



ZULIANA BACHO

Sports Science Lecturer

Assalamualaikum w.b.t & Hello Everyone!

I'm Ms. Zuliana, and it's a pleasure to meet you all. With over 18 years of experience in the dynamic field of sports science, I'm excited to share my knowledge and insights with all of you.

Beyond the Classroom:

In addition to my teaching role, I'm actively involved in consultations for corrective exercise cases and sports rehabilitation, leveraging my expertise in exercise physiology, corrective exercise, exercise therapy, and rehabilitation.

Courses Taught:

PE20303
Exercise Physiology

PC30003
Applied Exercise Physiology

PZ30203
Exercise Prescription

PZ20103
Testing and Measurement in Sports Science

PE10202
Human Nutrition

PZ30503
Applied Sports Nutrition

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