

Harran Qoblan Al-Rahamneh

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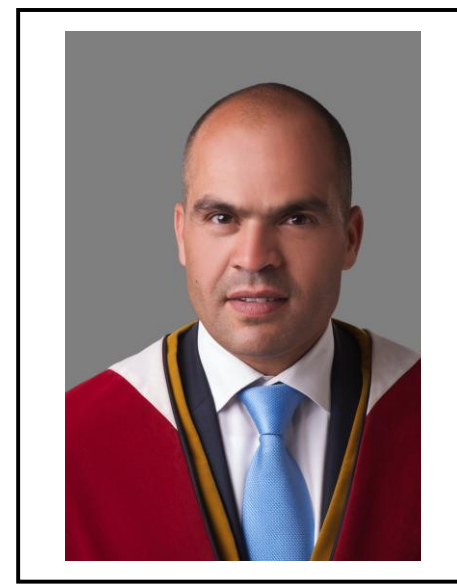
University of Jordan

School of Sport Sciences

P.O. Box: 13366

Amman 11942

Jordan



Qualifications

- PhD in Sport and Health Sciences (2011), University of Exeter, UK.
Thesis's title: "Perceived Exertion Relationships and Prediction of Peak Oxygen Uptake in Able-bodied and Paraplegic Individuals"
- Masters in Physical Education (2005), University of Jordan, Jordan.
- Bachelor in Physical Education (2002), University of Jordan, Jordan.
- High school (1999), Yarqa Secondary School, Jordan.

Accreditation:

BASES Accredited Sport & Exercise Scientist until 30th September 2023.

Editorial board membership:

Member of editorial board of *Dirasat: Educational Sciences*, Deanship of Academic Research, the University of Jordan since September 2018 – September 2019.

Work experience

- Associate professor at School of Sport Sciences at the University of Jordan 31/08/2015 – now.
- Assistant professor at the Faculty of Physical Education at the University of Jordan 3/02/2011 -30/08/2015.
- Teaching and research assistant (September 2006 – September 2007), Faculty of Physical Education, University of Jordan, Jordan.

- Fitness and swimming instructor (April 2003 – August 2006), Jordan Military Sports Council, Jordan.

Administrations experiences

- *Vice dean for quality and development issues, School of Sport Sciences, the University of Jordan 15th September 2021- present.*
- *Member of School of Sport Sciences council September 2021 – present.*
- Director assistant of Community Development and Service Centre, 2019 – 2020.
- Member of the consultation council of Art and Sciences Faculty at Al-Ahliyya Amman University, October 2019- now.
- Member of the University of Jordan council, September 2018 – September 2019.
- Head of Health and Recreation department at the Faculty of Physical Education at the University of Jordan from September 2015 to January 2017 and from September 2017 to September 2018.
- Dean assistant for Quality and Development Affairs at the Faculty of Physical Education at the University of Jordan between September 2012 and September 2014.
- Member of the Faculty of Physical Education Council from September 2012 to September 2014, from September 2015 to January 2017 and from September 2017 to September 2018.

Investigation committees:

Head of some investigation committees at the University of Jordan.

Training courses

- Exercise and Fitness Training after Stroke (2011), Later Life Training, UK.
- Phase IV Cardiac Rehabilitation Course (2009), British Association for Cardiac Rehabilitation, UK.
- Learning and Teaching in Higher Education (2010), University of Exeter, UK.
- First Aid Course (2009), Adventure First Aid, UK.
- Automated External Defibrillation (2009), St John Ambulance, UK.

Courses have been taught:

- ❖ Statistics in Kinesiology using the Statistical Package for Social Sciences (SPSS).
- ❖ Adapted Physical Education for bachelor students studying physical education, which includes Exercise Prescription for Special Populations such as people who had stroke, heart disease, hearing impairment, visual impairment, spinal cord injury, poliomyelitis and Spina bifida.
- ❖ Research Method in Physical Education and Sport Sciences, for example how to collect data, analysing data and how to choose the appropriate methodology and suitable sample size.
- ❖ Sport and Health in English for the University's students who do not study Physical Education.
- ❖ Measurement and Evaluation in Physical Education for Physical Education students.
- ❖ Applied Exercise Physiology, such as how to run maximal and sub-maximal exercise tests and how to measure body fat using different methods for instance using the calliper to estimate percentage of body fat and underwater weighing.
- ❖ Designing Research and Studies in Physical Education and Sport Sciences for PhD students studying Physical Education.
- ❖ Adapted Physical Education for master students studying physical education.

Voluntary work:

- Volunteer physical fitness instructor with people who had stroke (Action after Stroke) and led this programme for 3 years (January 2008 - January 2011), School of Sport and Health Sciences, University of Exeter. This programme was a specialised one in delivering exercises to stroke survivors.

Publications:

1. Harran Al-Rahamneh, Lubna Arafa, Anas Al Orani & Rahaf Baqleh (2021). Long-term psychological effects of COVID-19 pandemic on children in Jordan. ***International Journal of Environmental Research and Public Health***, 18, 7795.
2. Etab Amari & Harran Al-Rahamneh (2021). Effectiveness of Caffeine Intake on Maximal and Sub-Maximal Physiological Markers of Exercise Intensity among Wheelchair Users Compared to Able-bodied Individuals. ***Comparative Exercise Physiology***, 17 (1), 65-72.
3. Harran Al-Rahamneh (2020). Anaerobic Power among Able-bodied Individuals versus Disabled Persons and Its Relation to Hand-Grip Strength. ***Jordan Journal of Pharmaceutical Studies***, 13 (4), 457-466.
4. Wafa' Ismail & Harran Al-Rahamneh (2020). Physical Activity, Stress and Nutrition-Behaviour among Hypertensive Individuals before Disease Diagnosis. ***Dirasat, Human and Social Sciences***, 48 (2), 562-574. .
5. Harran Al-Rahamneh (2020). The Prevalence of Obesity, Overweight, and Thinness among Jordanian Children and Adolescents. ***Journal of Exercise Physiology online***, 23(2):95-107.
6. Harran Al-Rahamneh, Hasan Aloran, Haitham Alnader, Nidal Al Ghafary, Wafa' Ismail & Salem Al Qarra (2020). Reference Values of Hand-Grip Strength for 6- to 18- Year-Olds in Jordan. ***Journal of Exercise Physiology online***, 23(1):68-78.

7. Harran Al-Rahamneh (2019). Measuring Peak Oxygen Uptake using Perceptually-Regulated Exercise Test in Arm Cranking Exercise. **Journal of Exercise Physiology online** 22(7):120-129.
8. Omar Abo Halaima & Harran Al-Rahamneh (Accepted, 2019). The Effect of Sport Training Programme Using Small Games on Developing Routine Behaviours and Language Communication Skills among Autistic Children In Jordan. **The Journal of Islamic University of Gaza**.
9. Abd Alhafez Nawayseh, Ibrahim Dabaybah & Harran Al-Rahamneh (2018). Constructing “the University of Jordan” Rating of Perceived Exertion Scale and Validating it for Different Age Groups on Cycle Ergometer. **Dirasat: Educational Sciences**, the University of Jordan, 45, 4- S6, 238- 255.
10. Haifa Jamhour, Walead Al Rahahleh & Harran Al-Rahamneh (2017). The Relationship between Obesity and Smoking among Persons with Physical Disabilities in Palestine. **Dirasat: Educational Sciences**, the University of Jordan, 44, 4-S7, 215 -221.
11. Harran Al-Rahamneh & Ali Bani Hamad (2015). A comparison study of obesity among able-bodied children and adolescents compared to their peers with sensory disabilities in Jordan. **Asian Social Science Journal**, 11, 24, 252-257.
12. Harran Al-Rahamneh (2015). Affective and perceived exertion responses during graded exercise test in fasted and non-fasted state: Cycling versus Treadmill. **European Scientific Journal**, 11, 23, 131- 146.
13. Harran Al-Rahamneh; Khawla Yousef; & Wafa' Ismail (2015). Exercises Responses of 60-69 Years on the Senior Fitness Test in Jordan Compared to US Norms. **Asian Social Science Journal**, 11, 24, 343-349.

14. Harran Al-Rahamneh & Maher Al Kilani (2014). The effects of Ramadan fasting on peak physiological function of active college-aged males during graded treadmill and cycling testing. ***Journal of Physical Education and Sport***, **14**, 548-553.
15. Harran Al-Rahamneh; Mohammad Dababseh & Roger Eston (2013). Fitness level of deaf students compared to hearing students in Jordan. ***Journal of Physical Education and Sport***, **13**, 528-532.
16. Harran Al-Rahamneh & Roger Eston (2012). Estimation of peak oxygen uptake from peak power output in able-bodied and paraplegic individuals. ***Journal of Exercise Science and Fitness***, **10**, 78-82.
17. Roger Eston; Harrison Evans; James Faulkner; Danielle Lambrick; Harran Al-Rahamneh & Gaynor Parfitt (2012). A perceptually regulated, graded exercise test predicts peak oxygen uptake during treadmill exercise in active and sedentary participants. ***European Journal of Applied Physiology***, **112**, 3459 - 3468.
18. Harran Al-Rahamneh & Roger Eston (2011). Rating of perceived exertion during two different constant-load exercise intensities during arm cranking in paraplegic and able-bodied participants. ***European Journal of Applied Physiology***, **111**, 1055 – 1062.
19. Harran Q Al-Rahamneh & Roger G Eston (2011). Prediction of maximal oxygen consumption from the ratings of perceived exertion during a graded exercise test and ramp exercise test in able-bodied participants and persons with paraplegia. ***Archives of Physical Medicine and Rehabilitation***, **92**, 277-283.
20. Harran Al-Rahamneh; James Faulkner; Christopher Byrne & Roger Eston (2011). Prediction of peak oxygen uptake from ratings of perceived exertion during arm exercise in able-bodied and persons with poliomyelitis. ***Spinal Cord***, **49**, 131-135.

21. Harran Al-Rahamneh & Roger G Eston (2011).The validity of predicting peak oxygen uptake from a perceptually guided graded exercise test during arm exercise in paraplegic individuals. ***Spinal Cord***, **49**, 430 - 434.
22. Harran Al-Rahamneh; James Faulkner; Christopher Byrne & Roger G Eston (2010). Relationship between perceived exertion and physiologic markers during arm exercise with able-bodied participants and participants with poliomyelitis. ***Archives of Physical Medicine and Rehabilitation***, **91**, 273-277.

Conference presentations

1. Wafa' Ismail & Harran Al-Rahamneh. (November, 2019). The Prevalence of Risk Factors among Hypertensive Individuals during the 5 Years that Precede Hypertension Diagnosis. The Daniel Turnberg Travel Fellowship Scheme Alumni Conference, Nicosia, Cyprus.
2. Harran Al-Rahamneh & Craig Williams (November, 2016). Measuring Peak Oxygen Uptake using Perceptually-Regulated Exercise Test in Arm Cranking Exercise. The Daniel Turnberg Travel Fellowship Scheme Alumni Conference, Nicosia, Cyprus.
3. Khawla Yousif, Wafa' Ismail & Harran Al-Rahamneh (September, 2015). Exercise Responses of 60-69 Years Old Individuals in Jordan on the Senior Fitness Test Compared to US Norms. Active Healthy Ageing Conference, Magdeburg University, Germany.
4. Dalia Abu Touq & Harran Al-Rahamneh (November, 2014). The Prevalence of Obesity among Blind Children in the Middle Region of Jordan. The International Conference of Sport Science "Challenge of Change", Dead Sea, Jordan.

5. Harran Al-Rahamneh & Craig Williams (November, 2014). The effect of fasted and non-fasted state on the prediction of peak oxygen uptake from rating of perceived exertion and the affective state. The International Conference of Sport Science "Challenge of Change", Dead Sea, Jordan.
6. Harran Al-Rahamneh (July, 2014). The effect of Ramadan Fasting on Peak Oxygen Uptake during Walking/Running and Cycling Exercise. 19th Annual Conference of European College of Sport Science, Amsterdam, the Kingdom of Netherlands.
7. Harran Al-Rahamneh (November 2012). Using rating of perceived exertion to predict peak oxygen uptake during leg cycling and arm cranking (Review Article). Sport Science in the Heart of the Arab Spring, Luxor, Egypt.
8. Harran Al-Rahamneh & Roger Eston (2012). Prediction of Peak Oxygen Uptake from Peak Power Output in Able-bodied and Paraplegic Persons. 17th Annual Conference of European College of Sport Science, Bruges, Belgium.
9. Harran Al-Rahamneh & Roger Eston (2010). Rating of Perceived Exertion during Heavy and Severe Constant-load Exercise in Able-bodied and Paraplegic Participants. 15th Annual Conference of European College of Sport Science, Antalya, Turkey.
10. Harran Al-Rahamneh & Roger Eston (2010). Prediction of Peak Oxygen Uptake from a Perceptually-guided, Graded Exercise Test during Arm Exercise in Individuals with Paraplegia. 15th Annual Conference of European College of Sport Science, Antalya, Turkey.
11. Harran Al-Rahamneh, James Faulkner, Christopher Byrne & Roger Eston (2010). Prediction of Peak Oxygen Uptake Using Rating of Perceived Exertion during Arm Cranking Exercise in Able-bodied and Individuals with Poliomyelitis. BASES Student Conference, Aberystwyth, United Kingdom.

12. Harran Al-Rahamneh, Christopher Byrne & Roger Eston (2010). Rating of Perceived Exertion during Two Different Constant-load Exercise Intensities during Arm Cranking in Able-bodied and Paraplegic Participants. School of Sport and Health Sciences, University of Exeter, United Kingdom. In this conference I won a prize worth £1000 to attend the ECSS conference, Antalya, Turkey 2010.
13. Harran Al-Rahamneh, James Faulkner, Christopher Byrne & Roger Eston (2009). The Relationship between Perceived Exertion and Physiological Markers of Exercise Intensity during Arm Cranking and Leg Cycling in Able-bodied and Individuals with Poliomyelitis. BASES Annual Conference, Leeds, United Kingdom.

Organising conferences

Member of the organizing committees for these conferences

- The International Conference of Sport Science “Challenge of Change”, Dead Sea, Jordan, 2014.
- The second International Conference of Sport Science “Challenge of Change”, Dead Sea, Jordan, November 2017.

Research grants

1. Aerobic and anaerobic abilities of taekwondo players of different weights in Jordan. **1500 JD**, Deanship of Academic Research, The University of Jordan.
2. The relationship between Physical activity level and VO₂max and Wingate test of Taekwondo players in Jordan. **4850 JD**, Hamdi Mango Center for Scientific Research, The University of Jordan.
3. Measuring peak oxygen uptake using maximal perceptually guided graded exercise test during arm exercise. **£ 6700**, The Academy of Medical Sciences, London, UK.

4. Prediction of peak oxygen uptake from peak power output in able-bodied and paraplegic persons. € 500, European College of Sport Science.
5. Rating of perceived exertion during two different constant-load exercise intensities during arm cranking in able-bodied and paraplegic participants. £ 1000, University of Exeter, UK.

Reviewing and Examination

I am a reviewer for several peer-reviewed Journals:

1. *Journal of Sports Science and Medicine* (Turkey).
2. *Journal of Exercise Science and Fitness* (Peoples Republic China).
3. *European Journal of Sports Sciences* (England).
4. *European Journal of Applied Physiology* (Germany).
5. *Dirasat Journal*, Deanship of Academic Research at the University of Jordan.
6. *Journal of Sports Science* (USA).
7. I am an external reviewer for: King Saud University- Kingdom of Saudi Arabia.

8. I am an external reviewer for: Al-Ahliyya Amman University- Jordan.
9. I am an external examiner at Sport Science department at School of Physical Education/ Yarmouk University-Jordan.
10. I was in the examination board for more than 10 masters' dissertations at the Faculty of Physical education at the University of Jordan.

Example: The Most Common Type of Sport Injuries among Team-Sport in School Teams in Amman Region. Sadam Saleh Twaissi, 2015.

11. I was in the examination board for more than 10 PhD theses at the Faculty of Physical education at the University of Jordan.

Supervision:

- ✓ I supervised “**7**” **bachelor** projects at the Faculty of Physical education at the University of Jordan.
- ✓ I supervised “**11**” PhD students at the Faculty of Physical education at the University of Jordan. For example:
 - ❖ Physical activity level among disabled individuals in Palestine and its relationship to some psychological and health variables; By **Haifa A. Jamhour**.
 - ❖ Constructing the First Arabic Rating of Perceived Exertion Scale and validate it Against the Physiological Variables during Leg Cycling; By **Abd Al Hafth Nawaisah**.
- ✓ I supervised “**6**” **master** students at the Faculty of Physical education at the University of Jordan. For example:
 - ❖ Establishing Jordanian Norms for King Abdullah II Physical Fitness Award for Students with Hearing Impairment; By **Musa'ab Abdallat**.
 - ❖ Aerobic and anaerobic abilities and its relationship to sport achievement of taekwondo players in Jordan; By **Nahar Al Soab**.

- ✓ I have been supervising “3” **master** students at the Faculty of Physical education at the University of Jordan.

Other experiences

- I am a lecturer of discovering statistics using Statistical Package for Social Sciences (SPSS) at the **Consultation Center** at the University of Jordan.
- I designed the website of the International Conference of Sport Science “Challenge of Change” which was held in the Dead Sea, November 2014.
- I represented Jordan as the Vice president of the Intergovernmental Committee for Physical Education and Sport (CIGEPS) for Arab States in the extraordinary session of the Intergovernmental Committee for Physical Education and Sport which was held in Baku, Azerbaijan in March 13th – March 15th 2013.
- I represented the Faculty of Physical Education and the University of Jordan in the Sport and Tourism workshop which was held in Assiut University in Egypt between 24th – 28th June 2012 in cooperation with Magdeburg University, Germany and DAAD. In this workshop we have prepared a proposal for a bachelor degree in Sport and Tourism at the Faculty of Physical Education at Assiut University, Egypt.
- I represented Jordan in the Intergovernmental Committee for Physical Education and Sport (CIGEPS) meeting which was held in Lausanne – Switzerland in April 17th – April 19th 2012. In this meeting Jordan was elected as the Vice president of CIGEPS for Arab States.
- I was a member of the National Committee for establishing national norms for King Abdullah II Award for Physical Fitness (October 2011- December 2012).

- I am the statistician representative of Faculty of Physical Education for the Deanship of Research at the University of Jordan.
- I attended a workshop, The Olympic Values Education Programme (2011), Jordan Olympic Committee, Jordan.
- I used to be an athletic referee (2006), Jordan athletic Federation, Jordan.
- I used to be a second grade volleyball referee (2005), Jordan Volleyball Federation, Jordan.
- I used to be a second grade swimming referee (2004), Jordan Swimming Federation, Jordan.

Hobbies

- I enjoy being in exercise physiology laboratories running and conducting exercise testing.
- I enjoy travelling and exploring new cultures and new things.
- I enjoy teaching.
- I enjoy hiking and wild life.