

CURRICULUM VITAE



ZAINI BINTI BAHARI

Senior Lecturer and Dietitian
Department of Dietetics
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Education

1. Ph.D (Nutrition), Universiti Sains Malaysia
2. Master of Science (Clinical Nutrition), Universiti Putra Malaysia
3. Bachelor of Dietetics (Honours), International Islamic University Malaysia

Areas of Interest

1. Dietetics
2. Sports Nutrition
3. Clinical Nutrition
4. Nutritional status and body composition

Professional Qualification/ Membership/ Affiliation

1. Professional Qualification: Malaysian Allied Health Professions Council (MAHPC), Registered Dietitian, Registration No: MAHPC(DTN)01871
2. Professional Qualification: Accredited Level 2 Anthropometrist, International Society for the Advancement of Kinanthropometry (ISAK)
3. Membership: Malaysian Dietitians' Association (MDA), Ordinary Member, Membership No. R2012-00317

Publications

Journals (in 5 years)

1. **Bahari, Z.**, Aziz, A.R., Safii, N. S., & Che Muhamed, A. M. (2025). Pre-exercise ingestion of a low glycaemic index rice-based mixed meal increases fat oxidation and endurance running performance in a hot-humid environment. *Applied Physiology, Nutrition, and Metabolism*, 50, 1 – 15 [WoS INDEXED, Q2]
2. **Bahari, Z.**, Safii, N. S., & Che Muhamed, A. M. (2023). Does an Asian-based Diet Sufficient to Meet the Nutritional Demands of Endurance Athletes?: A Cross-sectional Study. *Malaysian Journal of Medicine and Health Sciences*, 19(6), 51–61 [SCOPUS INDEXED]
3. **Bahari, Z.**, Safii, N. S., & Che Muhamed, A. M. (2020). An Overview of a Dietary Pattern Among Malaysian Endurance Athletes in Relation to Glycemic Index. In *Enhancing Health and Sports Performance by Design: Proceedings of the 2019 Movement, Health & Exercise (MoHE) and International Sports Science Conference (ISSC)* (pp. 435-447). Springer Singapore [SCOPUS INDEXED]
4. **Zaini B**, Zuriati I, Siti Nur Asyura A, Barakatun Nisak MY (2017). Development and content validation of a Nutrition Care Process knowledge, attitudes, practices, and perceived barriers questionnaire. *Asia Pacific Journal of Clinical Nutrition*, 26(5), 781 – 787 [WoS INDEXED, Q4]

Conference Proceedings (in 5 years)

1. **Zaini Bahari**, Nik Shanita Safii, Ahmad Munir Che Muhamed. 2023. Effects of low and high glycaemic index pre-exercise Malaysian mixed-meals on endurance running performance in a heat stress environment: a randomised, cross-over study. *International Conference on Adaptations and Nutrition in Sports (ICANS)*. Singapore. July 19-21. (Oral presentation)

2. **Zaini Bahari**, Nik Shanita Safii, Ahmad Munir Che Muhamed. 2021. Dietary Intakes of Malaysian Endurance Athletes. *International Sports Medicine and Exercise Science (ISMESC)*. Kuala Lumpur, Malaysia. September 11-12. (Poster presentation)
3. **Zaini Bahari**, Nik Shanita Safii, Ahmad Munir Che Muhamed. 2019. An Overview of a Dietary Pattern Among Malaysian Endurance Athletes in Relation to Glycemic Index. *The 2019 Movement, Health & Exercise (MoHE) and International Sports Science Conference (ISSC)*. Kuching, Malaysia. September 30 – October 2. (Oral presentation)

Awards/ Recognition (Current)					
No.	Name of awards	Award Authority		Award Type	Year
1.	Best Postgraduate Thesis Award (PhD) – 3 rd Prize	Malaysian Association	Dietitians'	National	2025
2.	Award of Most Voted Oral Presenter	The 7th International Symposium on Wellness, Healthy Lifestyle and Nutrition 2016, Yogyakarta, Indonesia		International	2016
3.	Rector List Award at 27 th Convocation of International Islamic University Malaysia (IIUM)	International University Malaysia (IIUM)	Islamic	University	2011
4.	Award of Excellence for Undergraduate Dietetics Final Year Student	Malaysian Association	Dietitians'	National	2011
5.	1 st place ITQAN National Quranic Memorization Competition (5 Juzuk Adult Category)	Yayasan Pendidikan ITQAN		National (Non-academic award)	2024
6.	Award of Ithbat Hafazan Al-Quran (Kategori 10 Juzuk)	Kerajaan Negeri Selangor (Jabatan Agama Islam Selangor)		Non-academic award	2024
7.	Award of Excellence (Tahfiz)	Yayasan Tuanku Syed Putra Perlis (Perlis Royal)		Non-academic award	2010
8.	1 st place Majlis Menghafaz Al-Quran Peringkat Kebangsaan kali ke-30 (Kategori 15 Juzuk)	Kerajaan Malaysia (Jabatan Kemajuan Islam Malaysia)		National (Non-academic award)	2009

Professional Services/ Consultation			
No.	Year	Title	Authority
1.	2025	Invited Speaker for Sports Nutrition Symposium Webinar Series	IAPEN India Association for Parenteral and Enteral Nutrition
2.	2025	Journal Reviewer, Malaysian Journal of Medicine and Health Sciences	Journal Publisher

Attended Seminars/ Workshops/ Forums both National and International			
No.	Year	Title	Organizers
1.	2025	Innovative Learning Strategies in Teaching and Learning – Sharing Session	Centre for Academic Development and Leadership Excellence (CADE-Lead), UPM
2.	2025	Digital Leadership in Higher Education – Sharing Session	CADE-Lead, UPM



3.	2024	ISN Sports Nutrition Day 2024	National Sports Institute of Malaysia
4.	2024	International Society for the Advancement of Kinanthropometry (ISAK) Level 2 accreditation course	Advanced Medical and Dental Institute (AMD), USM
5.	2023	International Conference on Adaptations and Nutrition in Sports (ICANS)	Asian Nutrition Society for Sports and Health (ANSSH)
6.	2023	International Society for the Advancement of Kinanthropometry (ISAK) Level 1 accreditation course	Advanced Medical and Dental Institute (AMD), USM