



Mona Mosatafa Abdo Sakoury

Lecturer

Personal Data

Nationality | Egyptian

Date of Birth | 3/8/1382

Department: Public courses

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Office Phone No. | 32273

Language Proficiency

Language	Read	Write	Speak
Arabic	●	●	●
English	●	●	●
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2011	PHD	ALEX UNV- Egypt	ALEXANDRIA
2007	Master	ALEX UNV- Egypt	ALEXANDRIA
2003	BA	ALEX UNV - Egypt	ALEXANDRIA

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

PhD	The Effectiveness of the Program for Resistance Exercise with Soybeans protein to the Bone Mass Density on women
Master	Nutritional status of mentally disabled athletes Sunni phase of the 12-18-year study in Alexandria

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Assistant Professor	College of Applied Studies and Community Service University of Dammam	2015
Teacher	Faculty of Physical education- Girls University of Alexandria	2011
assistant teacher	Faculty of Physical education- Girls University of Alexandria	2007
Demonstrator	Faculty of Physical education- Girls University of Alexandria	2003



Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Coordinator of the Department of Public Courses	College of Applied Studies and Community Service University of Dammam	2016
Coordinator of Academic Advising for students	College of Applied Studies and Community Service University of Dammam	2016

Scientific Achievements

Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1	Dr. Mona sakoury Dr. HAITHAM AKL ,	Compared to the level of health awareness and some elements of physical fitness of students study and students of the College of Applied Studies University Damam- Saudi Arabia	The second conference of the National Observatory of Sport - Tunisia - April 2016
2	Dr. Mona sakoury	Effects of taking probiotics with different intensity immune proteins for athletes with special needs physical loads	The second conference of the National Observatory of Sport - Tunisia - April 2016
3	Dr.Mona sakoury Dr.Hadeer mostafa	The Effectiveness of an E-Book on the Cognitive Achievement of Safety Education of Field and Track S=Competitions of the Faculty of Physical Education for Girls Students in Alexandria	International 16 "school sports science conference and the challenges of change in the Arab world - Faculty of Physical Education for Boys - Helwan University - Egypt November 2015
4	Mona sakoury	Fat on physical exertion for the students of the Faculty of Physical Education metabolic syndrome response	Journal of the Faculty of Physical Education for Girls - Alexandria University -Egypt February 2015
5	Dr. Mona sakoury Dr. Khalad saber mostafa	"Effective resistance training program and eating complementary zinc on the growth factor similar to insulin hormone -1 (IGF-1) for women post-menopause."	International Conference on Sport and Health, Recreation and Physical Education Fifty-sixth place and the State of Bahrain - Manama December 2014
6	Prof. samia Hassan Dr. mona sakoury Dr. shima el gamal	"Recreational sports and its relationship with some degree of obesity and health indicators for the mentally handicapped (a comparative study between athletes and non-athletes)."	International Conference of the Faculty of Physical Education for Boys University of Alexandria in October 2013



Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date
	Dr. Mona sakoury Dr. Mahmed Nader Shalaby	Effect of different exercise intensities on hematopoietic stem cells and physiological variables parameters	Conference Faculty of Physical Education for Boys - Helwan University in November 2016	November 2016

Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

Completed Research Projects

Current Researches

#	Research Title	Name of Investigator(s)
1	Strategy to activate the student activities at the Faculty of Applied Studies and Community Service University of Dammam	Dr. MONA SAKOURE Dr .HAITHAM AKL ,
2	The effectiveness of a water sports program on saturated fat in blood in children with autism	Mona Sakoury

Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	International Scientific Conference entitled: "Golden Jubilee of sports psychology in Egypt and Arab countries."	Faculty of Physical Education for Boys - Helwan University November 2016	Post research
2	The second conference of the National Observatory of Sport	Tunisia - April 2016	Tow Posts research
3	A scientific symposium entitled: "Healthy Nutrition for university students."	College of Applied Studies and Community Service - University of Dammam in April 2016	lecturer
4	A workshop entitled: "Health Day "	Counseling Center of university departments of the students at the Faculty of Medicine - University of Dammam April 2016	lecturer
5	A workshop entitled: "Fitness and Health supports academic success."	Counseling Center of university departments of the students at the Faculty of Medicine - University of	lecturer



		Dammam 1437	
6	The 16 Bawan International Scientific Conference: "Sports School and the challenges of change in the Arab world."	Faculty of Physical Education for Npn - Helwan University - Egypt - Cairo in November 2015	Post research
7	International Conference on Sport and Health, Physical Education and Recreation sixth session	Bahrain - Manama in December 2014	Post research
8	Scientific course entitled: "Nutrition program planning for the athletes."	Faculty of Physical Education for Girls in Alexandria University - Arab Republic of Egypt in April 2014 m.	Lecturer and entrepreneur
9	Atheist th International Scientific Conference entitled: "Physical Education and Movement Sciences - Sports between theory and practice."	Faculty of Physical Education for Boys - Alexandria University - Egypt - Cairo in October 2013	Post research
10	International Scientific Conference entitled: "Sports and creativity integrative (health, tourism, art and culture)."	Faculty of Physical Education for girls and boys Alexandria University (primarily at the Conference Hall at the Faculty of Nursing) - Arab Republic of Egypt in November 2012	Post attendants
11	An international scientific conference entitled: "The future of the Egyptian sport in the light of technological development in the fields of sports medicine and sports science."	Faculty of Medicine - University of Cairo (and primarily Intercontinental Hotel in Cairo) Egypt - March 2010.	Post attendants

Membership of Scientific and Professional Societies and Organizations

- Member of the International Council of Sport, Health and Recreation and locomotor rhythm
- Member of the Union of Professional Sports Arab Republic of Egypt
- Egyptian Handball Federation coach.

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Health & Fitness	HTFT	Professor scheduled
2	Health Education	(05314)	Professor scheduled

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	Course Title: Health and Fitness No. scheduled HTFT151 Explaining the decision: The student is interested in supplying the general principles of advanced technical methods for measurement
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	and evaluation of the physical effort of different sports (collective - individual) and deepen the understanding of the student various dimensions of the physical education curriculum and equip them with the ability to develop them in the light of developments and health variables. Identify the concepts of culture and health awareness and levels of public health and the role of sport in the prevention of diseases and the preservation of public health. Inferred concepts sound nutritional needs of different categories and methods of assessing the nutritional status, to identify the first aid skills and methods of rescue by cardiac pulmonary resuscitation.
2	<p>Scheduled title: Health Education Course Number: (05 314) Explaining the decision: - Familiarity with the students with information related to health and health education. - The development of health awareness and health education as one of the objectives of the educational institutions.</p> <p>Information and concepts: After the end of the course the student should be able to: A-1 shows the relationship between health education and physical education. A-2 students the foundations of health education in school identifies as an educational institution. A.3 defines health education methods of associated sports activities. A -4 explain the areas of health education. A -5 plans children school health. A -6 remember the foundations of the development of health education programs and evaluation.</p> <p>Mental skills: after the end of the course the student teacher must be able to: B-1 discovers Azawahralamrdah during the level of health of pupils. B-2 defines the foundations of health education, which contribute to raising the level of health of pupils. B-3 describes the proper methods of health education and school health. B.4 explains the elements of school health programs.</p>

Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Rapporteur of the areas of health education for athletes For the academic year 2011 to 2015.	M.A.	Professor scheduled
2	Rapporteur of applications in the areas of health education for athletes For the academic year 2011 to 2015	M.A.	Professor scheduled
3	Rapporteur of Advanced Studies in the areas of health education for athletes For the academic year 2011 to 2015	M.A.	Professor scheduled
4	Rapporteur of raising safety in the sports field For the academic year 2013/2014	M.A.	Professor scheduled
5	Rapporteur of advanced readings in feeding the athletes for the academic year 2013 to 2015	M.A.	Professor scheduled
6	Rapporteur of hospitalization in the sports field for the academic year 2011 2012.	diploma	Professor scheduled
7	Rapporteur of feeding athletes for the academic year 2011 to 2015.	diploma	Professor scheduled
8	Rapporteur of education and health of the athletes for the academic year 2011 to 2015	diploma	Professor scheduled
9	Rapporteur of food culture for athletes for the academic year 2012 to 2015	diploma	Professor scheduled



10	Rapporteur of nutrition programs for athletes for the academic year 2012 to 2015.	diploma	Professor scheduled
11	Rapporteur of applications in the field of nutrition and its relationship to other sciences for the academic year 2012 to 2015	diploma	Professor scheduled
12	Rapporteur of hospitalization in the sports field for the academic year 2011 2012.	Diploma	Professor scheduled

Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

1	
2	

Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	to

Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date
1	Activity	A workshop entitled: "Health Day "	Counseling Center of university departments of the students at the Faculty of Medicine - University of Dammam April 2016	2016
2	Activity	A workshop entitled: "Fitness and Health supports academic success."	Counseling Center of university departments of the students at the Faculty of Medicine - University of Dammam 1437	1437

Student Academic Supervision and Mentoring

#	Level	Number of Students	From	to
	Coordinator of Academic Advising			

Ongoing Research Supervision

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Administrative Responsibilities

#	From	To	Position	Organization
1	2016	NOW	Coordinator of the	College of Applied Studies and Community



			Department of Public Courses	Service University of Dammam
2	2016	NOW	Coordinator of Academic Advising for students	College of Applied Studies and Community Service University of Dammam
3	2011	2015	Secretary of the Department of Health Sciences	Faculty of Physical Education Girls Alexandria University

Committee Membership

#	From	To	Position	Organization
1	2016	Now	Commission tests and examinations	College of Applied Studies and Community Service University of Dammam
2	2011	2015	Commission tests and examinations	Faculty of Physical Education Girls Alexandria University
3	2014	Now	The Commission on Sustainable Development	Faculty of Physical Education Girls Alexandria University
4	2015	2014	Cultural Relations Committee	Faculty of Physical Education Girls Alexandria University
5	2013	2012	Commission Environmental Affairs and Community Service	Faculty of Physical Education Girls Alexandria University

Scientific Consultations

#	From	To	Institute	Full-time or Part-time
1	2011	Now	Supervision of Masters and PhDs at the Faculty of Physical Education Girls in cooperation with the Faculty of Medicine, Alexandria University	

Volunteer Work

#	From	To	Type of Volunteer	Organization
1	2015	Now	Organizing and supervising the health and fitness awareness campaigns college	College of Applied Studies and Community Service University of Dammam
2	2011	Now	The entrepreneur and lecturer member of the volunteer activities, cultural, sports and health club committee women Nubian year	Club general Nubian Alexandria The Egyptian Arabic Republic
3	2011	Now	Participation in the preparation and organizing a number of seminars and health courses and meetings television Arab Republic of Egypt	The Egyptian Arabic Republic

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)



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| 1 | <ul style="list-style-type: none">- ICDL Computer ICDL training center at the University of Alexandria in 2011- The completion of a certificate (60) hours to study English Community Service Center at the University of Alexandria, 2010. |
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Last Update

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