

## CURRICULUM VITAE

1. **Name and Surname:** Nazia Nawaz
2. **Date of Birth:** 29.11.1980
3. **Title:** Dr.
4. **Education:** PH. D. (Fashion and Textiles)
5. **Current Institution:** Arkin University of Creative Arts and Design – ARUCAD

Degree	Department/Program	Institution	Year
Doctor of Philosophy (Fashion and Textiles)	School of Fashion and Textiles	RMIT, University Australia	Nov. 2013
Bachelor of Science (Apparel Manufacturing)	Department of Textile and Garment Manufacturing	National Textile University, Pakistan	Dec. 2004
Level 5 Certificate in Teaching English as a Foreign Language	GateHouse Awards, UK	GateHouse Awards, UK	June. 2022

### **Title of the Master Thesis and Thesis Supervisor(s):**

**Title:** Optimization of the firefighter protective ensemble for female firefighters through modifications of materials, construction, and fit (Master's degree program was transferred to Ph.D. I don't have a degree for Master's Program)

**Supervisor name:** A. Assoc. Dean Prof. Olga Troynikov, RMIT University Australia

### **Title of The PhD Thesis/Qualification in Art and Thesis Supervisor(s):**

**Title:** Development of firefighters' protective jacket for female firefighters offering improved thermal comfort through modification of materials, garment design, construction, and fit

**Supervisor name:** A. Assoc. Dean Prof. Olga Troynikov, RMIT University Australia

### **6. Academic Title**

Date of Assist. Prof. Dr.: Jan. 2020

Date of Assoc. Prof. Dr.:

Date of Prof. Dr. :

### **7. Thesis Administered**

#### **7.1. Master's Theses:**

#### **7. 2. Ph.D. Theses:** 2 Ph.D. students as a senior supervisor

**Ms. Carolina Quintero**, "Maternity support garments: body-centric approach to design, materials, and perception", Senior supervisor, Passed, September 2020

**Mr. Christopher Watson**, "Research into mining, oil, and gas ergonomic workwear for hot environmental conditions", Senior supervisor, Passed, September 2020

### **8. Publications:**

#### **8.1. Papers published in International Journals:**

- I. Watson, Chris & Troynikov, Olga & Wardiningsih, Wiah & **Nawaz, Nazia**. (2022). Novel materials for low-risk category personal protective clothing for industrial workwear used in hot workplace environments: improved thermal and moisture management attributes. Textile Research Journal.
- II. Watson C, Troynikov O, Kuklane K, **Nawaz N**. Industrial workwear for hot workplace environments: thermal management attributes. Accepted for publication in the International Journal of Biometeorology 2021.

- III. Troynikov O, Watson C, **Nawaz N**. Sleep environments and sleep physiology: a review. *Journal of thermal biology*. Accepted online version December 2018.
- IV. **Nawaz N**, Troynikov O. Firefighters' protective jackets: Fit to female form and its effects on attributes relevant to thermal comfort. *Journal of Occupational and Environmental Hygiene*. Accepted online version: 15 Aug 2018.
- V. Wardiningsih W, **Nawaz N**, Troynikov O. Performance relevant to the thermophysiological wear comfort of hip protective garments, Part I: clothing area factor of hip protective garments in clothing ensembles. *Journal of Textile Institute*. Accepted Online Version: 26 Nov 2018
- VI. Troynikov O, Watson C, **Nawaz N**. Sleep environments and sleep physiology: a review. *Journal of thermal biology*. Accepted online version: 5 Oct 2018.
- VII. Troynikov O, **Nawaz N**, Watson C. Durability of vapor-permeable waterproof textile materials used in sailing protective apparel." *Textile Research Journal*". Published online version September 2017.
- VIII. Watson C, **Nawaz N**, Troynikov O. Evaluation of Triathlon Suit Characteristics Relevant to Thermophysiology of an Athlete. *ISEA Proceedings 2018*, 2, 229.
- IX. Troynikov O, Watson C, Jadhav A, **Nawaz N**, Kettlewel, R. Towards sustainable and safe apparel cleaning methods: A review. *Journal of Environmental Management* 2016, 182(1), 252-264
- X. Troynikov O, **Nawaz N**, Watson C. The development of an objective method for evaluating transient sleeping environments. *Extreme Physiology & Medicine* 2015, 4(Suppl 1), A141.
- XI. Wardiningsih W, **Nawaz N**, Watson C, Troynikov O. Influence of wearing impact protective garment on thermophysiological comfort of the wearer. *Procedia Engineering* 2014, 7, 551-556
- XII. Bartolomeo LD, **Nawaz N**, Troynikov O. Investigation of moisture management properties for pressure garment fabrics and their fabrics' assemblies. *Journal of Fiber Bioengineering and Informatics* 2014
- XIII. Watson C, **Nawaz N**, Troynikov O. Design and evaluation of sport garments for cold conditions using human thermoregulation modeling paradigm. *Procedia Engineering* 2013, 60(0), 151-156.
- XIV. Troynikov O, **Nawaz N**, Vu S. Evaluation of surface characteristics of inner layer fabrics suitable for structural fire fighters clothing. *Textile Research Journal* 2012, 82(10), 1014-1025.
- XV. **Nawaz N**, Troynikov O, Watson C. Evaluation of surface characteristics of fabrics suitable for skin layer of firefighters' protective clothing. *Physics Procedia* 2011, 22(0), 478-486.
- XVI. **Nawaz N**, Troynikov O, Watson C. Thermal comfort properties of knitted fabrics suitable for skin layer of protective clothing worn in extreme hot conditions. *Advanced Material Research* 2011, 331, 184-189.

## 8.2. Papers presented at Conferences and Published in Proceedings:

- I. Troynikov O, **Nawaz N**. Design of female protective jacket: wearer centric approach. Accepted for oral presentation at 12th International Manikin and Modelling Meeting. St. Gallen, Switzerland, 29-31 August 2018
- II. Troynikov O, Watson C, **Nawaz N**. Effect of cotton and synthetic sleepwear on transient sleeping microenvironments. Accepted for oral presentation at 12th International Manikin and Modelling Meeting. St. Gallen, Switzerland, 29-31 August 2018
- III. Troynikov O, **Nawaz N**, Lingard H. Women Fit in Action: innovation, design and technology with body-centric approach. 2017 ISPIM Innovation Summit: Melbourne, Australia. Building the Innovation Century
- IV. Troynikov O, **Nawaz N**, Watson C. Effective soldier's recovery and dynamic sleep: Objective method for evaluating transient sleeping environments. Oral presentation at 4th International Congress on Soldiers' Physical Performance. 28 Nov – 1st Dec 2017. Melbourne Australia
- V. Watson C, **Nawaz N**, Troynikov O. Evaluating the effect of transient sleeping environments on athletic sleep quality using thermal manikins. 17<sup>th</sup> International Conference on Environmental Ergonomics. 12<sup>th</sup>-17<sup>th</sup> November 2017 (accepted)
- VI. Troynikov O, **Nawaz N**, Watson C. Effective recovery and athletic sleep: Objective method for evaluating transient sleeping environments. 22<sup>nd</sup> Annual Congress of the European College of Sports Science. 5<sup>th</sup> – 8<sup>th</sup> July 2017
- VII. Watson C, Troynikov O, **Nawaz N**. The perfect triathlon suit: Consideration of factors influencing functional attributes and performance of athletes. 22<sup>nd</sup> Annual Congress of the European College of Sports Science. 5<sup>th</sup> – 8<sup>th</sup> July 2017
- VIII. **Nawaz N**, Watson C, Troynikov O. Functional benefits of introduction of merino wool into cotton denim for cold weather applications. 9<sup>th</sup> Textile Bioengineering and Informatics Symposium 2016
- IX. **Nawaz N**, Watson C, Troynikov O. Effect of wool and non-wool sleepwears on sleep quality under indoor summer ambient environment. 11th International Meeting on Thermal Manikin and Modeling (11i3m). Oct. 12-14, 2016, Suzhou, China
- X. **Nawaz N**, Troynikov O. Evaluation of surface characteristics of pressure garment fabrics and assemblies. Proceedings of 13<sup>th</sup> Asia Textile Conference 2015, Geelong Australia.
- XI. **Nawaz N**, Troynikov O, Kennedy K. Investigation into fit, distribution and size of air gaps in fire-fighter jackets to female body form. Proceedings of 3D Body Technologies 2012, Lugano, Switzerland. (ISBN/ISSN: 978-3-033-03651-2): pp. 41-50
- XII. Yermakova I, Dukhovskaya K, Nikolaienko A, Troynikov O, **Nawaz N**. Influence of exercise intensity on thermophysiological responses of firefighters wearing different firefighters' protective clothing ensemble. Presented in 5<sup>th</sup> European Conference on Protective Clothing 2012, Spain
- XIII. **Nawaz N**, Troynikov O. Fabrics suitable for firefighters' garments worn next to skin and their attributes relevant to physiological comfort. Poster presented at AFAC 2012 Conference, Perth, Australia
- XIV. Yermakova I, Dukhovskaya K, Troynikov O, **Nawaz N**, Nikolaienko A. Dynamic evaluation of fire fighters' thermal responses in different ensembles using mathematical models. Proceedings of 14th International Conference on Environmental Ergonomics, July 2011 Nafplio, Greece
- XV. **Nawaz N**, Troynikov O. Key issues in engineering of firefighters' protective clothing in terms of comfort. 6<sup>th</sup> international conference Education without Borders 2011, UAE

### 8.3. International Books and Book Chapters:

- I. Troynikov O, **Nawaz N**. Firefighter's clothing and equipment in performance, in F. Wang (Ed.). Firefighter's Clothing and Equipment: Performance, Protection. 2018.
- II. **Nawaz R**, Nayak K. Seamless garments, in R. Nayak & R. Padhye (Eds.), An overview of Garment Technology, 2015. Woodhead Publishing
- III. Troynikov O, **Nawaz N**, Yermakova I. Materials and engineering design for human performance and protection in extreme hot conditions, in Advances in Engineering Materials, Product and Systems Design, 2013, 633, 169-180
- IV. Troynikov O, **Nawaz N**, Watson C. Medical protective clothing, in F. Wang & C. Gao, (Eds.), Protective clothing: Managing thermal stress, 2014, Woodhead Publishing

### 8.4. Papers published in National Journals: Nill

### 8.5. Other Publications: Nill

## 9. Scientific Projects

	Dates	Project title	Clothing Industry partner	Role in project
1	July 2016 – Feb 2019	Intelligent materials and garments for endurance sports	2XU Pty. Australia	Chief Investigator
2	July 2017 – August 2018	Improved thermal management performance of bedding systems for effective recovery in dynamic sleep environments through cotton-containing products	Cotton Inc. USA and Cotton Research & Development Corporation, Australia	Chief Investigator
3	June 2018 - September 2018	Infant health and sleeping environment	Hohenstein Institute, Germany	Chief Investigator
4	August 2017 – Nov 2017	: Breathable cotton for compression athletic wear (Administered by Deakin University)	Cotton Research & Development Corporation, Australia and Deakin University	Research Fellow
5	April 2015 – June 2016	Smart thermal insulation for cold weather sport systems	Zhik Pty. Ltd.	Chief Investigator
6	June 2015 – June 2016	Functional performance of wool sleepwear in ambient and microclimate dynamic environments	Australian Wool Innovation Ltd., (ARC Category 1)	Research Fellow
7	Aug 2014 – March 2015	Motorcycle protective clothing: heat discomfort and physiological strain	Neura Australia (NRMA-ACT Road Safety Trust Grant)	Research Fellow
8	March 2015 – August 2015	The functional performance of wool bedding systems in dynamic sleep environments	Australian Wool Innovation Ltd. (ARC Category 1)	Research Fellow

<b>9</b>	Nov 2013 – July 2014	Sports Ergonomic Garment for Sailing	Zhik Pty. Ltd.	<b>Chief Investigator</b>
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**Research funding grants (Contributed to writing research grant proposals and availed funding opportunity)**

	<b>Year</b>	<b>Funder/ Project Title</b>	<b>Investigators</b>	<b>Amount</b>
<b>1</b>	<b>2021</b>	Art and Design Transformations and Additive Manufacturing Research Group (Proposed research grant application for different funding partners in UAE)	Dr. Iman Abdel Shahid Ibrahim Dr. Shaima Elbardawali Dr. Nazia Nawaz	AED 1,000,800
<b>2</b>	<b>2017 - 2018</b>	<u>Cotton Inc. USA</u> Improved thermal management performance of bedding systems for effective recovery in dynamic sleep environments through cotton-containing products	Prof. Olga Troynikov Dr. Chris Watson Dr. Nazia Nawaz	\$80,000
<b>3</b>	<b>2015</b>	<u>NRMA-ACT Road Safety Trust</u> Motorcycle protective clothing: Heat discomfort and physiological strain	Prof. Olga Troynikov Dr. Nazia Nawaz	\$18,500

**10. Administrative Roles**

<b>Title</b>	<b>Institution</b>	<b>Year</b>
Member of Student affairs and curriculum development committee	University of Sharjah, UAE	2020-2021
Member of faculty outreach activities committee (workshops, exhibition, etc.)	University of Sharjah, UAE	2020-2021
Member of Curriculum development committee	College of Fashion and Design, Dubai. UAE.	2020
Research Project Management	School of Fashion and Textiles, RMIT University, Australia	2017-2019

**11. Scientific and Professional Membership:**

Member of Pakistan Engineering Council from 2005 to onwards

**12. Awards:**

<b>Year</b>	<b>Award</b>	<b>Awarding body</b>
2022	Level 5 Certificate in Teaching English as a Foreign Language Hours Certificate (TEFL)	Gatehouse Awards, UK.
2020	Certificate in Graphic design	Ministry of Education and Telecom Pakistan and Virtual University Pakistan
2020	Certificate in Freelancing	Ministry of Education and Telecom Pakistan and Virtual University Pakistan
2020	Certificate in Auto CAD	Ministry of Education and Telecom Pakistan and Virtual University Pakistan
2020	Certificate in Digital Marketing	Ministry of Education and Telecom Pakistan and Virtual University Pakistan

2016	Staff Travel Grant to present a paper at the 11th International Meeting on Thermal Manikin and Modelling (11i3m) Oct. 12-14, 2016, Suzhou, China	RMIT University Australia
2013	Higher Degree by Research Publication Grant to write manuscripts for peer review after thesis submission	RMIT University Australia
2012	Higher Degree by Research Travel Grant to present poster at AFAC 2012 Conference Perth, Australia	RMIT University Australia
2011	Travel award to present paper at 6 <sup>th</sup> International Conference Education without Borders 2011, UAE	Victorian Government

### 13. Courses Taught in the last two years

Year	Semester	Course Name	Weekly Hours		Number of Students
			Theory	Practice	
2020	1	<b>0702211</b> - Pattern making and Production Studio I	1	3	6
2021	2	<b>0702216</b> – Pattern making and Production Studio II	1	3	6
2020	1	<b>0702214</b> - CAD for Fashion and Textiles	1	3	6
2020	1	<b>0702213</b> - History of Fashion and Textiles	3	0	6
2021	2	<b>0701121</b> - Art and Design Foundation II	1	3	16
2020	4	<b>IWAR 2201</b> – Art of Islamic World	1	3	10
2020	4	<b>PMGC 3201</b> – Pattern Making and Garment Construction II	1	3	8
2021	6	<b>0702303</b> - Unit10: Creative &Collab. Practice	1	3	4
2021	6	<b>0705304</b> - Unit 11A: Personal and Professional Development	1	2	6
2021	7	<b>0702401</b> - Unit 13 Design Collection Major Project: Research, Development and Design	1	3	4
2021	8	<b>0702402</b> – Unit 14 Completion and Presentation of Major Project, Degree Collection	1	3	4
2020	6	<b>BFFE – 3102</b> - Fast Fashion and Environment	2	1	8
2020	7	<b>FVCS 4105</b> – Fashion Visual Communication Studio	1	3	4
2021	1	<b>0702112</b> – Textiles for Fashion	1	2	6
2017/2018	Master level	Functional Textile Materials	2	1	10
2019	Master level	Textile Technology	2	1	10