

Curriculum Vitae
MANAL M. BAYYAT
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I am a dedicated and enthusiastic professional who continuously seeks new challenges to expand my knowledge and skills. Task-oriented and driven by a commitment to excellence, I work well both as a team member and as a leader when the situation calls for it. My goal is to positively influence those around me, helping others succeed, teaching new skills, and creating opportunities for growth and development in their lives.

EDUCATION

University of Jordan , Amman, Jordan

2008 Doctor of Philosophy in Physical Education, The University of Jordan.

2008 Awarded "*Best PhD Research*", The University of Jordan.

1994 Master's degree in Physical Education, Specialization: Administrative Management of Physical Education.

1990 Bachelor of Arts; Major: Physical Education, Minor: Economics.

1988 Member of the Potential Leader Program at the University of Jordan.

Languages

Arabic (Native), English (Proficient), French (intermediate).

CURRENT EMPLOYMENT

2015- Present The University of Jordan

Professor at the School of Sport Sciences/ University of Jordan, 9/2024- Present

Associate professor at the School of Sport Sciences/ University of Jordan, 9/2020- 9/2024,

Assistant professor at the School of Sport Sciences / University of Jordan, 9/2015- 9/2020,

TEACHING INTERESTS

Sport Psychology - Life Skills

Sport Sociology

Fencing

PUBLICATIONS

1. Scientific research articles

Bayyat, M. M., Amarin, R., AlDabbas, H., & Akkawi, M. (2024). Quality of life and physical activity levels among colorectal cancer patients: An observational study. *Medicine*, 103(28), e38778. <https://doi.org/10.1097/MD.00000000000038778>

Bayyat, M. M., & AlKayeedy, A. (2024). The Effect of Augmented Feedback on the Hit Accuracy of Foil Fencers. *Studia sportiva*, 18(01). <https://doi.org/10.5817/StS2024-1-3>

- Orabi, S., **Bayyat, M. M.**, Jaber, B. (2024). The Level of Psychological Skills among Members of the National Swimming Team in Jordan, *The Jordanian Educational Journal* 9 (2).
<https://doi.org/10.46515/jaes.v9i2.699>
- Barakat, H., Abu Muili, Z., **Bayyat, M. M.**, Shatarat, T., (2024), The Effect of the Command and Reciprocal Teaching Method on Enhancing Students' Self-Esteem level in Basic Basketball Classes, *The Jordanian Educational Journal*, 9 (2). <https://doi.org/10.46515/jaes.v9i2.675>
- Orabi, S., **Bayyat, M. M.**, Jaber, I., Abu-Muili, Z. H., (2024). The Effect of an Aerobic Exercises Program on some Physical and Psychological Variables of Female Secondary School Students. *Jordanian Educational Journal* 9(2). <https://doi.org/10.46515/jaes.v9i2.508>
- Al-Dababseh, M. F., AbuEid, S. K., Dari, A. A., Altaieb, M. A., Bayyat, M. M., Mazahreh, J. F., Melhem, Z., & Al Qarra, S. (2024). The Impact of Implementing a Multi-Level Teaching Approach on Front Crawl Swimming Technique and Emotional Intelligence. *Journal of Exercise Physiology Online*, 27(6).
- Psychological Science Accelerator Self-Determination Theory Collaboration (2022). A global experiment on motivating social distancing during the COVID-19 pandemic, *PNAS* 119(22), <https://doi.org/10.1073/pnas.2111091119>
- Orabi, S., **Bayyat, M. M.**, Oun, N., (2022), The Effect of a Physical Training Program on Several Body Variables and Depression Degree of Female Trainees While Banned During the Corona Pandemic, *Al-Balqa Journal for Studies, and Research - Al - Ahliyya Amman University*, 25(1).
<https://doi.org/10.35875/1105-025-001-001>
- Bayyat, M. M.**, Abu Muili, Z., Barakat, H., (2022), Enhancing Emotional Intelligence of Sport Science School Students enrolled in Basketball classes, *Journal of the Association of Arab Universities for Research of Higher Education*, 42(1) 71-79 <http://doi.org/10.36024/1248-042-001-005>
- Bayyat, M. M.**, Orabi, S. M., AlTarawneh, A., Alleimon, S. (2021). Psychological Skills in Relation to Academic Achievement through Swimming Context, *Studia Sportiva*, 15(2), 18-26.
<https://doi.org/10.5817/StS2021-2-2>
- Bayyat, M. M.**, AlQuarra, S., Abu Muili, Z. H, Al Askar, W., (2021). Self Esteem level of Students enrolled in Football Context according to Teaching Methods Applied: A Comparative Study, *Journal of the Association of Arab Universities for Higher Education Research (JAARU-RHE)*, 41(4).
- Bayyat, M. M.**, Abu Muili, Z. H, AlDabbas, L. (2021). Online Component Challenges of a Blended Learning Experience: A Comprehensive Approach, *The Turkish Online Journal of Distance Education*, 22(4), 277-294. <https://doi.org/10.17718/tojde.1002881>
- Bayyat, M. M.**, AlDabbas, L., Ayoub, N., Al-Tahan A., Edwan, T., A. (2021). Foil Performance Monitoring Vest; An Interactive Training System for Fencing Sport, *International Journal of Innovation, Creativity and Change*, 15(3).
- Bayyat, M. M.**, Abu- Muili, Z. H. (2021). Motivation for Sport Participation in Boxing and Losing Weight Clubs from the Perspective of Self-Determination Theory. *Dirasat: Educational Sciences, University of Jordan*, 48 (2).
- Naeimat, S., **Bayyat, M. M.**, Oun, N., Womar, C (2021). A Comparative Study of the Level of Psychological Stress among sport health clubs' coaches in Jordan and Libya. *The International Sports Science Journal*, 3 (7).
- Bayyat, M. M.** (2020). Blended Learning: A New Approach to Teach Ballet Technique for Undergraduate Student. *The Turkish Online Journal of Distance Education*, 21(2), 69-86
<https://doi.org/10.17718/tojde.727979>

Orabi, S. M., **Bayyat, M. M.**, Altaieb, M. H. A. (2020). Life Skills Acquired Through Swimming Context in Relation to Students' Academic Achievement. *Dirasat: Educational Sciences, University of Jordan*, 47(1)

Bayyat, M. M. (2020). Identifying Motives of Sport Participation from The Perspective of Self-Determination Theory: Gender Differences. *Dirasat: Educational Sciences, University of Jordan*, 47(1).

Orabi, S. M., Mansi T., Awamleh, A., **Bayyat M.M.**, Abaza, S., (2020). The Effect of a Blended Learning Teaching Approach on Developing Students Life Skills at the School of Physical Education University of Jordan. *Jordanian Educational Journal*, 5(3).

Bayyat, M. M., Naeimat, S., Altaieb, M. H. A, (2020). Learning Styles in Relation to Satisfaction Level of Blended Learning, *Journal of the Association of Arab Universities for Research in Higher Education* 40(1).

Bayyat, M. M. (2019). Communication, Problem-Solving, Teamwork, Responsibility, and Self-Esteem of Syrian Children Refugees Participating in "Makani" Center in Al Zaatari Camp in Jordan. *Human Affairs*. (in press)

Ay, K. M., Mansi, K. M., Al-Taieb, M. H. A., Ermeley, Z. M., **Bayyat, M. M.**, & Aburjai, T. (2018). Bodily-kinesthetic intelligence in relation to swimming performance skills according to gender and swimming course level among physical education students. *Medicina Sportivâ- Romanian Sports Medicine Journal*, 14(2)

Oran, H, Abu Altaieb, M., M., Ay, K., **Bayyat, M. M.**, (2018), The Effect of Constant and Variable Scheduling Practice on Individual Medley Swimming Level Skills Performance and Physical Status among Physical Education Students, *Mu'tah Lil-Buḥūthwad-Dirāsāt Journal, Mu'tah University*. 34(5), 13-46.

Bayyat, M. M., Almoghrabi, A. H., & Ay, K. M. (2016). Preliminary Validation of an Arabic Version of the Sport Motivation Scale (SMS-28). *Asian Social Science*, 12(7), 186. <https://doi.org/10.5539/ass.v12n7p186>

Bayyat, M. M., Orabi, S. M., & Altaieb, M. H. A. (2016). Life Skills Acquired in Relation to Teaching Methods Used Through Swimming Context. *Asian Social Science*, 12(6), 223. <https://doi.org/10.5539/ass.v12n6p223>

Bayyat, M. M., Mismar, B. (1997). Academic Learning Time- Physical Education for Sixth Grade students in First and Second Directorates of Education in Jordan, *Dirasat Journal*, University of Jordan.

Bayyat, M. M. (2009). The Effect of an Interdisciplinary Approach of Life Skills Based Physical Education Classes on Students' Science Knowledge, Skills and Values Grades 1-3, PhD dissertation thesis, University of Jordan.

Bayyat, M. M. (1994). Academic Learning Time- Physical Education for Sixth Grade students in First and Second Directorates of Education in Jordan, Masters dissertation thesis, University of Jordan.

Bayyat, M. M., Sotari, H., Sayed, M., Hayek, G., (2008). Investigating the Impact of Applying Life Skills Based Education Approach at schools of Ministry of Education in Jordan, UNICEF/Jordan. (Evaluation Studies).

Bayyat, M. M., (2009). 'Life Skills through Sports' Evaluation, Save the Children (Evaluation Studies)

2. Books

Manal M. Bayyat (2023), **A Peek into the Peak Performance, Sport Psychology**, Fadaat publication, Amman Jordan.

Manal M. Bayyat & Rahaf Baqleh (2023), **Anxiety- Free Swimming Program**, National Library, Amman, Jordan

ADVISING EXPERIENCE (Graduate studies)

Zainab Abu Muili, (2024), The effect of a concentration program on anxiety level and hit accuracy in fencing sport, Doctoral thesis, School of Sport Sciences, University of Jordan

Ragad Samarah (2024), The role of swimming courses on developing life skills among students at the School of Sport Sciences from their perspective, Master's thesis, School of Sport Sciences, University of Jordan

Sajeda Neimat (2022) The effect of mental skills program on psychological and physiological variables among Muay Thai athletes, Doctoral thesis, School of Sport Sciences, University of Jordan

Rahaf Baqleh,(2023) The Effect of a Competitive Anxiety Management Intervention on Enhancing the Somatic ,Cognitive ,and Psychological Skills for Swimmers of Age Group 12-17 Years, Master's thesis, School of Sport Sciences, University of Jordan

Mohammad Ghassan AlTamimi (December 2019), Psychological Burnout Level of Soccer Players in Al-Manaseer Jordanian Professional League, Master's thesis, School of Physical Education, University of Jordan

Sajeda Neimat (August, 2019), Self-talk and its Application from the Viewpoint of Jordanian National Team Players, Master's thesis, School of Physical Education, University of Jordan.

DEFENCE JURY MEMBER (Graduate studies)

Mustafa K. Al Dughidi (July,2019), The Level of Vividness of Mental Movement Imagery and its Relationship with Mindfulness among Sports Students, Master's thesis, School of Physical Education, University of Jordan.

May Nsour (July,2019), The Level of Implementation of Strategic Planning and its Relation to the Administrative Performance of Jordanian Sports Federations. Master's thesis, School of Physical Education, University of Jordan.

Anas Al Kayeed (December,2019), The Effect of Plyometric Program Training on some Kinematic Variables on lunge of Jordanian Fencers, Master's thesis, School of Physical Education, University of Jordan.

Rama Al Sharkasy (December,2019), The Effect of Learning Gymnastic Skills on Non-Verbal Cognitive Abilities during Childhood, Master's thesis, School of Physical Education, University of Jordan.

Assefa D.Al-Tarawneh, The Level of Psychological Abilities and the Competencies of the Students in the Faculties of Physical Education in the Jordanian Universities and their Relationship with the

Academic Achievement in the Swimming Courses, Master's thesis, School of Sport Sciences, University of Jordan.

Odeh A. El-Faouri (August, 2020), The Effect of Measurement Speed, Reaction Time, and some Kinematic Variables on the Speed and Accuracy of Attack in Youth Fencing, Master's thesis, School of Sport Sciences, University of Jordan.

ACADEMIC and VOLUNTEERING SERVICES

2023 Member of the scientific committee of the Jordan Taekwondoo federation.

2021-now Member of the "Investigating Student Issues Committee/ School of Sport Sciences, The University of Jordan.

2021-now Member of the Electronic Learning Committee/ Sport of Sport Sciences.

2024 Coordinator of digital exams at the School of Sport sciences.

2024 Coordinator of the "Research student groups" between the School of Sport Sciences and the Dean of Scientific research.

2015-2020, 2024 Member of the "Quality Assurance and development Committee/ School of Sport Sciences

2024 Coordinator of digital exams at the School of Sport sciences.

2019-2023 Member of the Disciplinary Committee/ The Jordanian Olympic Committee.

2018-now Supervisor for Graduate students preparing their Master thesis in Sport Psychology.

2018-2024 Member of several Graduate Discussion Committees.

2016-now Member of "Assessing New Students' Physical Abilities" Committee.

2016-now Member of several proposal discussion committees for graduate students.

2019 Member of the "International Accreditation Committee/ School of Physical Education".

2019 Member of "Teaching Plan Committee/ School of Physical Education".

2018 Member of "Student Election Committee/ School of Physical Education".

2018 Member of Updating the Criteria for Students Accepted at School of Physical Education.

2017 Member of "Field Training" Committee.

2017 Member of "Review and Follow up Physical Education Undergraduate Program."

PROFESSIONAL EXPERIENCE

Freelance consultant

2009- 2014

British Council- Jordan,

2011-2014

I conducted the English profile - Jordan,

Life skills training program for English language teachers.

Save the Children – Jordan, Creative and USAID in partnership with the Ministry of Education (MoE)/ Jordan, 2010. "Life Skills through Sports" Program during which I had the chance to...

Develop "Life Skills through Sports" Program ToT Manual.

Develop "Life Skills through Sports" Program Training Sessions' Manual.

Train the NCT of "Life Skills through Sports" Program through several workshops.

Save the Children – Jordan, Creative and USAID, 2009-2010.

Life Skills through Sports" Program (2007 – 2008) - Evaluation Study"

UNICEF in partnership with MoE, 2009.

Life Skills Based Education program (LSBE)" (Evaluation study).

Member of Inspiration of Sports' technical committee - UNICEF & British Council, 2009.

Ministry of Education/ Jordan

1990 - 2009

An Education Supervisor and Capacity Building Trainer/ Department of Educational Supervision and Training/ MoE/ Jordan (2005-2009), during which I accomplished several tasks...

I was the Coordinator Personnel of the "Life Skills Based Education" Program between the Ministry of Education and UNICEF- Jordan, 2007-2009.

Member of the national core team (NCT) of “Life Skills Based Education Program (LSBE)” / MoE / Jordan. In cooperation with UNICEF – Jordan, 2005-2009 through which I had the chance to... Develop (LSBE) framework / MoE, which included the five Strands of (LSBE) and ILOs for all school - age groups.

Conducted *Rapid Needs Assessment (RNA)* for the (LSBE) program, The goal was to gain a better understanding of what the general population of Jordan knows about LSBE as well as to assess the priorities of Jordanian children.

Participate in developing the final framework of (LSBE), which included detailed core, general, and specific outcomes strands.

Participated in developing a Monitoring & Evaluation plan for the (LSBE) training.

Member of the Education Reform for Knowledge Economy (ERfKE) team in corporation with the Curriculum Development and Educational Syllabus Administration through which I had the chance to...

Train Physical Education teachers and supervisors according to (ERfKE 1) teaching strategies and assessment tools / Ministry of Education, Jordan (2005-2009).

Develop Intended Learning Outcomes for Physical Education curriculum for grades 1-12 based on (ERfKE 1) (2007).

Develop Life Skills based Physical Education curricula based on for grades 5,6,7,11,12 (2007-2008).

Develop Life Skills Training Manuals for Physical Education for administrators, educational supervisors and teachers / UNICEF in partnership with MoE (2008).

Develop Life Skills Training Manuals for administrators, educational supervisors and teachers / UNICEF in partnership with MoE (2008).

Developing Physical Education curricula based on ERfKE 1 strategies (2007).

Develop Life Skills Activities Manual / UNICEF in partnership with MoE (2007).

Train teachers, supervisors, administrators and local committees on Life Skills Based Education Programs / Ministry of Education, Jordan (2006-2009).

Train future trainers on Life Skills, curriculum, teaching strategies and assessment tools (ToT) (2005-2008).

Member of the Evaluation Committee of King Abdullah II Award for Physical fitness.

A Physical Education Instructor, I had the chance to...

Teach students at all grade levels 1-12 grades different schools of the Ministry of Education / Jordan (1991-2004).

Coach of several winning school teams, (Basketball, Volleyball, Track and Field, Badminton, Table Tennis and Handball) (1995-2004).

Member of the (MOE) Tender Committee which was responsible to ensure that the sports equipment sold to the Ministry abided by the expected criteria (1997-2000).

A Fencing National Team Player 1985 - 1990. I have been part of the Fencing National Team/ Jordanian Fencing Federation in multiple national and international tournaments. I held the gold medal as Jordan's champion several times.

CONFERENCES

I have participated in multiple educational conferences in Jordan and outside Jordan as Master of Ceremony, researcher and a referee.

The third International Dead Sea Scientific Conference, *Scientific Development in Health and Competitive Sport*, School of Sport Sciences, (April, 2024) University of Jordan

The Third International Conference in Sport Science, (March 2021), University of Jordan, Jordan.

“Remote learning: Need and Effectiveness” Ministry of Education (Dec 2020).

The first virtual International Scientific Conference, “*Women’s Racket Games; Reality and Challenges*” (Nov, 2020), Bagdad, Iraq.

The 5th edition of the UNIMED week, (June, 2020) Brussel.

The Second International Conference of Sport Science “*Challenge of the Change*”, (2017) Dead Sea, I have been member of the organizing committee and the Master of Ceremony at the opening and closure ceremonies.

Integration in Sport Science Conference, Poster Referee, University of Jordan, Amman-Jordan, 2016.

International congress “Sports, Health and Woman”, September 2016, Monastir, Tunisia.

Bayyat, M. M., Hayajneh, A. (2009). The Relation between Professional Pressure and Teacher Burnout of Physical Education Teachers, *Third International Scientific Conference, Faculty of Physical Education, Zagazig University*, Egypt.

Bayyat, M. M., Mismar, B. (2009). The Effect of an Interdisciplinary Approach of Life Skills Based Physical Education Classes on Grades 1-3 Students’ Science Knowledge, Skills and Values, *The Sixth Scientific Conference “Physical Education and Development: A Forward-Looking View Towards the Third Millennium.”* April, 2009, University of Jordan, Jordan,

Hayek, S., Sotari, H., **Bayyat, M. M.** (2008). The Degree of Importance of Life Skills Should be Available in the Faculties of Physical Education Curricula in Jordanian Universities from the Perspective of Students, *First International Scientific Conference “Towards an Active Society for the Development of Health and Performance*, May 2005. The Hashemite University

Hayek, S., Sotari, H., **Bayyat, M. M.** (2008). Analytical study of the seventh grade volleyball classes using ERFKE teaching strategies. *The Role of Faculties, Departments and Institutes of Sport Education in the Development of Arab Sports Conference*, University of Jordan.

WORKSHOPS AND TRAINING

2020-2024

“**Applications of the strategic and executive plan at the University of Jordan**”, School of Sport Sciences, / University of Jordan, Nov, 2024. (certified).

“**Evaluating student learning and monitoring grades**”, Accreditation and Quality Assurance Center/ University of Jordan, May, 2024. (certified).

" **Course File System**”, Center for Excellence in Learning and Teaching/ University of Jordan, May, 2024. (certified).

“**Course File System**”, School of Sport Sciences/ University of Jordan, May, 2024. (certified).

“**Executive plan**” (Online), Accreditation and Quality Assurance Center/ University of Jordan, Mar, 2021. (certified).

“**Course File System: Its Requirements, Procedures, and Quality Assurance**”, Center for Excellence in Learning and Teaching/ University of Jordan, Jan, 2024. (certified).

“**Learning Outcomes**”, Center for Excellence in Learning and Teaching/ University of Jordan, Jan, 2024. (certified).

“**Moodle e-Learning Platform (Basic)- Part1**”, Center for Excellence in Learning and Teaching/ University of Jordan, Mar, 2024. (certified).

“**Managing E-Learning Courses on Moodle Platform**” (Online), Accreditation and Quality Assurance Center/ University of Jordan, Oct, 2021. (certified).

“Blended Learning: Forms and Applications” (Online), Accreditation and Quality Assurance Center/ University of Jordan, Oct, 2021. (certified).

"Using MCQs to Test Higher Order Thinking Skills" Accreditation and Quality Assurance Center/ University of Jordan, Mars, 2021. (certified).

“How to make Quiz in Moodle”, Accreditation and Quality Assurance Center/ University of Jordan, April, 2020. (certified).

“How to Publish in "Scopus” (Online), Accreditation and Quality Assurance Center/ University of Jordan, May, 2020. (certified).

“SPSS”, Accreditation and Quality Assurance Center/ University of Jordan, Jan, 2020. (certified).

“Applying Microsoft teams for better remote teaching” (Online), Center for Excellence in Learning and Teaching/ University of Jordan, April, 2020. (certified).

“How to make Quiz in Moodle”, Accreditation and Quality Assurance Center/ University of Jordan, April, 2020. (certified).

2005-2019

"Using MCQs to Test Higher Order Thinking Skills" Accreditation and Quality Assurance Center/ University of Jordan, July, 2019. (certified).

“MOOC”, American Embassy/ University of Jordan, July, 2019 (certified).

“Clickers”, Accreditation and Quality Assurance Center/ University of Jordan, October 2018 (certified).

“Camtasia Studio 9”, Accreditation and Quality Assurance Center/ University of Jordan, April 2018 (certified).

“Using Latex for Research Papers”, Accreditation and Quality Assurance Center/ University of Jordan, March 2018 (certified).

“E-Learning (Moodle) in Education”, School of King Abdullah II For Information and Technology/ University of Jordan, December 2017 (certified).

“E-Learning at the University of Jordan”, School of King Abdullah II For Information and Technology/ University of Jordan, August 2017 (certified).

“SPSS (Data Entry, Descriptive and analytic statistics)”, Accreditation and Quality Assurance Center/ University of Jordan, May 2016 (certified).

Pre- conference workshop dead sea Germany.

“The Effective Use of Websites for Academic Staff”, Accreditation and Quality Assurance Center/ University of Jordan, April 2016 (certified).

“How to get published author workshop”, Taylor and Francis, Main Library/ University of Jordan, February 2016 (certified).

“Springer Author Workshop”, Main Library/ University of Jordan, November 2015 (certified).

“SPSS (Data Entry, Descriptive and analytic statistics)”, DAAD/ University of Jordan, 2015 (certified).

“New Academic Teaching Staff Members Training,” Accreditation and Quality Assurance Center/ University of Jordan, December 2015 (certified).

“Preparation of Training Packages -PTP” training course, 20 hours, Canadian Global Center, February 2009.

“Life Skills Based Education” training program, 160 training hours, UNICEF/MOE, 2005- 2008.

REFERENCES

Hashem Kilani, Prof.

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Bassam Mismar, Prof.

b.mismar@ju.edu.jo

Aida Awamleh, Prof.

aida.awamleh@ju.edu.jo