

## Hashem Adnan Kilani



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<https://scholar.google.com/citations?hl=en&user=AhbAWLEAAAAJ>

**Highly cited researchers on March 2017 rank 7<sup>th</sup> in the University of Jordan.**  
[http://ju.edu.jo/Lists/Ranking/Disp\\_form.aspx?ID=77](http://ju.edu.jo/Lists/Ranking/Disp_form.aspx?ID=77)

**Distinguished researcher in the school of PE, 2020.**

**Address:** University of Jordan, Faculty of PE, Health and Recreation Dept. Amman, Jordan. Currently at UAEU. Health Physical Education Department. Al Ain-Abu Dhabi

**Objective:** To excel in academia giving the best quality service and demonstrating the competence that satisfies the interest of the University.

### PERSONAL INFORMATION

<b>Nationality</b>	Jordanian
<b>Place of Birth</b>	Amman-Jordan
<b>Status</b>	Married
<b>Work Address in Jordan</b>	Faculty of Physical Education Department of Health and Recreation College of Rehabilitation Science / Department Orthotics and Prosthetics University of Jordan, Amman, Jordan

### EDUCATION

4/1988 **Ph.D. in kinesiology**, University of Illinois, Urbana- Champaign, Illinois, USA.

**Emphasis:** Biomechanics

**Dissertation Title:** Stretch-shortening cycle in human muscle contraction: The role of the stretch reflex in force production in various vertical jumps.

**GPA:** 5/5

12/1984 M.S. in Physical Education, Purdue University, West Lafayette, Indiana, USA.  
Emphasis: Fitness and Biomechanics

Thesis Title: Biomechanical profile of pre-post training and conditioning for elite triple jumper.

GPA: 5.72/6

5/1974 B.S. in Physical Education, University of Helwan, Cairo, Egypt.  
Standing: Good

Background Brief  
Bio:

Professor Hashem A. Kilani  
([http://ju.edu.jo/Lists/Ranking/Disp\\_form.aspx?ID=77](http://ju.edu.jo/Lists/Ranking/Disp_form.aspx?ID=77))

2001- 2012

Prof. Kilani has been joint appointment in two faculties: Faculty of Physical Education in Health & Recreation department and the Faculty of Rehabilitation sciences in the Orthotics & Prosthetics Dept. at University of Jordan-Amman, Jordan.

2008-214

Working at Sultan Qaboos University for six years as a professor and has contributed to lounge the master program in sport sciences which is accepting students since fall 2012. In addition, he was in charge of the accreditation standards 1+2 from the NCATE as to prepare the data for the knowledge, skills, and dispositions for which rubrics and capstone course was in progress (2010-2012).

2010 – 2015

He Joined the Change 4Life group under the PDORC Fitness Section 2010 till to date been working on voluntarily basis. Flying to Oman twice/thrice a year supporting the campaign plus carrying out assessment, advice type of exercise and giving guidelines on food diet

Head coach in track and field for a number of years in Jordan and has analyzed biomechanically many of athletics performances and finished working in the areas of pregnancy and exercise as a consultant to JSI Research and Training Institute, Inc., for development of prenatal exercise educational products for JAFPP, children development with the UNICEF for building National standards.

2011-2013.

Working as a lecturer for Exercise and aging with the Arab physical cultural federation. In addition, he has been selected to be in the Scientific Committee

ISBS 2007-2013 and has been elected as a director in the board of ISBS for the years 1985-86 and 2011-2013.

2006 - 2015

Earned the DAAD scholarship from Germany and spent two months at Konstanz University working with Manfred Vietin in Biomechanics as a researcher, also has published many scientific articles on issues of Health Human Movement, fitness, Sport Biomechanics, Kinesiology, including the books; Physical fitness & Ex. Physiology. He received DRASSA Award for Sports Science as the best research in 2015 and the best presenter in the Arab world in 2016.

2010-2015

Prof. Kilani has been appointed as a consultant editor for the International Journal of Fitness, editorial board in International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS), associate editor for JEPS, as an official examiner in the NAPC/UK committee, a peer reviewer to the Malaysian Journal of Medical Science and SQUMJ in 2010-2015. Has published in a referee journal more than 100 articles and participated in more than 100 conferences at local, regional, and international conferences.

2015 managed the UAEU Health and Physical Education curriculum for 28 courses in the English language.

2017-2018 Visiting prof. in UAEU

2018 best paper published award from SQU.

Hobbies are swimming, badminton, and running.

**Accreditation: I produced acclaimed creative works by committed leadership and an experienced and motivated faculty including:**

1. A present member in the British Association of Sport and Exercise Sciences (BASES) to be accredited for our school of PE.
2. I was responsible as a chair of the quality and research development assistant dean and committee for all modifications to the curriculum, course sequencing and scheduling; and development and maintenance of the program's curriculum guide according to the quality development standards and accreditation requirement.
3. I have been coordinating program goals and strategies from the strategic plan; assessment of student learning outcomes including submission of the self-study evaluation report. In UAEU, JU, and SQU.
4. A member in the key indicators of physical fitness and posture admission committee development for the new comers, 2012. Muscat.
5. Chair of the promotion committee in the college of Education, 2011. Muscat
6. Chair for Knowledge, Skills, and Dispositions Committee (Standard 1+2 Committees), the field experiences standard.
7. A member in the Accreditation Steering Committee in the College of Education for / SQU. 2010- 2012.

8. Rapporteur for the Promotion Committee, Quality and Development Committee at SQU. (2008- 2011)
9. Assistant Dean for Quality Assurance and accreditation in the Faculty of Physical Education/Jordan University (2003-2007)
10. Responsible of the self-assessment study and accreditation standards for the school of physical education in the university of Jordan. (2006)
11. Chair of Health & Recreation Dept. in the Faculty of Physical Education /Jordan University (2000-2007)
12. Chair of the Quality Assurance in the faculty of PE in U of Jordan (2004-2007).
13. Chair of ISO Quality Assurance of Teaching, U of Jordan (2004-2008)
14. Chair of Physical Education Dept. in UAEU. Al-Ain and responsible of the accreditation standards in the college of education (1999-2001).

**PRESENT STATUS**

Professor and chair of health and recreation department in the university of Jordan-Amman,. Currently, Professor of Biomechanics, Kinesiology, Functional Anatomy & the science of human analysis for graduates and undergraduates' programs.

**Have started as faculty visiting in the Health \Physical Education Department at the UAEU 2017-2018:**

**2014- 2017.** Working at University of Jordan. Working on the renovation of the department in respect to quality and curriculum. Teaching graduate courses and undergraduate courses in the area of human motion science, application in biomechanics, and application in functional skeletal motion, Training program for children, functional anatomy, kinesiology and sport and health in English language.

**WORK EXPERIENCES:**

**Teaching the following courses at UAEU, Department of PE: Foundation of health and PE, Human Anatomy and Physiology, Adapted PE and Exercise Physiology for undergraduate in the area of Health & PE. Also taught wellness and fitness course for the university students. (2017-2018)**

**Sultan Qaboos University, Al Khod, Oman. 2008-present. Professor in the Department of Physical Education, 2008-2014**

**Undergraduate Courses:**

**Theoretical courses:**

- 1- Kinesiology
- 2- Posture and Health

**Practical courses:**

- 1- Swimming 1 & 2
- 2- Physical Fitness
- 3- Racquets (Tennis, Table Tennis, Badminton, and Squash)

**Graduate Courses:** Application of Biomechanics  
Application of exercise Physiology  
Issues in Sport and Health

**Faculty of Physical Education, Health & Recreation Dept. University of Jordan, 2001-2008**

**Undergraduate Courses:**

**Theoretical courses:**

- 1- Biomechanics
- 2- Kinesiology
- 3- Exercise physiology
- 4- Sport and health in English

**Practical courses:**

- 1- Track and field
- 2- Swimming, 1, 2 and advanced.

**Graduate Course:**

- 1- Human Movement Science, Exercise physiology and Kinesiology applications.

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**College of Rehabilitation Science / Department Orthotics and Prosthetics  
University of Jordan, 2001-2008.**

**Undergraduate Courses:**

**Theoretical courses:**

- 1- Kinesiology (in English)
- 2- Biomechanics (in English)
- 3- Functional Anatomy (in English)

**United Arab Emirates University, College of Education (COE), 1997- 2001**

**Theoretical courses:**

- 1- Kinesiology
- 2- Movement Education
- 3- Sports in our Life
- 4- Adapted PE

**Practical courses:**

- 1- Track and Field
- 2- Body Conditioning
- 3- Table Tennis

- 4- Squash
- 5- Team Handball
- 6- Practicum 1 & 2
- 7- Field Experience for Curriculum and Instruction Department

**University of Jordan, Faculty of PE**

**Theoretical courses:**

- 1- Biomechanics
- 2- Exercise physiology
- 3- Fitness programming
- 4- Nutrition and performance

**Practical courses:**

- 1- Track and field
- 2- Swimming
- 3- Physical conditioning
- 4- Practicum

**University of Illinois, Urbana-Champaign, IL,**

**USA. Graduate Research and Teaching Assistant (1985-1988)**

**Graduate Course:**

- 1- KIN 356- Lab Component of Electromyography (EMG), 1987.

**Undergraduate Theoretical Courses:**

- 1- KIN 255- Lab Component of Kinesiology
- 2- Weightlifting and Conditioning.

**Teaching school experience:**

Elementary Schools at Amman-Jordan, (1978-1982).  
Secondary Schools at Zarqa and Amman in Jordan. (1974-1975).  
Amman College for Teachers Education, Amman/Jordan. (1975-1981).  
Ministry of Education as a Chair of Physical Activity Dept. (1981).  
University of Jordan-Amman Teaching Assistant (1981-1983).  
Purdue University, West Lafayette, IN, USA, Coaching Assistant in track & field (1983-1984).

Administration experience:

**ACADEMIC ADVISOR**

Has supervised More than 36 students in various researches at Master level (1990-present). Supervisor for more than 15 PhD students. Supervise Educational Association male students, UAEU (1999-2001). Supervisor for Graduate level (2001-2004). Participated in the scientific committee for examining eleven Masters Students in the University of Mostaganem, Algeria, (17-20/6/2004). Sharing supervision for one Ms. student belong to Nutrition Department in SQU. Currently supervise 3 students in Ms degree in PE in the area of health and conditioning track. Besides assisting supervision in track sport administration.

**SCIENTIFIC  
REFEREE/  
EDITING**

**Judge for many scientific articles:**

Just has been appointed as chief editor for Sport Horizon in the faculty of Physical Education in Jordan University. 2015

In the European sport technology journal.

In the scientific committee of the International Conference On Recent Trends In Fitness, Health & Sports Science at Hyderabad, India from 2-4 Aug 2014

Journals and Conferences such as Dirasat (U of J);

Almajallah (UAEU);

Mutah University;

AbhathAl-Yarmouk, Yarmouk University;

Bahrain Journal of Education; Kuwait psychological education,

Journal of Educational Sciences, SQU;

Islamic University- Gaza;

King Saud University; and Proceedings of the

International Society of Biomechanics in Sport (ISBS).

Consulting Editor for the International Journal of Fitness (2005-Present).

Editorial Board for Australian Journal of Basic and Applied Sciences.

Editorial board for SQU Med J&JESs.

Editorial Board for Scientific Referee Journal in IUSST

Editorial Board for Canadian Journal of Clinical Nutrition (CJCN).

Editor in the Canadian Journal of Clinical Nutrition (CJCN) (2012)

Editorial Board for International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS) (2013)

Associate editor in the educational and psychological journal in the College of Education (2009- present)

Consulting Editor for the International Journal of Fitness (2006-present)

Editing the Program Specification Report & the Self Evaluation Document for the Faculty of Physical Education Quality Assurance. (2003-2004).[English Version]

Health & Sport Editing Page at a Daily Goal News Paper (2002).

Sport section editor in Almultaqa magazine, (1999-2001).

Editor of Educational News Letter, UAEU (1999-2001).

Al-Multaqa UAEU (2000).

Al-Dustour Newspaper and Journal, (1992-1996).

Al-Rai Newspaper Amman, (1975-1976).

All Dustour Newspaper Amman, (1976-2007).

**COMPUTER SKILLS**

Using MS Word and PowerPoint for teaching presentations.

Using Excel and SAS programs for statistical analyses.

Using APAS &SDS Human for Biomechanical Analyses.

Using internet for search, research & Email.  
Instructed two On line courses as an e-Learning on the Blackboard Learning system in the University. (Kinesiology & Sports and Health)  
Instructed a course using module teaching software.

## **SCHOLARSHIPS**

DAAD holder to conduct research on gait biomechanics at Konstanz University, July –Aug (2006) and in 2015  
University of Illinois assistantship (TA & RA), USA (1985-1988).  
University of Jordan scholarship to study in the U.S.A. (1983-1988).  
Ministry of Education Scholarship to study physical education in Egypt (1971).

## **COACHING**

Coaching the Physical Fitness for the Jordan Basketball National team. (2004).  
Head Coach in athletics Jordan, (1992-1993). And in UAEU, Team (1999-2000).  
Head Coach in athletics National track and field coach in Jordan for sprinting and jumping Events from (1988-1991).  
Assistant Track Coach with the late Fred Wilt at Purdue University, West Lafayette, Indiana, August (1983) December (1984).  
National Track and field coach in Jordan, (1978-1983).

## **OFFICIATING**

International experience in track and field since (1975 till 2005).  
National rating as a first degree in Track and Field for 8 years until (1983).  
Basketball for 5 years until (1983).  
Boxing for 2 years until (1981).

## **FITNESS INSTRUCTOR & SUPERVISOR**

Coach for the professional Basketball national team (2004).  
Supervisor for physical fitness programs at the technical committee in the Jordan Basketball Federation (2004).  
University of Jordan, Amman Club and Purdue University Instructed different ages (12 years to 70 years old) (1980-84).  
Omni Fitness Center (Private club) U.S.A. Supervisor for physical fitness and body composition tests. May (1987-1988).  
University of Jordan, Amman (1989).  
Orthodox Club, Amman (1990-1994).  
Ideal System Computer for adult fitness, Computer Program Health related fitness, Amman (1997).  
University Social Club, UAEU. Adult Program (1999- 2000).  
Amman Club, Jordan. Supervisor (2002).

## **ADMINISTRATION**

Technical manager for Jordanian athletic federation, 2016- now.  
Manager of the 46<sup>th</sup> Physical Culture symposium April 4/2015.  
Amman  
Chair of research and seminar Committee in PHED, 2012. Muscat  
A member in the Alumni committee in PHED, 2012. Muscat  
A member in the PHED for developing the physical performance lab, 2012. Muscat  
A member in the key indicators of physical fitness and posture admission committee development for the new comers, 2012. Muscat  
Chair of ad-hoc Committee for solving problems related to text books in the College of Education, Sultan Qaboos University, 2012.  
Chair of the promotion committee in the college of Education, 2011.  
Muscat



Chair for Knowledge, Skills, and Dispositions Committee (Standard 1+2 Committees), the field experiences standard and a member in the Accreditation Steering Committee in the College of Education/ SQU. 2010- 2012.

Associate Editor of SQU education journal. (2008- 2014)

Rapporteur for the Promotion Committee, Quality and Development Committee at SQU. (2008- 2011)

Assistant Dean for Quality Assurance in the Faculty of Physical Education/Jordan University (2003-2007)

Chair of Health & Recreation Dept. in the Faculty of Physical Education /Jordan University (2000-2007)

Chair of the research committee in the Faculty of Rehabilitation /Jordan University (2006).

Chair of the Quality Assurance in the faculty of PE in U of Jordan (2004-2007).

Chair of the secretary council in the Academic physical culture in Jordan (2003-now).

Chair of the Scientific Committee in the Arab Physical Culture Cardio-fitness Federation (2002-present).

Chair of ISO Quality Assurance of Teaching, U of Jordan (2004-2008)

Chair of Physical Education in the COE at UAEU (1999-2001).

Chair of Sport & Art Committee in the Social Club at UAEU (1999-2001).

Chair of social and scientific trips committee UAEU (2000-2001).

Chair of Technical Committee for Fourth Gulf University Tournament, UAEU, Al Ain (2000)

Chair of Services and Educational Affairs in UAEU (1999-2000).

Chair of Physical Education Dept. in UAEU. Al-Ain (1999-2001).

Director of Quest-scope Camp for Juveniles at Salt (1997).

Leader of ELSABELA Youth Program for ventures (1990- 1995).

Moderator of the first seminar entitled The Development of Strength and Power in Human. University of Jordan - Amman (1989).

Director of first Graduate Student Biomechanics symposium.

University of Illinois, Urbana, USA (1986).

Chair of physical activity programs. Ministry of education (1981).

## **SELECTED CERTIFICATES**

Successfully attended the training course "TTT" (Training Trainers for Tempus & other programs) equivalent to 2 ECTS and can act as a trainer for applications to Tempus and other programs. (2005).

Many Certificates of appreciation for Contributions in Various academic level and different federations (1979-2004)

The National Academy of Physical Culture. An International Recognition as very good lecturer, Prague (2003)

Certificate of appreciation for coaching UAEU athletic team (2000).

1st Certificate of appreciation for a distinguished athletic coaching from the Ministry of Youth, Amman (1991).

1st Proceedings dedication from the Graduate Students Biomechanics Symposium (1989).

Three Certificates of recognition for helping the Crown Prince's Award scheme in Amman –Jordan for the years (1991, 1993, and 1995).

1st Certificate in coaching level A to a Jordanian in track and field from Germany (1983).

## **VOLUNTARY COMMITMENTS**

Member in the scientific commission in the Olympic Preparation Committee OPC, Jordan 2018- now.

Member of the combined committee of Sultan Qaboos University and Ministry of Sport Affairs, 2009-2014.

Member in the Arab Strategic for Preventing Obesity and Promoting Physical Activity, (2010-present).

Member in the team of Osteoporosis working on video production entitled exercise and osteoporosis (2007)

In charge of the Quality Assurance and the Self Evaluation for the Faculty of PE in the University of Jordan / Amman, (2004).

Member in the Child Health & Motor development for establishing National Early Childhood Standards and Indicators/NCFA, UNICEF (2004).

Member in the National Council for Family Affairs for building a physical fitness plan for Children aged 4 to 18 (A world fit for children, 2003-2004).

Member in the Arab Physical Culture Cardio fitness Federation (2002-present).

Member in the Outcomes Committee/ College of Education, UAEU. Working towards Accreditation (1999-2001).

A Taskforce for drug usage reduction Committee, Abu Dhabi, UAE (1999-2000).

Measurement and Evaluation of Physical Fitness Committee, Abu Dhabi, UAE (2000).

Sport for All Committee, Dubai, UAE (2000).

Partnership with Ministry of Youth and Education Committee, UAEU (2000).

Member in the Educational Reference Journal for College of Education, UAEU (1999-2000).

University Social Club Executive Office, UAEU (1999-2000).

Outcome Assessment Committee, College of Education, UAEU (1999-2000).

Member in more than ten academic committees in College of Education, UAEU (1997-2001).

Biomechanics and daily posture Lessons at a New-day TV Series in Jordan (1997).

First Jordan Organs Donation Society Executive Board and founder. Amman (1997).

Basketball Expert Committee, Amman (1997).

Friday Work-out Morning Exercise Show. Jordan Television, Amman (1996).

National Olympic Research Committee (1994-1996).

Jordan Alumni Society US Universities and Institutes (1995- present).

Board member in the Olympic Academy for Youth and Sport Club, Amman (1994-1996).

Board member of the executive directors of Amman Sport Club (1989-1991).

A member at ELSABELA "Raleigh International" working group, Amman (1990-1995).

Orthodox Club for Sport Committee, Amman (1990-1992).

The Crown Prince Award Advisory Committee, Amman (1989-1996).

Coaching Olympic Committee, Amman (1989-1991).

Jordan Sport Olympic Committee (1989-1991).

Jordan Basketball Federation (1989-1990).

Jordan Handicapped Federation (1989-1990).

Jordan Track and Field Federation (1989-1991)

Professional member in American Running and Fitness Association (AR&FA), USA (1986).

Member in the American Alliance for Physical Education Health Recreation and Dance (AAPHERD), USA. (1985–present)

Member in the International Society of Biomechanics in Sports ISBS (1985-present)

Member in the Board of Directors of the International Society of Biomechanics in Sports ISBS (1985-87)

Jordan team handball federation (1978-1980).

Jordan table tennis federation (1975-1976).

## **MEMBERSHIP IN SCIENTIFIC ORGANIZATIONS**

Scientific commission in the Jordanian Olympic preparation program for high performance. 2018- now

International Society for Sports Sciences in the Arab World (I3SAW)  
American Psychological Association (APA)

American Association of Physical and Health Education, Recreation, and Dance (AAPHERD)

International Council of Health, Physical Education, Recreation, Sport, and Dance (ICHPER.SD).

National Academy of Physical Culture/ United Kingdom (NAPC/UK)

Board of Directors in the International Society of Biomechanics in Sport (ISBS) Board of Directors in the Asian Society of Sport Biomechanics (ASSB)

American Running and Fitness Association (AR&FA)

Arab Scientists and Technologists Abroad” (ASTA)

Arab Physical Culture & Sport Medicine (APCSM)

International Academy of Sports Technology in Sweden (IAST)

Arab society to combat obesity and to promote physical activity. (ASCOPA)

Arab Research Scientific Society (ARSS)

## **Workshops: Held:**

A workshop of strength and conditioning in *The First International Scientific Conference of the Faculty of Physical Education and Sports Science for Girls* \ Baghdad 30-29 \ 1 \ 2019.

A workshop in first autism forum “Support parent's positive practice” UAEU. 18\4\2018.

A workshop in Personal Training fitness in Amman with fassel.actness on Feb. 2017.

A workshop in 4-6-2017 for Sharjah sport council of nutrition and performance organized by Drassa. UAE

A workshop for Nutrition and sport on Oct.secnd.2013. Al-Kilani, Hashem 2013. About Kinesiological perspective for athletics. Muscat. Oman.

A workshop for Dubai youth leadership preparation on feb.28-29.2013, about how to build strength and strength endurance for increasing performance. Dubai, UAE.

A workshop for nutritionist and MDs on Feb.8.2012, about mechanical principle of exercise- Mistakes and corrections. Ministry of Health, Samayel, Oman.

Workshops of how to write fill an NCATE template of syllabi for accreditation, College of Education, SQU. 2011-2012.

May 12th.2012. Recent Trends of Nutrition and Health in Oman. Food Science and Nutrition Department, Sultan Qaboos University, Muscat, Sultanate of Oman. (Organizer)

April 15th.2012. Dietary Regimens for Autism- Celebrating the Autism World Day, Muscat Autism Center, Muscat, Sultanate of Oman. (Invited Speaker)

March 4th. 2012. Sports Nutrition. Oman Handball Association, Muscat, Sultanate of Oman. (Invited Speaker)

February 8th.2012. Nutritional Assessment and Management of Athletes. SAMAEL Hospital, Ministry of Health, Muscat, Sultanate of Oman. (Invited Speaker)

April 4th.2011. Nutritional Management for Autism- Celebrating the Autism World Day, Muscat Autism Center, Muscat, Sultanate of Oman. (Invited Speaker)

March 13th -15th.2011. Special Dietary Needs for Disabled Children, Muscat, Sultanate of Oman. (Invited Speaker)

March 21st.2010. Current Challenges in Nutritional- Related Health Problems in Oman. Food Science and Nutrition Department, Sultan Qaboos University, Muscat, Sultanate of Oman. (Organizer)

December 26th.2009. Nutrition and Physical Activity. Food Science and Nutrition Department, Sultan Qaboos University, Muscat, Sultanate of Oman. (Organizer)

February 21st.2009. Nutrition and Physical Activities. ADAM Hospital, Ministry of Health. Muscat, Sultanate of Oman. (Invited Speaker)

A Quality assurance workshop about strategic plan, the Mapping based on SWOT analysis, College of Education, Feb. 18.2010.

SWOT analysis workshop in front of the faculty members at College OF Education on Oct. 14.2009.

Work shop of how to write the goals, objectives and intended learning outcomes, in PHED. Nov. 2008.

A workshop entitled "Applying software programs in human movement analysis and athletics' performance". University of Jordan under the auspices of ISBS. Amman, Jordan, 27-30/3/2007

Resist Depression, the role of physical activity on healing Depression, The Cultural Society For Youth & Childhood. Amman,(2006-02-06)

A workshop in how to prepare a quality plan (Quality Assurance) for teacher in the faculty of physical education at the University of Jordan. (2004).

A seminar about Coaching by profession and experiences at Amman Secretary Province for physical culture promotion (2003).

An international workshop in cooperation with Konstanz University / Germany, at the University of Jordan (2002).

A Workshop about learning outcomes, UAEU, Alain (1999-2000).

Held a Workshop about practicum, UAEU, Alain (1999-2000).

Instructed courses about Aerobic Training for Instructors in the University of Jordan - Amman (1995-2004).

Presented a Seminar about Biomechanics and Measurement and Evaluation for pupils. Third Scientific Conference in the University of Jordan - Amman. (1994).

A special seminar about Sport Competitive and Children, C.P.A. Amman (1994).

Workshop for Preparing the Physical Recreations (PR) Section for the Crown Prince Award (C.P.A.) Handbook, Amman (1990-1993)

Many workshops to Qualify P.R.) Instructors for the C.P.A. scheme, Amman (1990-1994).

Laboratory Workshop for Body Composition and Hygiene. University of Jordan-Amman 1991.

**Attended:** Functional movement system (FMS) July 2019 in kuala lumpur, MALAYZIA.  
 Blended teaching and learning in UAEU 2017.  
 Scholarship of Teaching & Learning Symposium (SoTL) | Nov. 14, 2017  
 Program for SIOP ASIA-PODC Nutrition workshop, Venue: Le Meridian, Jordan; April 24, 2015  
 Completion of 12 credit hours workshops entitle (The Nuts and Bolts of Accreditation) held by California School of Health Science & SQU, 28th - 29th, 2011.  
 Towards a Long Term Strategic Plan for SQU, International Workshop, 9-10 Nov. 2010  
 Successfully attended the training course of 23 hours entitled {Strategic Planning for Higher Leaders} held at the Center for Consultation. The University of Jordan, Amman. 2006-01-21.  
 Successfully attended the training course "TTT" (Training Trainers for Tempus & other program) equivalent to 2 ECTS and can act as a trainer for applications to Tempus and other program. 2005.  
 Quality Assurance in Higher Education: Why and How? Faculty of Engineering and Technology. University of Jordan (2005).  
 Training Human Resources for Quality Assurance Review in the Academic Departments. University of Jordan, Development Affairs. 2004.  
 National early childhood standards and indicators, 29 June 2004/ AMMAN-JORDAN-UNICEF & NCFA.  
 Attended a workshop in Spain about Biomechanics in developing strength training 2002.  
 Attended a workshop on Measurement in Biomechanics, Cologne University, Germany, 2001  
 Completed a SEMINAR for Department Chairs sponsored by the United Arab Emirates University and Facilitated by Representatives of the Council of Colleges of Arts and Sciences, Sep.13 & 14.2000.  
 Attended an International workshop in PE outcomes & standards for NASPE- ORLANDO. U.S.A. 2000.

**AWARDS AND GRANTS**

Drassa Award for Sports Science as the best lecturers in the Arab countries.2017  
 DRASSA Award for Sports Science as the best research in 2015  
 Awarded the best scientific referee in ISBS 2012.  
 Awarded the innovative award for presenting the Health Related Physical Fitness, BMD, and Vitamin D in the 5<sup>th</sup> Inter. Innovative in sport conference. 2013; Amman, Jordan  
 Awarded research deanship grants for conducting research on exercise and elderly (2007) (PI 12000 JD)  
 Awarded four research Grants from Research Council at UAEU-Alain, (1998-2001).  
 Awarded Quest scope support for Social Development Research- Amman, (1997- 1998).  
 Awarded Elsabela Research support -Amman. (1992-1994).  
 Awarded A graduate college dissertation grant- USA (1987).  
 Awarded A graduate college thesis/project support grant - USA (1987).

In this table is a summary of funds from SR/ HM & SQU.

Expected finishing date	Starting Date	Budget OR	Authors	Research title
2015	2014	5000	Manar Shaheen, Hashem Kilani	Effect of Exercise Program Supported by Educational Technology (Multimedia Technology) on Attention, Motor Skills and Performance Level for Tumbling Skills in Omani Children with Hearing Disabilities.
2015	2013	8,200	Mustafa Waly <b>Hashem Kilani</b> (fourth participant)	Dietary and Lifestyle Risk Factors in the Etiology of Colorectal Cancer in Oman
2015	2013	45,250	<b>Hashem Kilani,</b> Kashef Zayed, Mustafa Waly, Mohammad Alqyumi, Mansour Altoqi, Randa Yousef & Naser Alrawahi Yousra Asenani, <b>Hashem Kilani,</b> & Nasser Alrawah	Assessment of Life Style: Physical activity, Nutrition Status, Sleep Duration, and BMI Among Schools' Adolescents in Oman (14-18)
2014	2012	7900	<b>Hashem Kilani,</b> & Nasser Alrawah	Effective PE in developing health related fitness for students in Oman
2013	2012	6050	Badriyah Alhaddabi & <b>Hashem Kilani</b>	The relationship between lifestyle pattern and body composition of Sultan Qaboos University students
2013	2011	SR/ HM/College of Medicine and Health Sciences/11/01), in progress, Funding 87,000.00 OR.	Yehia Al Faresi, <b>Hashem Kilani</b> (fifth participant)	Autism and Developmental Disabilities in the Sultanate of Oman: From etiology research to community services.

2013	2011	17.000	<b>Hashem Kilani</b> Kashef Zayed	Health Related Physical Fitness, BMD, and Vitamin D
2013	2010	90.000	<b>Hashem Kilani</b>	Evaluation of teachers in Public Schools in the Sultanate of Oman: A study in quality
2013	2010	11.000	Raghda Shukri & <b>Hashem Kilani</b>	Effect of Post Natal Exercise Program

## PUBLICATIONS

### Books :

**Kilani, H.** (2020). *Pregnancy and post-natal exercise/* in progress.  
**Kilani, H.** (2006). *Physiology of physical effort*. Amman: Haneen Publisher.  
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