Noordin (019-3311277)

Pn. Zuliana Bacho (014-6744303)

M. Ridauddin Safwan (013-5602602)

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

DISCOVER US AND BOOK YOUR SESSION TODAY!

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!

@SSCE.FPPUMS
PUSAT KECEMERLANGAN SAINS SUKAN



SCAN ME

THANK YOU