



# Samira Moh'd Orabi Ahmad, PhD

Email	Address	Mobile
s.orabi@ju.edu.jo samiraorabi@yahoo.com	Amman- Jordan	+962795982276

## Personal Data

- **BirthDate** 6-12-1955
- **Nationality** Jordanian\Egyptian
- **Status** Married

## Languages

- **Arabic : Native**
- **English : Excellent**

## Awards

- Distinct Research Award 2008 Their Highness Prince Faisal Bin Fahd International Award in Arabic Sport Development Research

## Personal Skills

- Learedship
- Administrative skills and experience in assuming management tasks.
- Communication skills and the ability to work efficiently and effectively in large groups.
- Familiarity with the human resources and administrative and financial procedures of the college as well.
- High organization skills.
- Good persuasion skills

## Profile

Ambitious, I seek to develop my knowledge constantly. I participated in many conferences in the various fields of sports and physical education. I supervised many studies and research for doctoral and master's students. I taught various sports courses at the university levels. I have published many researches and studies in various Arab and foreign journals.

## Experience

2018 - 2021	Faculty of Physical Education University of Jordan <b>Vice Dean</b>
2002 - Present	Health and Recreation Dpt. Faculty of Physical Education University of Jordan <b>Professor</b>
2016 - 2017	Health and Recreation Dpt. Faculty of Physical Education University of Jordan <b>Head of Department</b>
2013 - 2014	Training and Sport Games Dpt. Faculty of Physical Education Yarmouk University <b>Professor</b>
2008 - 2009	Faculty of Physical Fitness and Sport Science The Hashemite University <b>Professor</b>
2001 - 2002	Training and Sport Games Dpt. Faculty of Physical Education Yarmouk University <b>Associate Professor</b>
1999 - 2001	Health and Recreation Dpt. Faculty of Physical Education University of Jordan <b>Head of Department</b>
1996 - 1997	Health and Recreation Dpt. Faculty of Physical Education University of Jordan <b>Associate Professor</b>
1995 - 1996	Practical Physical Education Dpt. Faculty of Physical Education University of Jordan <b>Associate Professor</b>

- Administrative experience in the affairs of higher education and the administration of college affairs.
- Experience in communicating with other scientific and professional institutes and universities, in Addition to companies, institutions and associations.
- Excellent speaking skills
- Ingenuity, experience and efficiency in scientific research
- Cooperational
- Decision-maker
- Achieving goals
- Solving problems

## References

- Mohammed Khair Mamser, PhD, Retired Former Minister of Social Development, Former Minister of Youth Former Professor and Dean Faculty of Physical Education, University of Jordan – Jordan +962795533953
- Sari Hamdan Ghnaimeh, PhD, President President of Al-Ahliyya Amman University Former Professor Dean Faculty of Physical Education, University of Jordan – Jordan +962795567740 sariahamdan@hotmail.com

- ✓ 1990 – 1995 Faculty of Physical Education University of Jordan  
**Assistant Professor**
- ✓ 1988 – 1990 Aquatic and Dueling Sports Dpt. Physical Education College Females University of Zagazig  
**Assistant Professor**
- ✓ 1987 – 1988 Aquatic and Dueling Sports Dpt. Physical Education College Females University of Zagazig  
**Assistant Teacher**
- ✓ 1983 – 1987 Aquatic and Dueling Sports Dpt. Faculty of Physical Education - Girls University of Helwan  
**Assistant Teacher**
- ✓ 1979 – 1983 Aquatic and Dueling Sports Dpt. Faculty of Physical Education - Girls University of Helwan  
**Research Assistant**

## Education

- Doctor of Philosophy in Physical Education Physical Education College Females Exercise Physiology in Swimming
  - “The Effect of a Proposed Training Program on LDH Enzyme Activity for Young Swimmers”**1988| Zagazig University, Cairo - Egypt**
- Master’s in Sports Training Faculty of Physical Education – Girls
  - “A Study on The Effect of Different Training Methods for Improving the Speed of the Front Crawl Stroke”**1983 | Helwan University, Cairo - Egypt**
- Bachelor’s in Physical Education Faculty of Physical Education – Girls
  - Top-ranking student**1978 | Helwan University, Cairo - Egypt**

## Other Experience

- **Research and Studies Reviewer for Promotion**
  - Field of Physical Education Multiple universities in the Arab World
- **Scientific Research Evaluator**
  - For promotion purposes in multiple scientific magazines Arab World
- **Member**
  - Postgraduate Education Committee Faculty of Physical Education University of Jordan
- **Member and Evaluator**
  - School Books Curriculum Revision Team Ministry of Education – Jordan

- **Head of Women and Sports Committee 2012-2013**
  - Jordan Olympic Committee
- **Member 2011-2012**
  - 'The international Council for Health, Physical Education, Recreation, Sport, and Dance (ICHPER.SD)
- **Marketing Committee Member 2010**
  - The Sport Association of Arab Women
- **Chairman of Secretary Committee 2010**
  - Creative Sports Conference Jordan
- **Member 2005-2006**
  - University of Jordan Council
- **Lecturer and Coach**
  - Aerobic and Aqua-aerobic Dance University of Jordan
- **Member**
  - National Noncommunal Diseases Prevention Committee Ministry of Health
- **Former President of Female Committee**
  - Jordan Weightlifting Federation
- **Faculty of Physical Education Council and Committees Member**
  - University of Jordan
- **Life guard License Committee Member and Life guard Coach**
  - Jordanian Center for Coaching and Youth Leaders The Higher Council of Youth and Sport
- **Former Vice President**
  - Sports for Everyone Association
- **Former Head of Swimming Dpt.**
  - Jordan Paralympic Committee
- **Scientific Committee Determinant**
  - The Third International Conference Faculty of Physical Education, University of Jordan
- **Former Scientific Committee Member**
  - The Sport Association of Arab Women
- **Scientific Committee Member**
  - The Jordanian Society for the Care of Diabetes
- **Head of Women and Sports Committee 1999-2001**
  - Jordan Olympic Committee
- **Conference Preparations Committee Member**
  - Faculty of Physical Education University of Jordan
- **Former Technical Committee Member**
  - Jordan Swimming Federation
- **Swimming Trainer and Coach 1990**
  - Community Service Program University of Jordan
- **Training Swimming Coaches for Special Needs**
  - Jordan Paralympic Committee
- **Exercise Physiology Lecturer**
  - Jordanian Center for Coaching and Youth Leaders

- **Life guard Coach**
  - Jordanian Center for Coaching and Youth Leaders
- **Swimming Judge Lecturer and Coach**
  - Jordan Swimming Federation
- **Swimming Trainer and Coach 1979–1983**
  - Swimming Program for Students in Summer Ministry of Education – Kuwait

---

## Training & Courses

---

- Life guarding.
- Swimming Referee, Egyptian Swimming Federation.
- Teaching Water Ballet, Synchronized Swimming.
- First Aid.
- Supervising Wild Camps, Arab Republic of Egypt.
- Classifying athletes with disabilities in “Powerlifting”.
- Classifying athletes with disabilities in “Swimming”.
- Powerlifting Referee.
- “Applying Software Programs in Human Movement Analysis and Athletics Performance” Workshop

---

## Teaching Experience

---

- **Undergraduate Courses**
  - Swimming (Premium, Intermediate and advanced courses).
  - Gymnastics for females (Premium, Intermediate and advanced courses).
  - Rhythmic Dance
  - Sports Training
  - Exercise Physiology
  - Fundamentals of Scientific Research
  - Nutrition and Sports Performance
  - Sports and Health
  - Field Training
  - Aerobic and Anaerobic Exercise
  - Aerobics
- **Master’s Courses**
  - Physical Fitness Programs
  - Seminar
  - Exercise Physiology
  - Scientific Research Methodologies
- **PhD Courses**
  - Exercise Physiology and Physical Performance
  - Contemporary Issues in Physical Education
  - Topics in Teaching Methods of Physical Education
  - Curriculum and Programs Design in Physical Education

---

## Publications

---

- (2022) (Assessment of some physical abilities of the Jordanian national team swimmers). Journal of Sports Science Applications. Vol 08, No 111, March 2022, Page 56-70 (Nabil Muslim Muhammad Al-Rousan; Samira Muhammad Orabi; Basma Musa Jaber; Hashem Adnan Al-Kilani)

- Identifying Motives of Sport Participation from The Perspective of Self – Determination Theory Gender Differences, *Dirasat: Educational Science*, In Press, 2019.
- The effect of applying the blended learning approach on the development of life skills among students of the Faculty of Physical Education at the University of Jordan. Accepted for publication in the *Jordanian Educational Journal*, 2019.
- The level of life skills in practical courses among students of the Faculty of Sports Sciences at the Arab American University, accepted for publication in *An-Najah University Journal for Research*, Volume 34, Issue (8). 2019
- Attitudes of security sciences students at Al-Istiqlal University towards learning to swim, accepted for publication in *An-Najah University Journal for Research*, Volume 34, Issue (9). 2018
- **S Orabi** (2017). *Swimming Learning-Training-Organizing*. Dar Amjad For Publishing and Distribution.
- N Abdelsalam, **S Orabi** (2016). The Effect of a Rehabilitating and Training Program on Some Physiological and Psychological Variables on Women who Suffer from Knee Pain. "Integration in Sport Science" Faculty of Education University of Jordan Conference; Vol. 1.
- J Mazahreh, **S Orabi**, A Alawamleh (2016). The Effectiveness of a Creative Machine on Teaching and Developing a Pommel Horse Double Leg Circle and Some Physical Abilities Upon Junior's Gymnastic Players. *DRASSA: Journal of Development and Research for Sport Science Activities*; Vol. 382.
- M Bayat, **S Orabi**, M Abu Altaieb, (2016). Life Skills Acquired in Relation to Teaching Methods Used Through Swimming Context. *Canadian Center of Science and Education, Asian Social Science*; Vol. 12, No. 6.
- G Amiereh, **S Orabi** (2016). The Effect of Rhythmic Resistance Styles on Bone Density and Selected Physical, Physiological Variables for Jordanian Women Aged (40 -50). Fourth Scientific International Forum: Sport and Health Practices Cultural Impact on Society, *Universite de Bouira*.
- E Serdah, **S Orabi** (2014). The Effect of a Proposed Aerobic Training Program on Components of Health-Related Fitness for Youth: A Comparative Study between the Dry-land and Water Environments. The International Conference of Sport Science "Challenge of Change" (ICSSCC), Dead Sea; Vol. 2.
- **S Orabi**, H Al Damiri (2014). The Effect of Aqua Aerobic Exercise on Some Anthropometrical, And Physiological Variables upon Women with Diabetic Type II in Jordan. *Dirasat, Refereed Research Journal, Educational Sciences*; Vol. 41, No. 1.
- OS Hindawi, **S Orabi**, J Al Arjan (2013). Professionalism from the Perspective of Players and Workers in the Area of Wheelchair Basketball Game in the Arab World. *Dirasat, Refereed Research Journal, Educational Sciences*; Vol. 40, No. 2
- OS Hindawi, **S Orabi**, J Al Arjan, LW Judge, M Cottingham, DM Bellar, (2013). Offensive Tactical Thinking Level of Wheelchair Basketball Players in Arab countries. *European journal of Sport Science* 13 (6), 622-629.

- T Dabayebbeh, **S Orabi**, M Tarawneh, (2012). Physiological and Mechanical Exercise Intensity Determination Based on Perceived Exertion. Jordan Medical Journal, Vol. 46, No.4.
- **S Orabi**, M Dababseh, (2011). The Effect of a Learning Program for some Swimming Skills on Reducing the Pain Level among Lower Back Pain Patients. An-Najah University Journal for Research 25 (8), 2091-2134.
- W Al-Rahahleh, **S Orabi** (2010). Innovative Classification for the Physical Fitness Level of the Students of Faculty of Physical Education at the University of Jordan According to Badge (Gold, Silver, and Bronze). Creative Sports Conference
- M Abu Mohammad, **S Orabi** (2009). The Effect of Cold-Water Immersion and Cold-Water Intake on some Physiological Responses and Endurance Time in a Hot Environment. Dirasat, Refereed Research Journal, Educational Sciences; Vol. 36
- M Abu Mohammad, **S Orabi** (2009). The Effect of Cold-Water Immersion between 2 sessions of Running in a Hot Environment on some Physiological Responses and Running Time in the Second Session. Dirasat, Refereed Research Journal, Educational Sciences; Vol. 36
- H Al-Sabban, **S Orabi** (2009). The Effect of a Proposed Sport Program on Some Sociobiological Variables Upon Juvenile Delinquents. The Role of Sport in Facing Crime Conference, Dubai
- Z Illawi, **S Orabi** (2009). The Effect of Plyometric Training on Physical and Biomechanical Variables and Spike for Volleyball Players. A Future Vision for Physical Culture Conference, Yarmouk University; Vol. 1.
- E Maghairah. **S Orabi** (2007). The Effect of Digesting Carbohydrates before performing on Achievements and the Biochemical, Physiological, and Biomechanical Variables on Long-Distance Runners. Association of Physical Education Faculties, Departments and Institutes in the Arab World Conference, University of Jordan.
- **S Orabi**, T Jarrar (2006). The Effect of Information Communication Technology Based on Knowledge Economy on Swimming Teaching Output for Physical Education Students at the University of Jordan. Sport Science in a Dynamic World Conference, University of Jordan.
- M Harb, **S Orabi** (2005). The Effect of Suggested Swimming Teaching Program for Children from (4-5) Years Old on Some Kinesthetic Perception Variables. Scientific Conference, University of Mostaganem.
- L Al-Kilani, **S Orabi** (2004). The Effect of a Training Program to Reduce Sever Asthma in Children in Jordan. Scientific Conference, Physical Education College Females, Zagazig University.
- **S Orabi**, A Bandak, (2003). The Relationship Between Menstruation and Selected Physical and Physiological Variables Among Female Adolescents in Jordan. Dirasat, Refereed Research Journal, Educational Sciences, VO.30 NO.1.
- **S Orabi**, (2002). Women's Participation in Different Sport Sectors in Jordan: Gender Differences. International Gender differences in human movement with special reference to education, IUSM. ISTITUTO DI SCIENZE MOTORE. Roma.
- **S Orabi** (2002). A Comparative Study on Swimming Practicing and Non-practicing Jordanian Women on Some Physiological Variables

According to Age Groups. Dirasat, Refereed Research Journal, Educational Sciences; Vol. 29, No. 2.

- M Elayyan, **S Orabi** (2002). The Effect of a Proposed Swimming Program on the Level of Some Kinesthetic Variables for the Physically Handicapped. Sport: Science and Art Journal, Faculty of Physical Education Girls, Helwan University; Vol. 16. No. 1
- **S Orabi** (2001). Physical Fitness Differences According to the Contrast in Fat Percentage on Jordanian Girls. Faculty of Physical Education Males Journal, Helwan University; Vol. 36.
- **S Orabi**, W Deeb (1997). Physiological and Biochemical Responses for Isokinetic Contraction. Physical Education and Sport Scientific Journal, Issued for "A Future Vision for School Sports" Conference, Helwan University.
- GH Al-Keilani, **S Orabi** (1996). The Effects of Proposed Exercise Training Program on Selected Physiological Variables in Swimming. Dirasat, Refereed Research Journal, Educational Sciences; Issued for the third Scientific Conference of the Faculty of Physical Education, University of Jordan.
- **S Orabi** (1996). The Respiratory Efficiency of Female Primary Education Students in Jordan – A Study Between Practicing and Non-practicing Swimmers. Dirasat, Refereed Research Journal, Educational Sciences; Issued for the third Scientific Conference of the Faculty of Physical Education, University of Jordan.
- **S Orabi**, A Bandak (1995). The Effect of Two Programs in Swimming and Art on the Self-Concept of Female Primary Education Students in Jordan. Sport: Science and Art Journal, Faculty of Physical Education Males, Helwan University; Vol. 7. No. 2-3.
- **S Orabi**, H Abualruz, J Abualruz (1995). The Relationship Between the Professional Swimming Level and some Kinesthetic Variables. Faculty of Physical Education Males Journal, Helwan University; Issued for the International Scientific Conference of Human Development and Sport Economics.
- **S Orabi**, W Almardini (1995). The Effect of Warming-Up on the Performance Time of Front Crawl Stroke. Mutah for Researches and Studies, Vol. 10, No. 5.
- **S Orabi** (1995). Constructing Percentiles Norms to Evaluate the Levels of Swimming for Female Students at the Faculty of Physical Education in the University of Jordan. Faculty of Physical Education Males Journal, Helwan University; No. 20.
- **S Orabi**, B Mismar (1994). A Proposed Program to Teach Basic Swimming Skills for Beginners from 7-14 Years Old. Dirasat, Refereed Research Journal, Educational Sciences; Issued for the second Scientific Conference of the Faculty of Physical Education, University of Jordan.
- **S Orabi** (1993). The Effect of Aquatic Exercises on Some Vital Capacity Measurements for Female Primary Education Students in Jordan. Faculty of Physical Education Journal, University of Alexandria, Issued for the first Scientific Conference for Gymnastics and Exercises Department
- I Tawfiq, **S Orabi** (1991). The Direction Towards Swimming and its Relation to the Academic Achievements in the Swimming Subject. Sport Science Journal, Faculty of Physical Education, Minya University; Vol. 4, No. 7.

## Scientific Conferences Attended

---

- **Sport and Health Science 2017**
  - The Second International Conference of Sport Science “Challenge of the Change”, Faculty of Physical Education – University of Jordan, Jordan
- **Poster Referee 2016**
  - Integration in Sport Science Conference Faculty of Physical Education – University of Jordan, Jordan
- **Golden Jubilee in Sport Psychology in 2016**
  - Egypt and the Arab World Faculty of Physical Education – Girls, Helwan University, Egypt
- **A Shared Arabic Vision 2014**
  - Third International Creative Sports Conference Faculty of Physical Education – Girls, Helwan University, Egypt
- **Challenges of Change 2014**
  - International Conference for Sport Science Faculty of Physical Education – University of Jordan, Jordan
- **Sport Technology 2013**
  - Fifth Conference of ICHPER.SD
- **Creative Sports Conference 2010**
  - Faculty of Physical Education – University of Jordan, Jordan In partnership with Mohammed Bin Rashid Al Maktoum Creative Sports Award
- **The Role of Sport in Facing Crime 2009**
  - Dubai, United Arab Emirates
- **A Future Vision for Physical Culture 2009**
  - Faculty of Physical Education – Yarmouk University, Jordan
- **Towards an Active Society in Health and Performance Development 2008**
  - Faculty of Physical Fitness and Sport Science The Hashemite University – Zarqa, Jordan
- **Association of Physical Education Faculties, Departments and Institutes in the Arab World 2007**
  - Faculty of Physical Education – University of Jordan, Jordan
- **Sport Science in a Dynamic World 2006**
  - Faculty of Physical Education – University of Jordan, Jordan
- **Scientific Conference 2005**
  - University of Mostaganem – Oran, Algeria
- **Scientific Conference 2004**
  - Physical Education College Females – Zagazig, Egypt
- **Sport as a Model for Contemporary Lifestyle 2003**
  - Faculty of Physical Education – University of Jordan, Jordan
- **Gender Differences in Human Movement With Special Reference to Education 2001**
  - Istituto Di Scienze Motore – Rome, Italy
- **Women Sports and Futurology on Impact and Influence 1999**
  - Faculty of Physical Education for Females – Alexandria, Egypt



- **Sports and the Challenges of Twenty First Century 1997**
  - Faculty of Physical Education for Males – Cairo, Egypt
- **A Future Vision for School Sports 1993**
  - Faculty of Physical Education – University of Jordan, Jordan
- **The First Exercise and Gymnastics Conference 1993**
  - Faculty of Physical Education – Alexandria, Egypt
- **The Second Jordan Sport Medicine Federation Conference 1992**
  - **Ma'in, Jordan**
- **Physical Education's Role in Solving Contemporary Issues 1990**
  - **Physical Education College Females – Zagazig, Egypt**
- **Physical Education and Championships 1987**
  - **Faculty of Physical Education for Females – Cairo, Egypt**
- **Sport for Everyone in Developing Countries 1985**
  - Faculty of Physical Education for Males – Cairo, Egypt
- **Sports and Women 1982**
  - Faculty of Physical Education for Females – Alexandria, Egypt
- **Physical Education and Sport Awareness 1980/1982**
  - Faculty of Physical Education for Males – Alexandria, Egypt

---

## Doctoral Dissertation Committees

- **Basma Jaber 2022**
  - Building A Proposed Strategy For The Development Of Competitive Swimming In Jordan
- **Musallam Al-Rousan 2022**
  - The Relationship Of Some Physiological, Physical, And The Level Of Performance For Swimmers And Athletics
- **Eman Ibrahim 2021**
  - The Effect Of Aerobic And Anaerobic Training Programs (HIIT) On Some Physiological And Physical Variables For Female Secondary School Students
- **Iyad Mustafa Kasasbeh / 2020**
  - The effect of a proposed training program using added weights on some special requirements related to achievement in the 100-200-meter freestyle swimming
- **Raed Rafie Batayneh/2020**
  - The effect of a proposed training program on some physiological and physical variables and the digital level of 50m freestyle swimming (belly crawling) among students of the Faculty of Physical Education at Yarmouk University.
- **Asefah Theeb Tarawneh / 2020**
  - The level of psychological abilities and teaching competencies among students of the faculties of physical education in Jordanian universities and their relationship to academic achievement in swimming courses.
- **Rasha Rashad Musameh / 2019**
  - The relationship of anthropometric measurements and some physical abilities to the level of skillful performance in some types of swimming among female physical education students at Palestine Technical University Kadoorie

- **Ismail Ahmed Zakarneh/2019**
  - The effect of using Keeler's strategy on teaching the belly and back crawl swimmers and developing some life skills among military sports diploma students at Al-Istiqlal University - Palestine
- **Mahmoud Musa Al-Naimat/2019**
  - The effect of high-intensity interval training (HIIT) on some physical and physiological variables and the digital level of junior runners (200m, 400m)
- **Safi Nour Abdel Aziz Abaza / 2018**
  - The effect of blended learning on teaching swimming and some life skills
- **Mohammad Younis Qawareq / 2018**
  - The effect of using some educational media and life skills on the development of basic skills in gymnastics and exercises for students of the Department of Sports Sciences at the Arab American University
- **Maha Mounir Ayoub / 2018**
  - "The training competencies required for swimming trainers accredited by the Youth Leadership Preparation Center"
- **Ahmed Abdel Wahab Akour / 2016**
  - The effect of ballistic training on improving some physiological, physical and skill variables for some team and individual games among students of specialization in the Faculty of Physical Education, Yarmouk University.
- **Asma Ismail Abu Arida / 2016**
  - Building a 50-meter swimming model using an artificial neural network for physiological, kinematic and anthropometric variables.
- **Nadwa Darabseh 2016**
  - The Effect of a Proposed Sports Program on Enhancing Health-Related Physical Fitness Components and Motor and Emotional Abilities to Train Imbalance Cerebral Palsy Patients
- **Yasir Alwreikat 2015**
  - Aerobic Exercises and Their Effects on Some Physiological, Psychological, and Physical Variables for Psychological Disorder Patients
- **Mohammad Dababseh 2014**
  - Effect of Using New Technique in Providing Immediate Feedback to Teach Basic Skills in Swimming and Reduce the Degree of Fear of Water Among the Student of Faculty of Physical Education at the University of Jordan
- **Ibrahim Khaddam 2010**
  - The Effect of a Physical Activity Program by Utilizing Music and Songs and Motor Skills Development Among Children with Autism
- **Ziad Masa'ad 2010**
  - The Effect of Land and Aqueous Aerobic Exercises on Some Physiological, Anthropological, and Physical Variables for Female Breast Cancer Patients in Jordan
- **Tamer Jarrar 2010**
  - The Effect of Information Communication Technology Based on Knowledge Economy on Swimming Teaching Output for Physical Education Students at the University of Jordan

- **Falih Abu Eid 2008**
  - The Effect of a Learning Program for Basic Skills in Swimming on Cognitive Sense Perception Variables for Blind Individuals
- **Hadi Al-Sabban 2008**
  - The Effect of a Various Physical Activities on Some Biological Variables Pertaining to Juvenile Delinquents at Care's Institutions in Jordan
- **Yahya Al-Maitami 2008**
  - The Effect of a Mixed Training Program (Land and Aqueous Mediums) to Improve the Level of Some Physical Fitness Aspects and Some Functional Variables for Deaf Football Players
- **Majdolin Obeidat 2008**
  - The Effect of Using Endurance Training for Developing the Levels of Performance for Some Technical Gymnastics Skills for Females
- **Zaid Illawi 2008**
  - The Effect of Plyometric Training on Physical and Biomechanical Variables and Spike for Volleyball Players
- **Mohammad Al-Fayiz 2008**
  - Effect of Cooling Systems Dunning in a Hot Environment on Some Physiological Responses and Performance Time
- **Awatif Al-Rubeian 2007**
  - The Effect of a Varied Sport Program (Games-Contests-Drama) on Some Motor Abilities Upon Children with Learning Disabilities
- **Mohammad Milhem 2007**
  - The Effect of an Aerobic and Relaxation Program Accompanied by Music on Motor and Emotional Abilities and Physiological Variables for Mentally Challenged Individuals
- **Khairi Alsababha 2006**
  - The Effectiveness of Proposed Teaching Program by Utilizing Selected Teaching Styles Upon Some Gymnastic Skills and Its Reflection on Some Relative Aspects
- **Eyad Maghairah 2006**
  - The Effect of Digesting Carbohydrates before performing on Achievements and the Biochemical, Physiological, and Biomechanical Variables on Long-Distance Runners
- **Jaafar Alarjan 2005**
  - The Relation of Health-Related Physical Fitness on Blood Fat in (12-15) Year-Old Children
- **Ziad Liftah 2001**
  - The Effect of Regular Jogging with the Presence of Chest Weight and without on High Blood Pressure

---

## Master's Thesis Committees

---

- **Naglaa Muhammad Haddada / 2016**
  - The effect of a rehabilitation program for water exercises and motor behavior on improving postural awareness and some motor abilities and correcting some postural deviations among basic stage students in Jordan.

- **Hanan Al-Esawi 2016**
  - The Effect of Different Exercises Program to Develop the Elements of Fitness for the King Abdullah the Second Award
- **Basma Jaber 2015**
  - The Effect of a Suggested Basic Swimming Skills Program on the Perceptual-Motor Abilities and Creative Abilities of the Preschool Children
- **Zeikra Alawamleh 2015**
  - The Extent of Application of Public Health and Safety Standards in Swimming Courses in Jordanian Universities
- **Noor Al-Issa 2015**
  - The Effect of Palm Cooling Device Core Control (AVA) on Some Physiological Recovery Response and Performance in Swimmers
- **Deena Al-Zyat 2015**
  - The Effects of Aerobics Exercises Types in Enhancing Health-Related Physical Fitness Level Upon (40 – 50 Years of Age) Women – Comparative Study
- **Ghadeer Amiereh 2014**
  - The Effect of Rhythmic Resistance Styles on Bone Density and Selected Physical, Physiological Variables for Jordanian Women Aged (40 -50)
- **Areej Sayyid 2014**
  - The Effect of Proposed Training Program for Breast-Stroke Supported with Sensory-Kinesthetic Perception for Novices Female Students
- **Jad Mazahreh 2012**
  - The Effectiveness of a Creative Machine on Teaching and Developing a Pommel Horse Double Leg Circle and Some Physical Abilities Upon Junior's Gymnastic Players
- **Tasneem Abu Karaki 2011**
  - The Effect of a Proposed Program of Water Exercise on Physical Fitness Elements Related to the Health and Some Physical and Physiological Variables of Overweight Ladies
- **Heba Al Damiri 2011**
  - The Effect of Aqua Aerobic Exercise on Some Anthropometrical, Physical, and Physiological Variables Upon Diabetic Woman in Jordan
- **Mohammad Dababseh 2010**
  - The Effect of a Learning Program for Some Swimming Skills on Reducing the Pain Level Among Lower Backpain Patients
- **Samah Al-Ajrab 2010**
  - The Effect of a Proposed Training Program on Some Psycho-Biological and Anthropometrical Variables Upon a Category of Jordanian Women with Depression
- **Amal Al-Hamad 2008**
  - The Impact of Weight Lifting and Plyometric Programs on Strength and Potential Power on Some of The Floor Skills
- **Khaled Hashhoush 2007**
  - The Effect of Teaching Breast Swimming Using Computer Software Program on Skill Performance Level for Male Students at Physical Education in University of Jordan

- **Iman Jabr 2006**
  - The Effect of Using Computer Assisted Program on Cognitive and Skill Performance Levels Pertaining Butterfly Stroke Learning for Female Physical Education Students in the University of Jordan
- **Walid Al Sababha 2006**
  - The Effect of Proposed Style for Inhalation in Butterfly Swimming on the Center of Gravity and Some Kinematics Variables
- **Ghaid Obeidat 2006**
  - The Effect of Learning Swimming by Using Special Means to Overcome Fear and Anxiety of Female Students in the Faculty of Physical Education at Yarmouk University
- **Rawan Banna 2006**
  - The Effect of a Proposed Program of Aquatic Games on Improving Some Behavioral, Skillful & Cognitive Factors for Children (6-8) Years in Amman
- **Eman Al Jabiri 2005**
  - The Effect of Swimming to Reduce Sever Asthma in Children in Jordan
- **Emad Serdah 2005**
  - The Effect of a Proposed Aerobic Training Program on Components of Health-Related Fitness for Youth: A Comparative Study between the Dry-land and Water Environments
- **Tamer Jarrar 2005**
  - The Effect of a Suggested Learning Swimming Program on Self Concept and Level Performance Among Participation in Learning Swimming Courses at Faculty of Physical Education in the University of Jordan
- **Mariam Harb 2004**
  - The Effect of Suggested Swimming Teaching Program for Children from (4-5) Years Old on Some Kinesthetic Perception Variables
- **Ahmad Daqqah 2003**
  - A Comparison Study on the Effect of Two Aerobic Programs (Free and with Using Appliances) on Some Physical and Physiological Variables to Those who are Overweight
- **Samah Shakhtour 2002**
  - The Effect of Rhythmic Dance on Health-Related Physical Fitness and Some Morphological Measurements
- **Ghadeer Haddadin 2001**
  - The Impact of Water Exercise Programme on Reliving Patellofemoral Pain Syndrome
- **Ibrahim Al-Khaddam 2001**
  - The Effect of a Proposed Training Programme on Some Fitness Factors a Comparative Study Between the Dry Land & Water Environment
- **Manal Banat 2001**
  - The Effectiveness of Biological Differences Between Genders on Swimming Performance Capabilities
- **Mohammed Elayyan 2000**
  - The Effect of a Proposed Swimming Program on the Level of Some Kinesthetic Variables for the Physically Handicapped
- **Enas Hitryea 1999**
  - Health Behavior for Swimmers Who Participated in the Ninth Pan-Arab Games

- **Ziad Masa'd 1999**
  - The Effect of Proposed Training Program on Some Physiological and Skillful Variables of the Taekwondo Players
- **Mwaffaq Mufarraj 1999**
  - The Effect of a Proposed Training Program According to Dynamic Rhythm on the Digital Level and Some Physiological Variables for Swimmers
- **Anmar Al-Doulaee 1999**
  - Kidney Physiologic Responses for Junior Iraqi Swimmers
- **Abeer Al-Ouri 1998**
  - The Effect of a Suggested Training Program on Improving the Level of Health-Related Physical Fitness Component and Other Physiological Variables Related to Menstrual Cycle
- **Laila Al-Kilani 1997**
  - The Effect of a Proposed Training Program to Reduce Severe Asthma in Children in Jordan
- **Rana Al-Fahoum 1997**
  - Factor Analysis of Special Body Abilities for Young Swimmers in Jordan
- **Ghada Kassawneh 1997**
  - The Effect of Rhythm on Teaching Some Floor Movement in Women Gymnastic
- **Hanady Al-Khayyatt 1997**
  - The Effect of Aerobic Exercise Program on the Adjustment of Blood Sugar Level for Diabetic Patients
- **Ali Al-Nawwas 1996**
  - The Relationship Between Certain Physical and Biochemical Coefficients and the Performance Record of Junior Swimmers in Jordan
- **Wisal Rabadi 1996**
  - The Effect of Visual Feedback on Teaching of Breast Stroke Swimming
- **Manar Salameh 1995**
  - The Effect of a Proposed Aerobic Training Programme on Physiological & Anthropometric Variables – A Comparative Study Between the Dry-land & Water Environments
- **Seham Nimat 1995**
  - The Relationship Between Kinesthetic Variables and Skill Performance Level of Selected Women Gymnastic Events for Female Physical Education Students at the University of Jordan
- **Waleed Deeb 1994**
  - Physiological & Biochemical Responses for Isokinetic Contraction
- **Ghazi Al-Keilani 1992**
  - The Effects of Proposed Exercise Training Program on Selected Physiological Variables in Swimming