

# Curriculum Vitae

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## I. PERSONAL DETAILS.

Name	Moh. Nanang Himawan Kusuma
Affiliation	Department of Physical Education Faculty of Health Science Jenderal Soedirman University Purwokerto, Central Java Indonesia
Occupation	Sport Lecturer Major Subject : Exercises Science and Coaching (in conjunction with Biomechanics and Physiology)
Contact details	Office : +62-281-632886 Email address : <a href="mailto:anangkusuma@yahoo.com">anangkusuma@yahoo.com</a>
Gender	Male
Citizenship	Indonesia

## II. EDUCATIONS

### A. Degree Qualification

Qualification	Year
Bachelor of Sport Science Main field of study : Physical Education and Coaching Department of Physical Education Sebelas Maret University, Indonesia	1999 – 2004
Master of Sport Science Main field of study : Diagnostik und Intervention Sportwissenschaftliche fakultaet Universitaet Leipzig, Germany	2009– 2012

### B. Course, Workshop and Training

Qualification	Instituion	Duration
Diplom Leicthathletik- Trainer	Deutscher Leicthathletik Verband Universitaet Mainz, Germany	1,5 Years
Deutsche Sprachkurs	Universitaet Mainz, Germany	6 Months
Sportsmassage-Kurs	Sportphysiologische Abteilung Universitaet Mainz, Germany	6 Months
Level 1 ASCA	Australian Strength and Conditioning in cooperation with Ministry of Youth and Sports	2 weeks
Deutsche Sprachkurs	Goethe Institute – Jakarta	6 Months
Advance Coaching Clinic for Jumps event	Landessportbund Schleswig-Holstein Malente - Germany	2 weeks

Gait and Movement Analysis	DIERS Gmbh, Wiesbaden, Germany	1 weeks
Level 1 IAAF Lecturer	International Athletic Association Federatation (IAAF)-RDC Jakarta	2 weeks
Performance Analysis of Sports	Institute Angewandte fuer Trainingswissenschaft, IAT Leipzig	1 weeks
Advance Coaching Clinic for Sprint event	Schleswig-Holstein Landes Sportverband, Malente - Germany	2 weeks
Biomechanics Analysis	Simi Motion Gmbh, Munich, Germany	1 weeks
Advance Coaching Clinic for Throws event	Landessportbund Schleswig-Holstein Malente – Germany	2 weeks
Level II ASCA	Australian Strength and Conditioning in cooperation with Ministry of Youth and Sports	3 weeks
Advance Performance Analysis of Sports	Olympiastuetzpunkt Hamburg Germany	1 weeks
Level II IAAF Lecturer	International Athletic Association Federatation (IAAF)- RDC Jakarta	2 weeks

### III. RESEARCH EXPERIENCES AND PUBLICATIONS (Last 5 years)

#### A. Publications as 1st author

List of Publication	Year
<b>Kusuma MNH</b> , T Dreisigler, J Portela. <i>Affecting factors of plyometric exercises on jump performance</i>	2012
<b>Kusuma MNH</b> , U. Hartmann, M Niessen. <i>Affecting factor of interval aerobic exercises on physiological function changes in elderly</i>	2013
<b>Kusuma MNH</b> , Purindri, Suharno. <i>Influence of low intensity swimming on physiological capacity changes.</i>	2015
<b>Kusuma MNH</b> , K Altmann. <i>Identification of Sports Injuries of Youth Male Athletes</i>	2015
<b>Kusuma MNH</b> , Julianti K. <i>Affecting factor of multilateral exercises on Neuro-Networking Process of children</i>	2015
<b>Kusuma MNH</b> , Sugiharto, Mahyudin. <i>Biomechanical parameter of rowing athletes of Indonesia during preparation of Olympic RIO</i>	2016
<b>Kusuma MNH</b> , Candrawati S, Gumilas NA. <i>Polimerfism of ACTN-3 Gene as a identification parameter of muscle fiber types for soccer player</i>	2016
<b>Kusuma MNH</b> , Rilastio D, Nugroho R. <i>Biomechanical analysis of snatch technique in conjunction to linear, angular and bar trajectory of Indonesian weightlifters during Olympic RIO</i>	2018
<b>Kusuma MNH</b> , Rilastio D. <i>Effect of alkaline fluid on blood pH, lactic acid level changes on recovery process after sub maximal physical exercise.</i>	2018

## B. Unpublished Research

<b>Kusuma MNH</b> , Krug. Voss. <i>Investigation of Speed ability, power jump test and foot-tapping test as talent identification parameter for Sprinter</i>	2014
<b>Kusuma MNH</b> , Hartmann, Niessen. <i>High Intensity Interval Training (HIIT) and its contibute on Physiological Adaptation Process of Elite Athletes</i>	2015
<b>Kusuma MNH</b> , Rilastio, Syafei. <i>Biomechanical Profile of Indonesian long jumpers as performance limiting factor during ASIAN GAMES</i>	2015
<b>Kusuma MNH</b> , Didik, Nugroho. <i>Physiological profile of Indonesian elite athletes of cycling as performance diagnostic test during ASIAN GAMES</i>	2016
<b>Kusuma MNH</b> , Saputra, Nugroho. <i>Physiological profile of Indonesian elite athletes of rowing as performance diagnostic test during ASIAN GAMES</i>	2016
<b>Kusuma MNH</b> , Rilastio, Nugroho. <i>Physiological profile of Indonesian sprinter as performance diagnostic test during ASIAN GAMES</i>	2016

## C. Seminars / International Level (last 3 years)

List of activities	Position
International Sports Biomechanics Seminar, MUNICH	Presenter
Level I IAAF Coaching Course, INDONESIA	Lecturer
Level I Strength and Conditioning, INDONESIA	Speaker
IAAF Seminar in South East Asian (SEA) Games, MALAYSIA	Speaker
International seminar of Physical Education and Health, MALAYSIA	Speaker
International Conference of Sports Sciences, MOSKOW	Presenter
Introduction of Integrated Athlete Monitoring System, MUNICH	Speaker
Level I IAAF Coaching Course, INDIA	Lecturer
ASIAN GAMES Coaches Conferences, INDONESIA	Participant
Level I IAAF Coaching Course, MALAYSIA	Lecturer
Level I IAAF Coaching Course, INDIA	Lecturer

## IV. ORGANSATION/COMMUNITY SERVICES (last 5 years)

Position	Institution	Years
Member	International Association of Strength and Conditioning	2012 - Now
Member	International Association of Sport Biomechanics	2013 - Now
Member	International Association of Sports Coaching	2012 - Now
Head of Laboratory	Sport Science Center Laboratory, Jenderal Soedirman University	2015 - Now
Head of Department	Department of Physical Education Faculty of Health Sciences Jenderal Soedirman University	2014-2017

Vice Chairman	Department of Performance Enhancement Indonesia Athletic Federation	2013 - Now
Director	Indonesia Sport Science Center (SATLAK PRIMA), Ministry Youth and Sport	2015-2017
Member of Lecturer	International Association of Athletic Federation (IAAF)	2012 - Now

## V. AWARDS AND SCHOLARSHIPS

Awards	Institution	Years
Gold Medal	National Championship for High Jump	2002
Silver Medal	National Sport Games	2004
Finalist	Grandprix Athletic Asia	2005
Awardee	Deutcher Leicthathletik Verband in cooperation with Johannes Gutenber University Mainz Germany for <i>Diplom Leicthathletik Trainer</i>	2005
Awardee	DAAD Scholarship	2008
Awardee	Australian Strength and Conditioning (ASCA) Scholarship for Level 1	2008
Awardee	IAAF Scholarship for CECS Level I Lecturer	2012
Awardee	IAAF Scholarship for CECS Level II Lecturer	2014
Awardee	Australian Strength and Conditioning (ASCA) Scholarship for Level 2	2014
Awardee	IAAF Scholarship for CECS Level II Lecturer	2017

## VI. Language Certificates

Language	Remarks	Certificates
Germany (Deutsch)	Writing (Good), Speaking (Good)	DaF / DSH
English	Writing (Good), Speaking (Good)	IELTS