

## **\*Personal Profile**

**Name:** Prof. Dr. Walead Ahmad Alsulieman "Bdawi Alrahaheh

**Nationality:** Jordanian

**Marital status:** Married

**Occupation:** Professor-Faculty of Sports Sciences-University of Jordan

**Place and date of birth:** 30/12/1960 Salt

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## **\*Scientific Qualifications:**

- 1.Ph.D. in Sports Education/Teaching and Training Assets of Sports Education- Moscow Higher Central University of Sports Education/Soviet Union/1988.
- 2.Bachelor's/Master's/Sports Education/Moscow Higher Central University of Sports Education/Soviet Union/1985
- 3.General High School, Scientific Branch, Sult High School 1979.
- 4.Careful specialization-sports training (athletics and fitness).
- 5.Sub-specialization-therapeutic exercises and massage.

## **\*Academic History**

- 1.Professor-Faculty of Sports Education/University of Jordan since 21/12/2008. Till now.
- 2.Associate Professor (A) Faculty of Sports Education/University of Jordan 13/10/2004 until 20/12/2008.
- 3.Associate Professor-Faculty of Sports Education of the University of Jordan since 1/5/2000. Up to 12/10/2004
- 4.Assistant Professor-Faculty of Sports Education of the University of Jordan science 30/10/1993-until 20/1/1997.

5. Assistant Professor (A) Faculty of Physical Education at the University of Jordan from 1/21/1997 until 4/30/2000.

6. Full-time lecturer - Faculty of Physical Education at the University of Jordan from 9/5/1992 until 10/30/1993

7. Scientific sabbatical Vacation From September 18, 2005 until September 9 2006  
Faculty of Physical Education-Yarmouk University.

8. Scientific sabbatical Vacation From September 7, 2008 until September 5, 2009,  
College of Physical Education/The Hashemite University.

9. Scientific sabbatical Vacation From September 5, 2016 until September 10, 2017,  
Faculty of Physical Education/Yarmouk University.

### **\*Sports Biography:**

As player :Athlete Kingdom champion in cross-country and long-distance running, youth and men - and member of the Jordanian national athletics team 1975 – 1979.

ACoach: Coach of the military team of the Jordanian Armed Forces for athletics -1988 – 1990.

. Coach of the Jordanian national athletics team 1990 – 1994

As Administratively: Member of the Board of Directors of the Supreme Council for Youth from January 2015 until June 1, 2016.

- Head of the Sports for All Committee/Jordan Olympic Committee from 2013 to 2018.

-Member of the Jordanian Technical Committee/Olympic Committee for the period from 1999 to 2005.

-Member of the Board of Directors of the Jordanian Bodybuilding Federation 1990 - 2001.

- Head of the Board of Directors of the Jordanian Bodybuilding Federation 2001 – 2010

- Head of the Interim Committee of the Board of Directors of the Jordanian Wrestling Federation 2011-2012.

-Member of the Technical Committee for Trainers/Youth Leadership Preparation Center/Supreme Youth Council from 2010 to 2019

- Vice President of the Jordanian Athletics Federation from December 2014 until 11/18/2016.

- Head of the Jordanian Bodybuilding Federation from 3/20/2018 until 2019.

- Head of the Interim Committee of the Athletics Federation from 6/1/2021 to date.

As Lecturer: Training and arbitration courses held by Jordanian sports federations from the beginning of 1994 to date.

-Training and arbitration courses held by the Jordanian Youth Leadership Preparation Center from the beginning of 1999 to date.

- International lecturer in the field of anti-doping at the World Anti-Doping Agency (UNESCO) from the beginning of 2002 to date.

- The West Asia RADO and the Jordan Anti - Doping Organization Extend their appreciation For participating in the "clean sport educator TOT " Amman, Jordan 12<sup>th</sup>-13<sup>th</sup>, November 2021

### **\*Scientific and administrative expertise and committee membership:**

1. Dean of the Faculty of Sports Sciences/University of Jordan from 8/26/2021 until 8/28/2023

2. Secretary General of the Association of Colleges, Departments and Institutes of Sports and Physical Education in the Arab World for the period from 9/1/2021 to date.

3. Dean of the Faculty of Sports Education/University of Jordan from 2/9/2012 to 4/9/2016

4. Secretary General of the Association of Colleges and Departments of Physical Education in the Arab World for the period from 9/2/2012 to 9/4/2016

5. Member of the Board of Trustees of the University of Jerash from May 2022 to date.

6. Deputy Dean of the Faculty of Physical Education - University of Jordan from November 2 of the academic year 2010 until September 2 of 2012

7. Head of the Department of Administration and Training, Faculty of Physical Education/University of Jordan for the academic year from September 6, 2009 until November 2, 2010.

8. Assistant to the Dean of the College of Physical Education from September 22, 2002 until September 17, 2005.

9. Head of the Department of Supervision and Teaching from September 18, 1999 until September 17, 2001

10. Assistant to the Dean of the College of Physical Education from September 2, 1995 until September 17, 1999.

11. Member of the Food and Drug Committee for Athletes, Ministry of Health, Food and Drug Foundation for the year 2013 until the end of 2015

12. Head of the Graduate Studies Committee at the College of Physical Education for the academic year 2010/2011. Until the end of the academic year 2011/2012
13. Member of the teaching staff of the Faculty of Physical Education at the University of Jordan since September 5, 1992 up to date.
14. Academic advisor for the Graduate Studies Department at the College of Physical Education for the academic year 2010/2011 until 2012.
15. Member of the Council of the College of Graduate Studies at the University of Jordan for the years 2010 to 2013
16. Member of the Graduate Studies Committee/Faculty of Physical Education/University of Jordan/1999 until 2001 and for the academic year 2009/2010
17. Lecturer in many training and arbitration courses in the field of athletics and physical fitness in cooperation with the Youth Leadership Preparation Center and the Supreme Council for Youth.
18. Member of the Scientific Committee of the Jordanian Olympic Committee for Scientific Research Award from its inception 2015 to 2019
19. Member of the Scientific Certificate Accreditation Committee (Master's Degree and Doctorate) from 1996 to 2004 under the Ministry of Education and Scientific Research.
20. Member of external committees of the Ministry of Youth, Higher Council for Youth, Jordan Olympic Committee, Ministry of Higher Education and Scientific Research.
21. Member of the Study Plan Committee of the Faculty of Sports Education from 1997 to 2016
22. Head of the Study Plan Committee at the College of Physical Education from the beginning of the academic year 2012/2013 until the end of the academic year 2015/2016
23. Member of the University Council - Representative of the Faculty of Physical Education for the university years (1997/1998) - (2000/2001) - (2006/2007) - (2009/2010)
24. Delegate from the Higher Education Council as an expert to evaluate doctoral theses in the fields of sports training and sports education for previous years.
25. Delegate from the Higher Education Council of Accreditation Committees (General and Special) to civil universities for previous years.
26. Member of Public and Private Accreditation Committees (Higher Education Accreditation Authority)
27. Member of the Committee for the Determination of Student Issues, Faculty of Sports Education, University of Jordan, 1993 to 1996, as well as for the academic year 2009/2010

28. Head of the Committee for the Determination of Student Issues - Faculty of Sports Education - University of Jordan 1997 to 2005, second term 2011 to 2013

29. Head of the Student Council Elections Committee - Faculty of Physical Education - Deanship of Student Affairs, University of Jordan - 1994 until 1999 and from 2009 until 2011.

30. Representative of the Faculty of Sports Education for Sports Activities - Sports Activity Division - University of Jordan for the period from 1995 to 2004

31. Rapporteur of the Comprehensive Examinations Committee - Diploma in Community Colleges - Specialization in Physical Education - Al-Balqa Applied University - Ministry of Higher Education for the period from 1995 to 2002

32. Member of the Jordanian Olympic Doping Committee "Al-Hussein Tournament" 1999

33. Lecturer in the fields of sports training, athletics and fitness of several Jordanian sports federations in cooperation with the Centre for Youth Leadership Preparation - Higher Council for Youth.

**\*Courses that I teach at the Faculty of Physical Education-University of Jordan.**

1. Sports training.

2. Athletics (1 + 2 ).

3. Advanced athletics - specialty.

4. Fitness Programs -Bachelor's Degree - Master's Degree.

5. Applications in fitness - Ph.D.

6. Sport and health - physical culture.

7. Physical preparation.

8. Sports education for special cases.

9. Field tutorial.

10. Topics in Physical Education - Bachelor's - Master's.

11. Fitness programs for all age groups.

12. Competitive Sports - Postgraduate Studies - Ph.D.

13. Health Education - Bachelor's degree.

14. Nutrition and Sports Performance - Bachelor's degree.

### **\* Published and accepted research for publication:**

1. The effect of the number of times a physical preparation course is taught on the level of some elements of physical fitness - Derasat Journal - University of Jordan, Magazine 1, Special Issue 1996, "Published Research".
2. The effect of the number of weekly meeting times on the level of some elements of physical fitness among female students in the physical preparation course - Derasat Journal - University of Jordan, Volume 1, Special Issue 1996, "Published Research."
3. A predictive study of the Jordanian, Arab and Asian digital standard levels in men's track competitions - Scientific Journal of Physical Education and Sports - Helwan University, Egypt - 1998 "Published research".
4. Development of Asian, Arab, and Jordanian records in women's athletics competitions during the period from 1983 to 1996 - Journal of University of Jordan Studies, "published research."
5. The impact of a proposed program for physical, skill and mental training on improving the efficiency of short-distance runners - Journal of University of Jordan Studies, Volume - 27, Issue - 1 - 2001, "Published research."
6. Mental perception among national team players in athletics - The First Scientific Sports Conference of the Associations of Arab Colleges of Physical Education, Volume - 1, Issue - 1 - Special -1999 "Published Research".
7. "The effect of using an educational program for the backflip skill in gymnastics on the level of achievement in the high jump, "Fosbury," An-Najah University Journal of Events (B) Human Sciences, Volume (14), Issue (1), 2000, with a major co-author with a researcher." published research".
8. "The effect of mental training on the accuracy and speed of the serve in tennis," Dirasat Journal, Educational Sciences, Volume (28), Issue (1), 2001, University of Jordan (excerpted from a master's thesis), published research.
9. "The effect of a suggested program of therapeutic exercises on some spinal deviations and some of the variables associated with it for the age group (12-15 years), Dirasat Magazine, Physical Education Conference, Sports as a Model for Contemporary Life, special issue (2004), (excerpted from a master's thesis), published research.
10. "A comparative study of health-related physical fitness elements among public and private school students for the age group (14-15 years), Dirasat Journal, Educational Sciences, Volume 31, Issue 2, 2004, University of Jordan, co-principal researcher with another researcher, published research.

11. "The effect of a proposed mental training program on the level of achievement in the long jump," *Dirasat Journal, Educational Sciences*, Volume (32), Issue (2) 2005 (excerpted from a master's thesis), published research.
12. "Special physical attributes contribute to the level of achievement in the long jump competition," *Scientific Journal of Physical Education and Sports*, Volume 45, December 2005, College of Physical Education for Boys, Cairo/Helwan University, published research.
13. "Building standard levels for physical fitness elements for female students of the Faculty of Physical Education - University of Jordan, *Mu'tah Journal - Mu'tah for Research and Studies*, "Humanities and Social Sciences Series", Volume (21) Issue (4) 2006, Mu'tah -Jordan . researcher - solo, published research.
14. The cognitive outcome in the field of physical fitness among students of the Faculty of Physical Education - University of Jordan - *Jordanian Studies - Journal of University of Jordan Studies - Volume (34) Issue (12) 2007 Educational Sciences Supplement*, solo researcher, published research.
15. "The effect of a proposed training program on improving acceleration among short-distance runners," the Fifth International Scientific Conference "Sports Sciences in a Changing World," University of Jordan (10-11), May 2006, "Volume 3," Amman, Jordan (excerpted from a master's thesis) published research.
16. "A comparative study of the cognitive outcome in the field of physical fitness among students of the Faculty of Physical Education at the University of Jordan and Yarmouk University," *Yarmouk Research Journal*, "Humanities and Social Sciences Series," Volume (23), Issue (4)/2007, Irbid - Jordan, principal researcher, published research.
17. "The problems facing physical education teachers in integrating people with special needs into the schools of the Ministry of Education," the First Scientific Conference, "The Role of Physical Education Colleges, Departments, and Institutes in Developing Arab Sports," 4-5/4/2007, Faculty of Physical Education - University of Jordan, Amman, Jordan, special issue (excerpted from a master's thesis), published research.
18. "The effect of a proposed training program for some physical abilities on the level of completion of the triple jump among female students of the Faculty of Physical Education at the University of Jordan," the Second International Scientific Conference "Scientific Developments in Physical Education and Sports," Yarmouk University - Faculty of Physical Education - Irbid - Jordan - May 9-10 / 2007, special issue (co-researcher with another), published research.
19. "Amounts of caffeine in Turkish coffee: a question of importance in sports society," *Dirasat Journal, Educational Sciences Series*, University of Jordan, Volume (36), Issue (1), 2009 (excerpted from a Master's thesis), published research.

20. Knowledge outcome on the harms of using steroids and nutritional supplements among bodybuilders and athletics players in Jordan, Journal of Educational and Psychological Sciences - University of Bahrain, Volume (9) Issue (3) 2008, solo researcher - published research.
21. The effect of the number of cross-throwing steps on the level of javelin throwing achievement among students of the Faculty of Physical Education, University of Jordan, Volume (36) Supplement (2009) - Journal of Studies - Educational Sciences, University of Jordan, co-researcher with another, published research.
22. Common sports injuries among athletics players, An-Najah University Journal of Research (Human Sciences), Volume (22), Issue (6), 2008, co-researcher with others, published research.
23. The relationship between physical and bodily self-concept and the digital level of students of the College of Physical Education in some athletics competitions, Mu'tah Journal for Research and Studies, Humanities and Social Sciences Series, Volume (24) Issue (3) - 2009 Mu'tah - Jordan. Published research.
24. A predictive study of the extent of development of Jordanian, Arab, Asian and international records in men's athletics competitions. The research was completed in cooperation with the Hashemite University while on sabbatical vacation for the academic year 2008/2009. Jordanian Studies Journal (Human Sciences), Volume (38), Supplement (7), November 2011, published research - single.
25. A classification innovation for the level of physical fitness among students of the Faculty of Physical Education at the University of Jordan according to the badge (gold, silver, bronze) Sports Creativity Conference, Amman, Jordan - 16 - 17/6/ 2010
26. The effect of strength endurance training on some physical and physiological variables and the digital level of long-distance runners. Publication of Mutah Journal - for Research and Studies, Humanities and Social Sciences Series, Volume 28, Issue 3, 2013
27. The cognitive outcome of nutritional culture and the level of aerobic fitness among students of the Faculty of Physical Education at the University of Jordan, Jordanian Studies Journal, Educational Sciences - Volume 39, Issue 2, 2012, published research
28. The impact of a proposed training program to develop physical abilities using tools to help improve the digital level of the pétanque competition, "The Third Sports Creativity Conference, "Citizens of Creativity in Sports Institutions," Faculty of Physical Education - University of Jordan, 4-5/7/2012, Amman, Jordan.
29. The prevalence of nutritional disorders among women athletes in Jordan, "Journal of the Fifth Scientific Conference for Sports Creativity in Colleges of Physical Education in Jordanian Universities" (Renewal in the Problems of Sports Creativity) (3-4) / 7/2013,



“Winner of the Sheikh Mohammed bin Rashid Al Maktoum Award for Sports Creativity  
“Published research

30. The effect of learning motor rhythm on controlling the steps and learning the skill of crossing the barrier among female students of the Faculty of Physical Education at the University of Jordan, *Jordanian Studies Journal*, 2014, published research.

31. The effect of a proposed mental training program on reducing the fear factor and learning some basic swimming skills for beginners, published research - International Sports Sciences Conference (ICSSCC) “Challenges of Change”, 5/7 -11- 2014

32. Quality standards and their contribution to the development of Arab sports - Yarmouk University - Jordan. The Sixth International Scientific Conference, date of the conference 18-19/6/ 2014

33. Obesity and its relationship to smoking among people with mobility disabilities in Palestine. Research published in *Dirasat Journal*, Volume 44, Number 4, Educational Sciences, Supplement No. 7, University of Jordan 2016

34. A study of the motivation to choose the physical education major among students of physical education colleges, special volume (in the proceedings of the first international scientific conference for sports and health sciences during the period from 4-5/5/2016, Mu'tah University - College of Sports Sciences.

35. A comparative study of the effect of training on foam and training on sand on some physical and kinematic variables among sprinters and long jumpers, research published in the *Journal of Jordanian Studies*, Educational Sciences, Volume 45, Issue 4, Supplement 6, 2018

36. Transfer of the effect of learning the effectiveness of discus throwing to the effectiveness of alternating pétanque pushing in athletics, research published in the *Jordanian Journal of Studies*, Educational Sciences, Volume 45, Issue 4, Supplement 7, 2018.

37. The effect of ballistic training on improving some physical and skill abilities in the games (swimming and basketball), research published in the *Jordanian Studies Journal*, Educational Sciences, Volume 46, Issue 1, Supplement 3, 2019

38. The level of physical and physical self-esteem among individuals participating in fitness centers in Jordan. The research was completed during the sabbatical vacation for the academic year 2016/2017. Research published in the *Jordanian Studies Journal of Educational Sciences*, Volume - 46, Issue 3, 2019.

39. Rationing of the European test battery “Eurofit” for physical fitness for the age group (9-12) years in the Jordanian environment, Moscow Conference, Moscow University of Sports Sciences - Russia. 16 - 20/10/2018

40. Nutritional behavior and its role in improving psychological and physical condition from the point of view of those practicing competitive and healthy sports activities. "The Second International Scientific Conference on Sports Sciences and Health" held during the period 22-24/7/2019, Mu'tah University.

41. The predictive relationship of some physical and physiological variables to the digital achievement of the 200M running distance among young people, published research. Drasa - Journal of Sports Science Activities Research and Development, 2019

42. The effect of preventive functional exercises on some biometry abilities and physiological variables for handball players, Indian Journal of forensic Medicine and Toxicology, (Scopus), ISSN 0973-9130, No. 712, 2021.

43. The effect of preventive exercises according to the application of MUSCLE and MOTION on the development of the most important physiological variables associated with high load injuries and muscular soreness in handball players, Indian Journal of forensic Medicine and Toxicology, (Scopus), ISSN 0973-9130, No. 711, 2021.

44. The role of sports media in developing physical and health awareness among participants in health centers, research accepted for publication, Jordanian Dirasat Journal, Humanities and Social Sciences, 2021

45. The level of practicing sports activities and their impact on the physical and psychological aspects of those who go to fitness centers in light of the Corona pandemic in Balqa Governorate, research accepted for publication, Journal of Educational Sciences Studies, 2022

46. The impact of the training method (S.A.Q) on developing some motor abilities among junior volleyball players in Jordan. Research accepted for publication. "The Third International Arbitrated Conference of the College of Physical Education and Sports Sciences." The Hashemite University, 2022

47. The Effectiveness of Jacobson's progressive muscle relaxation technique on fatigue among Jordanian patients with multiple sclerosis during corona epidemic ,Clinical schizophrnia & Related Psychoses.

[www.clinicalschizophrnia.net](http://www.clinicalschizophrnia.net).ISSN:1935-1232(P),ISSN:1941-2010(E).march,26, 2022

48. Sports and Health Culture Book - Methodical Book 2023 - Dar Wael for Publishing and Distribution - Amman, Jordan.

## **\*Scientific Experiences: Conferences And Courses:**

### **\*Scientific,academic,and administrative activity (attending conferences supervising research, membership in committees, etc.):**

- The Second Scientific Conference - University of Jordan, Faculty of Physical Education - 1993, Amman.
- The Third Scientific Conference - University of Jordan, Faculty of Physical Education - 1995, Amman.
- The First Scientific Conference of Colleges of Physical Education in the Arab World - Amman 1999.
- The Fourth Scientific Conference - University of Jordan, Faculty of Physical Education - 2002, Amman.
- The Fifth Scientific Conference “Sports as a Model for Contemporary Life” - University of Jordan, Faculty of Physical Education 2006, Amman.
- Conference of colleges, departments and institutes of physical education in developing Arab sports - University of Jordan, Faculty of Physical Education - 2007, Amman.
- The Second International Scientific Conference, “Scientific Developments in Physical Education and Sports ” Yarmouk University - Faculty of Physical Education - 2007, Irbid - Jordan.
- The First International Scientific and Sports Conference “Towards an Active Society for Developing Health and Performance” (The Hashemite University - College of Physical Education and Sports Sciences 2008 - Zarqa.
- The Sixth Scientific Sports Conference, “Sports and Development,” a forward-looking view towards the third millennium. Faculty of Physical Education - University of Jordan 2009
- The Third International Scientific Conference, “Towards a future vision for a comprehensive physical culture”, Faculty of Physical Education, Yarmouk University, – 6-7/5/2009. Member of the Scientific Committee.
- Supervised many university theses (Master’s and PhD).
- Discussed many scientific researches and master’s and PHD theses inside and outside Jordan.
- Assess many of the scientific productions submitted for promotion to academic ranks (associate professor, professor).

-The First Sports Creativity Conference 2010/2011 in cooperation with the Mohammed bin Rashid Al Maktoum Award, Amman Dubai, Faculty of Physical Education, University of Jordan.

-The Second Sports Creativity Conference 2011/2012 in cooperation with the Mohammed bin Rashid Al Maktoum Award, Amman Dubai, Faculty of Physical Education, University of Jordan.

-The Third Sports Creativity Conference 2012, “fields of Creativity in Sports Institutions,” Faculty of Physical Education, University of Jordan, 4-5/7/2012, Amman, Jordan.

- Determinant of the Scientific Committee of the Third Scientific Conference on Mathematical Creativity – 2012

-Head of the Fifth Scientific Conference on Sports Creativity for Colleges of Physical Education at Jordanian Universities - “Renewal in the World of Sports Creativity” in cooperation with the Mohammed bin Rashid Al Maktoum Creativity Award for Sports Creativity 3 - 4/7/2013

- Head of the International Sports Science Conference (ICSSCC) in cooperation with the German University of Magdeburg and the German Cultural Exchange Service (DAAD) “Determinants of Change” 5-7/11/2014. Dead Sea - Jordan.

- Head of the Eleventh International athlete Scientific Conference of the University’s Faculty of Physical Education - Jordanian and the second for the Association of Colleges, Institutes and Departments of Arab Physical Education “Integrative Sciences”. Sports.” During the period from 20 to 21/7/2016

-The First International Scientific Conference for Sports and Health Sciences, held during the period from 4 to 5/5/2016 at Mu’tah University - College of Sports Sciences.

- International Conference on Applied Strategies in Physical Education and Sports Sciences (Eighth Conference), Faculty of Physical Education - Yarmouk University 2016

- Suez Canal University conference in cooperation with the Physical Education Sector of the Supreme Council of Egyptian Universities and the Egyptian Federation of Universities entitled: “Challenges of Sports in the Arab World - "Industry Olympic Champion.” During the period from 4/21-24/2016

- The European International Scientific Conference (Challenges of Change), held during the period from 1-3/11/2017. University of Jordan - Faculty of Physical Education - Dead Sea.

- International Conference of the Russian State University of Physical Education, Sports, Youth and Tourism, from 16 - 20/10/2018

- The Second International Scientific Conference for Sports and Health Sciences - Mutah University, held during the period 22-24/7/2019
- The Third International Conference on Sports Sciences “Healthy Lifestyle and Physical Activity in Light of the Corona Pandemic, 16-17/3/2021 - University of Jordan - Faculty of Sports Sciences.
- The Third International Conference of the College of Physical Education and Sports Sciences (Sports and the Centenary of the Jordanian State) during the period between 21-24/5/2022 - The Hashemite University.

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**Date : 10/30/2023**