

OCCUPATIONAL PHYSICAL ACTIVITY MEASUREMENT
AMONG NURSES
IN UNIVERSITI MALAYA MEDICAL CENTRE

DR. SYAMSUL RIZAL BIN ABU AMIN
(MBBS IMU)

SPORTS MEDICINE UNIT, FACULTY OF MEDICINE
UNIVERSITI MALAYA
KUALA LUMPUR

2012

**OCCUPATIONAL PHYSICAL ACTIVITY MEASUREMENT
AMONG NURSES
IN UNIVERSITI MALAYA MEDICAL CENTRE**

**DR. SYAMSUL RIZAL BIN ABU AMIN
(MBBS IMU)**

**SUBMITTED AS PARTIAL FULFILLMENT FOR THE DEGREE
MASTER OF MEDICINE (SPORTS & EXERCISE MEDICINE)**

UNIVERSITI MALAYA

KUALA LUMPUR

2012

Wits beyond measure, is man's greatest treasure.

-Rowena Ravenclaw's diadem

(Harry Potter and the Deathly Hallows)

*This work is dedicated to Aiemeeza and Arissa
for taking me as husband and made me a father.*

*Warmest thanks to my former nurses in Klinik Kesihatan Chini (2005-2008)
for taking me as a part of their team and a friend.*