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Nurwina Akmal Anuar

Doctoral Researcher

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About

PhD Title: Imagery in Sport and Exercise Science

Supervisor: Dr Jennifer Cumming and Dr Sarah Williams

Qualifications

- Bach of Technology (Electrical Engineering) with Education 2008 University Teknologi Malaysia
- Master of Philosophy (Rehabilitation Technology) 2012
  University Teknologi Malaysia

Biography

Nurwina received her BSc (Hons) in Electrical Engineering with Education and an MPhil Rehabilitation Technology from Universiti Teknologi Malaysia. She developed an intervention programme for young children based on emotive imagery technique. Following this, she worked as a Tutor in a research centre, Sports Innovation Centre, Universiti Teknologi Malaysia. She is currently a PhD student working with Dr. Jennifer Cumming, and Dr Sarah Williams. The PhD is about imagery and more specifically to Imagery in Sport and Exercise Science and is funded by Ministry of Higher Education Malaysia and Universiti Teknologi Malaysia.

Research

Research groups

BRIO (Birmingham Research in Imagery and Observation Group)
University of Birmingham's Sport Psychology Journal Club.

Other activities

She was a state softball player in 2002. She joined squash team during her matriculation studies for inter-college games, 2003. She was a university softball player and represented for inter-university challenge 2004. She also keen on netball, volleyball and badminton and joined the team in university challenge in 2009 and 2011.

She now showing her interest in equine sports and will starts to learn and master the game in anyways. She also a chess player in national challenge games, 2012.

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