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DEVELOPING A SPORTS SCIENCE COACHING FRAMEWORK FOR SILAT: A SYSTEMATIC SYNTHESIS OF RESEARCH FROM UNIVERSITI TEKNOLOGI MARA (2013–2024)

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This paper brings together more than a decade of Silat research led by Universiti Teknologi MARA (UiTM), with a focus on Silat as taught and practiced within the Seni Silat Malaysia curriculum. Drawing from 47 studies published between 2013 and 2024, the synthesis maps how Silat has evolved from a traditional martial practice to a modern subject of academic, scientific, and cultural inquiry. The research highlights three major phases: early studies on physiology and fitness (2013–2016), the introduction of innovative training methods and educational models (2017–2020), and the more strategic and interdisciplinary explorations into Silat's global identity and competition formats (2021–2024). With the formation of the AIRBORNE Research Interest Group in 2021, Silat research at UiTM entered a new phase of scholarly collaboration and strategic alignment. Themes such as Silat Tempur, recovery science, pedagogy, and cultural identity underscore Silat's growing role in youth development and academic discourse. This study provides a comprehensive view of Silat's research journey and offers new directions for growth new directions for its continued growth in the fields of sports science and martial arts education.

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