



FACULTY FULL NAME:

Marwa Ahmed Fadl Khalif

Position: Associate Professor

Department: Sports Sciences and Physical Performance

Current work: Associate Professor in the Department of Sports Sciences and Physical Performance at the College of Sciences and Humanities in Jubail - Imam Abdul Rahman bin Faisal University

personal information

Nationality | Egyptian

Date of birth | 10-7-1980 AD

Section | Sports science and physical performance

Official university mail makholid@iau.edu.sa

Office phone:

Language Proficiency

Language	Read	Write	Speak
Arabic	excellent	excellent	excellent
English	very good	very good	very good
Others			

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2010	Doctorate in Physical Education, Sports Training and Movement Sciences	Egypt	Alexandria University
2005	Master's degree in Physical Education, Sports Training and Movement Sciences	Egypt	Alexandria University
2001	Bachelor's degree in physical education	Egypt	Alexandria University

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

PhD	Employing some biomechanical characteristics to develop a proposed training program to improve the skill of the ace in volleyball.
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Master	Qualitative and quantitative analysis of the jump serve skill as a basis for qualitative training in volleyball
Fellowship	

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Associate Professor of Sports Science and Physical Performance	Imam Abdul Rahman bin Faisal University	2023
Professor, Doctor of Sports Training and Movement Sciences	Alexandria University	2022
Associate Professor of Sports Training and Movement Sciences	Alexandria University	2017
Assistant Professor in the Department of Self-Development	Imam Abdul Rahman bin Faisal University	2013
Doctor teacher in the Department of Sports Training and Movement Sciences	Alexandria University	2010
Assistant lecturer in the Department of Sports Training and Movement Sciences	Alexandria University	2005
Teaching assistant in the Department of Sports Training and Movement Sciences	Alexandria University	2023

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Coordinator of the health track at the Deanship of the Preparatory Year and Supporting Studies	Office No. (7), Building 300	From 2016 to 2023



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	Marwa ahmed fadl kholif	Effect of a Training Program Accompanied by a Suggested Diet on Some Physiological Variables and Regulating Blood Sugar Level in Type II Diabetics	International Journal of Human Movement and Sports Sciences
2	Marwa ahmed fadl kholif	Assess The Effectiveness Of Skills In Sending And Beating The Overwhelming According To The Analytical Program Using The Computer On Volleyball Players	Journal of Pharmaceutical Negative Results
3	Marwa ahmed fadl kholif	Effect of Using Some Methods of Hospitalization on The Speed of Return to Normal and Some Physiological Variables for Volleyball Players.	Systematic Reviews in Pharmacy
4	Marwa ahmed fadl kholif	THE ROLE OF GROWTH FACTOR IGF1 AND CD34+ STEM CELLS ON BIOMECHANICS IN THE SPEED OF HEALING OF A MINOR MUSCLE INJURY FOR VOLLEYBALL PLAYERS	Turkish Journal of Physiotherapy and Rehabilitation
5	Marwa ahmed fadl kholif	A Proposed Training Program and Its Effect on Muscle Strength Responses and Some Physiological Variables for Volleyball Beginners	Sys Rev Pharm
6	Marwa ahmed fadl kholif	Preparation of a Measure of Kinetic Analysis using Artificial Intelligence Methods for Volleyball Coaches	American Journal of Biochemistry and Biotechnology
7	Marwa ahmed fadl kholif	Relative Indicators and Predicative Ability of Some Biological Variables on Cardiac Neural Activity for Volleyball Players	Sys Rev Pharm
8	Marwa ahmed fadl kholif	Effects of Visual Exercises on Improving the Serve Performance Level for Junior Volleyball Female Players	International Journal of Psychosocial Rehabilitation,
9	Marwa ahmed fadl kholif	Indicators biomechanical distinctive block step and block intersection as a basis for developing training programs in volleyball	cientific Journal of Physical Education and Sports, Faculty of Physical Education for Girls, Gezira, Helwan University
10	Marwa ahmed fadl kholif	The topography of the of force and speed to grow in time by upgrading Attacking hitting in volleyball	nternational Scientific Journal at the College of Physical Education for Boys, Babi Qir
11	Marwa ahmed fadl kholif	The effect of aquatic exercises on some functional variables as measured by EMG of the artificial knee joint	Scientific Journal of Physical Education and Sports, Faculty of Physical Education for Boys, Al-Haram, Helwan University



12	Marwa ahmed fadl kholif	Biomechanical characteristics and electrical muscle analysis in diagnosing the motor structure of the ace in volleyball.	Scientific Journal of Physical Education and Sports, Faculty of Physical Education for Boys, Al-Haram
13	Marwa ahmed fadl kholif	Using ballistic training to improve the values of some biomechanical variables and the explosive strength of the arm muscles of female volleyball players.	The Arab Scientific Journal of the Faculty of Physical Education for Girls, Alexandria University (The Arab Journal)
14	Marwa ahmed fadl kholif	"Qualitative and quantitative analysis for straight front kick (May - Jerry) as a basis for developing specific exercises In karate".	Volume 56 of the International Council for Health, Physical Education, Sport and Recreation Sports Conference "Bahrain"
15	Marwa ahmed fadl kholif	The effect of using Complex Training in improving the values of a number Biomechanics variants and explosive legs muscles power of Volleyball Women Players(Jumping serve)	International Scientific Journal at the College of Physical Education for Boys, Babi Qir
16	Marwa ahmed fadl kholif	Effect of a Training Program Accompanied by a Suggested Diet on Some Physiological Variables and Regulating Blood Sugar Level in Type II Diabetics	International Journal of Human Movement and Sports Sciences
17	Marwa ahmed fadl kholif	Assess The Effectiveness Of Skills In Sending And Beating The Overwhelming According To The Analytical Program Using The Computer On Volleyball Players	Journal of Pharmaceutical Negative Results
18	Marwa ahmed fadl kholif	Effect of Using Some Methods of Hospitalization on The Speed of Return to Normal and Some Physiological Variables for Volleyball Players.	Systematic Reviews in Pharmacy
19	Marwa ahmed fadl kholif	THE ROLE OF GROWTH FACTOR IGF1 AND CD34+ STEM CELLS ON BIOMECHANICS IN THE SPEED OF HEALING OF A MINOR MUSCLE INJURY FOR VOLLEYBALL PLAYERS	Turkish Journal of Physiotherapy and Rehabilitation
20	Marwa ahmed fadl kholif	A Proposed Training Program and Its Effect on Muscle Strength Responses and Some Physiological Variables for Volleyball Beginners	Sys Rev Pharm
21	Marwa ahmed fadl kholif	Preparation of a Measure of Kinetic Analysis using Artificial Intelligence Methods for Volleyball Coaches	American Journal of Biochemistry and Biotechnology
22	Marwa ahmed fadl kholif	Relative Indicators and Predicative Ability of Some Biological Variables on Cardiac Neural Activity for Volleyball Players	Sys Rev Pharm
23	Marwa ahmed fadl kholif	Effects of Visual Exercises on Improving the Serve Performance Level for Junior Volleyball Female Players	International Journal of Psychosocial Rehabilitation,



Current Researches

#	Research Title	Name of Investigator(s)
1	The social stigma and its impact on self-esteem and physical fitness associated with health and weight loss for overweight female students.	Marwa ahmed fadl kholif
2	Promoting Self-efficacy for Students with Special Needs through Augmented Reality	Marwa ahmed fadl kholif

Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Modifying the course for safe sport in the world	international conference Presence online	2020
2	Technology of education and training for people of determination “between reality and hope” Arab women's sports	international conference Presence online	2020
3	A community service event entitled Health and Fitness is a Lifestyle	Effective community service	2019
4	Participation in the (Dafeh) project for disaster safety, which extended throughout the first semester and won first place at the level of community projects at the university for this year.	Deanship of Community Service and Sustainable Development Organization, preparation and training committee	2016
5	Participation in a published research in the International Conference on Health and Sports entitled “Towards Building a Modern Sports System” held in the State of Bahrain and sponsored by the Bahrain Olympic Committee in the period from 18 to 20 December 2014.	Organization and Preparation Committee	2014
6	Participating in a published research in the international scientific conference entitled	Publish research and participate in attendance	2011



(Sports and Integrative Creativity) at Alexandria University, Faculty of Physical Education for Girls, in cooperation with the Ministry of State for Sports, the Physical Education and Sports Sector Committee of the Supreme Council of Egyptian Universities, the Sheikh Mohammed bin Rashid Al Maktoum Award for Sports Creativity, and the American University of Kensington.		
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Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Physical and health education	PHEDU162	Subject professor
	Effective communication skills	LRSK142	Subject professor
	Fitness and health		Subject professor
	Research and communication skills	LRSK104	Subject professor

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

<p>A faculty member in the Department of Self-Development in the Deanship of the Preparatory Year and Supporting Studies from 2013 to 2023. I taught courses:</p> <ul style="list-style-type: none"> o Physical and health education in the preparatory year o Fitness and health course at the College of Arts. o Fitness and Health headquarters at the College of Applied Studies. o Training and physical preparation course for the female teacher preparation diploma stage at Imam Abdul Rahman bin Faisal University. o Descriptive and functional mathematical anatomy course for the female teacher preparation diploma stage at Imam Abdul Rahman bin Faisal University. o Effective communication skills course in Arabic and English in the preparatory year. o Learning and research skills course in Arabic and English in the preparatory year. <p>Academic field at Alexandria University, Faculty of Physical Education for Girls:</p> <ul style="list-style-type: none"> o Professor at the College of Physical Education for Girls, where she taught the following courses: <p>Swimming teaching and training course (practical) for the first and second years in general, and the third and fourth year, training specialization.</p>



- o Movement science course, (for the bachelor's level - for the master's and doctoral levels)
- o Biomechanics course, (for the bachelor's degree - for the master's and doctoral degrees)
- o Member of the mechanical analysis laboratory team at the Faculty of Physical Education for Girls, Alexandria University.
- o Sports training course, (for the bachelor's level - for the master's and doctoral levels)
- o Mathematical planning course (theoretical)
- o Individual sparring training course (practical) specializing in "Karate," "Taekwondo," and "Kung Fu," third and fourth year, Sports Training Department.
- o Volleyball training course (practical) for the "Sports Training" departments, third and fourth year, the "Curriculum and Teaching Methods" department, first and second year, and the "Recreation" department, fourth year.
- o Physical fitness (practical) course, first and second year.
- o Scouting Education Course (Practical), "Recreation" Section, Fourth Division.
- o Member of the internal audit team at the Faculty of Physical Education for Girls, Alexandria University.
- o Member of the mechanical analysis laboratory team at the Faculty of Physical Education for Girls, Alexandria University.
- o Member of the Sports Professions Syndicate.
- o Member of the participant in the evaluation of quality standards at the College of Physical Education for Girls (internal auditor).

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

Administrative Responsibilities

#	From	To	Position	Organization
	2016	2023	Academic coordinator for the health track	Deanship of the preparatory year

Committee Membership

#	From	To	Position	Organization
1	2016	2023	Member of the Student Conduct Control Committee	Deanship of the preparatory year
2	2016	2023	Member of the Quality and Academic Accreditation Committee	Deanship of the preparatory year
3	2016	2023	Member of the intermediate plan	Deanship of the preparatory year
4	2016	2013	Member of a student study committee	Deanship of the preparatory year
5	2016	2023	Member of the judging and scheduling committee	Deanship of the preparatory year



6	2014	2023	Social Responsibility Committee Coordinator	Deanship of the preparatory year
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Volunteer Work

#	From	To	Type of Volunteer	Organization
1	2015	2019	Motivation program	Deanship of Community Service, Imam Abdul Rahman bin Faisal University

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

1	<p>She holds a number of training courses from Alexandria University, which are:</p> <ul style="list-style-type: none"> o Effective communication skills. o ICTP course. o Using technology in teaching. o Effective presentation skills. o Modern trends in teaching. o International publishing of scientific research. o Legal and financial aspects of university business. o Preparing competitive research projects. o Time and meeting management. o Behaviors and ethics of the teaching profession. o Electronic tests o Leadership and strategic thinking o Developing executive leadership skills o University laws and regulations o A training course in internal auditing of the quality management system in accordance with the requirements of the international standard ISO 9001:2008 in 2010 at Alexandria University.
2	<ul style="list-style-type: none"> o I taught a one-on-one sparring training course (practical) specializing in “Karate,” “Taekwondo,” and “Kung Fu,” in the third and fourth year of the Sports Training Department. o I trained the karate team of the Faculty of Physical Education for Girls, Alexandria University, from 2005 to 2013. o Member of the Saudi Karate Federation and a belt level equivalent of Dan 3 from the Saudi Karate Federation on 7 Safar 1440. o A laboratory accredited by the Saudi Karate Federation for various belt degrees, up to the blue belt. o Training the Imam Abdul Rahman bin Faisal University team for female students (karate - volleyball - badminton) from 2019 until now o Participating in organizing and arbitrating the first sports tournament for female students at Imam Abdul Rahman bin Faisal University in karate, volleyball, and badminton. o Participating in the first and second championship at the level of universities in the Kingdom of Saudi Arabia as a coach for the karate team at Imam Abdul Rahman bin Faisal University for female students, November 2021, and obtaining first place at the level of the



	<p>Kingdom.</p> <ul style="list-style-type: none"> o Participating in the first championship at the level of universities in the Kingdom of Saudi Arabia as a coach for the volleyball team at Imam Abdul Rahman bin Faisal University for female students 2021, and obtaining second place at the level of the Kingdom. o Member of the Scientific Committee of the Egyptian Karate Federation. o Member of the propaganda committee for including karate in the Olympics. o She holds a certificate of appreciation from the Egyptian Karate Federation as a coach for the young women's team at the Horse Owners Club for achieving fourth place in the first division league and advancing to the Premier League 2011/2012.
	<p>Workshops and courses that I have given:</p>
	<ol style="list-style-type: none"> 1. A workshop entitled "Start with what matters most" for preparatory year students 2. Participation in the program to prepare female students for university life in the scientific track 3. Training courses within the Dafa program for female students. 4. First aid course for female engineering track students, second semester. 5. A workshop entitled "The Power of Success" for health track students, second semester. 6. A workshop entitled "Your Fitness is Your Health" for female students in the engineering track, second semester. 7. A workshop entitled "Healthy Figure for a Better Life" for female students of the scientific track in Al-Rayyan 8. A workshop entitled "Therapeutic Sports" for female faculty members at Al-Rayyan Branch 9. A workshop entitled "Course File and Faculty Member File" for female faculty members in Al Rayyan 10. A workshop entitled "Physical exercises to reduce incorrect postures" for female students of the scientific track in Qatif, second semester.
	<p>Experiences, courses and workshops at Imam Abdul Rahman bin Faisal University:</p>
	<ol style="list-style-type: none"> 1. Assignments for teaching and evaluation projects 2. Introduction to Camtasia 3. Advanced course in Camtasia 4. How to manage the class remotely through indirect teaching 5. Evaluation and testing policy 6. Using social networks for researchers 7. Flipped classrooms 8. Evaluating teaching and building a table of test specifications 9. Active learning in higher education 10. Sports medicine&injuries 11. A workshop entitled "Quality in the Classroom." 12. A workshop entitled "Assessment and Evaluation within the Deanship." 13. A workshop entitled "The Five-Year Learning Cycle." 14. A workshop entitled "The skill of working in a team" 15. A workshop entitled "Active Learning Strategy"



16. A workshop entitled “Cooperative Learning Strategy” 11/21/2017
17. A workshop entitled “Project-Based Learning Strategy” 10/3/2017.
18. A workshop entitled “Preparing and teaching preparatory year students”
19. “UCL CLIE workshop on undergraduate preparatory years: Challenges and Opportunities”
20. The first introductory meeting for the QASD program, introducing the plan to implement the quality assurance system at the Deanship of the Preparatory Year at the University of Dammam
21. The second introductory meeting for the QASD program “Principles of Course Design”
22. Workshop on "Cooperative Learning"
23. Workshop on “Faculty Member Charisma (Communication Skills)”
24. Workshop on “Using Technology in Teaching”
25. Web of science – ISI training course at the Deanship of Libraries
26. Providing a workshop on therapeutic sports
27. Positive thinking workshop
28. A workshop on how to use Blackboard
29. Successful classroom and classroom management workshop
30. Participation in the first educational forum of the College of Education, University of Dammam
31. A workshop on preparing the course file and the faculty member file
32. A workshop on teaching through projects
33. Workshop on “Teaching through Projects”
34. Presenting a workshop entitled “Preparing the course file and the faculty member file”
35. A workshop on “Description and report of the program and course.”
36. A workshop on “The needs and characteristics of the university student”
37. Workshop on “Supporting Students”
38. Workshop on “Classroom Management”
39. Workshop on “Effective communication skills with female students”
40. Attending sessions of the first national conference for the preparatory year in Saudi universities
41. A workshop on “Eight hours towards excellence: best practices in organizing discussion groups in the preparatory year.”
42. A workshop on “Enhancing the learning of preparatory year students through effective feedback”
43. A workshop on how to use PeopleSoft
44. A training course on formulating multiple-choice test questions in light of higher-order thinking skills - University of Dammam
45. Training course on enhancing education using technology - University of Dammam
46. A training course in course design and description - University of Dammam
47. Training course in interactive education and integrating students into learning - University of Dammam
48. Certificate of appreciation from the Deanship of the Preparatory Year
49. Workshop on “Effective Methods of Student Evaluation”



50. Workshop on “Quality Requirements and Academic Accreditation”
51. Workshop on “Using Social Media in Education”
52. Workshop on how to use endnote
53. Workshop on “Students’ Motivation to Learn”
54. Workshop on “Evaluating Teaching and Course Skills”
55. A workshop from Saudi Aramco on “First Aid and Cardiopulmonary Resuscitation”
56. A training course in effective methods for evaluating students - University of Dammam
57. A training course in “research skill development in the kingdom: from idea to outcome” King Abdulaziz City for Science and Technology, Riyadh, Kingdom of Saudi Arabia
58. Certificate of appreciation for arbitration and organizational participation in Health Day at the Deanship of the Preparatory Year and Supporting Studies - University of Dammam
59. A workshop on “Course File”, University of Dammam
60. A workshop on “Preparing the Course File 2” at the University of Dammam
61. Quality Conference for Pre-University Education (University of Dammam)

Last Update

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