



## FACULTY FULL NAME: Taghread Ahmed El-sayed

**POSITION:** Professor at the College of Physical Education, Zagazig University - Assistant Professor at the College of Science and Human Studies in Jubail

### Personal Data

Nationality | Egyptian

Date of Birth | 11-10 -1976

Department | Sports science and physical activity

Official Email | taelsayed@uod.edu.sa

Office Phone No. |

### Language Proficiency

Language	Read	Write	Speak
Arabic	√	√	√
English	√	√	√
Others			

### Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
02-05-2009	PhD. of physical education (Ph.DPhEd)	Zagazig University, Egypt	Faculty of physical education
02-08-2004	Master of physical education (MPhEd)	Zagazig University, Egypt	Faculty of physical education
22-07-1998	Bachelor of physical education(BPhEd)	Zagazig University, Egypt	Faculty of physical education

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

PhD	<b>The effect of using "pick up" technique on speed and accuracy offensive and defensive footwork in basketball"</b>
Master	<b>"The Effect of resistance training at the level of performance skill in basketball"</b>

Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work	Date
Assistant Professor in the Department of Sports Sciences and Physical Activity	College of Science and Human Studies in Jubail	<b>2023– Up to Now</b>
Professor of Sport Training Department	Faculty of physical education, Zagazig University, Egypt	<b>2019 – Up to Now</b>
Assistant Professor in the Department of Self-Development	Deanship of the Preparatory Year and Supporting Studies - Imam Abdul Rahman bin Faisal University - Kingdom of Saudi Arabia	<b>2018-2023</b>
Associate Professor of Sport Training Department	Faculty of physical education, Zagazig University, Egypt	<b>2014 – 2019</b>
Assistant Professor of Psychology Department	Faculty of education, Dammam University- Kingdom of Saudi Arabia	<b>2014 – 2017</b>
Assistant Professor of Sport Training Department	Faculty of physical education, Zagazig University, Egypt	<b>2009 – 2014</b>
Lecturer of Sport Training Department	Faculty of physical education, Zagazig University, Egypt	<b>2004-2009</b>
Demonstrator of Sport Training Department	Faculty of physical education, Zagazig University, Egypt	<b>1999- 2004</b>

Administrative Positions Held: (Beginning with the most recent)

Administrative Position	Office	Date
Quality Coordinator for the Humanitarian Track at the Deanship of the Preparatory Year	<b>D 17- Tower 67- College of Arts in Al-Rayyan</b>	<b>1440-1445</b>
Quality Coordinator in the Self-Development Department, Deanship of the Preparatory Year	<b>D 17- Tower 67- College of Arts in Al-Rayyan</b>	<b>1442-1445</b>

## 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	<u>Taghread Ahmed, Mona Abdelmoneim, Nagla Eltanahi, Nour Housen, Heba Seleem, Ghada Elsayed, Naglaa Sofy</u>	<i>Promoting Students' Health awareness and higher order thinking skills using E-projects strategy in Learning physical and health education</i>	<i>Journal of Education and Health Promotion, 2023</i>
2	<u>Taghread Ahmed, Heba Seleem, Ghada Elsayed, Nour Housen &amp; , Naglaa Sofy</u>	<i>Online Learning Basketball Using Social Media to Enhance Learners' Performance of Some Fundamental Skills</i>	<i>Journal of Education and Health Promotion, 2022</i>
3	<u>Taghread Ahmed, Heba Seleem, Ghada Elsayed, Nour Housen</u>	Impact Of Anxiety Caused by The Covid-19 Pandemic On The Cognitive Activities Of Primary School Students	<i>Multicultural Education, 7(11), 2021</i>
4	<u>Taghread Ahmed, Ghada Youssef, Nour Housen, Heba Ismail &amp; Naglaa Ahmed</u>	SPECIALIZED TRAINING ACCORDING to BASKETBALL PLAYERS' POSITIONS and its EFFECT on COMPETITIVE BEHAVIOR and TACTICAL PERFORMANCE	<i>European Journal of Molecular &amp; Clinical Medicine; 7(08), 2020</i>
5	<u>Taghread Ahmed Elsayed Ahmad, Heba Ali Seleem, Ghada Youssef Elsayed</u>	Effects of Eight Weeks Aquatic-Non-aquatic Training program on Aerobic Fitness and Physical preparation in junior Basketball	Life Science Journal, Marsland Press, NewYork, USA , 16(1), 2019
6	<u>Taghreed Ahmed Elsayed Ahmad</u>	"Improving Musculoskeletal Fitness and the Performance Enhancement of Basketball Skills through Neuromuscular Training Program"	Journal of Human Sport and Exercise, Faculty of education University of Alicante. Alicante – Spain; 10 (3): 795-804, 2015
7	<u>Taghreed Ahmed Elsayed Ahmad</u>	"Eight Weeks of Basketball practice Can Significantly Alter Body Composition and motor proficiency in primary school children who Are Overweight"	Journal of American Science, Marsland Pressm, NewYork, USA; 10 (6), 2014

8	<u>Taghreed Ahmed</u> <u>Elsayed Ahmad</u>	"The Effect of Upper Extremity Fatigue on Grip Strength and Passing Accuracy in Junior Basketball Players"	Journal of Human Kinetics, Academy of Physical Education, Katowice, Polish, volume 37/2013, 71-79.
9	<u>Taghreed Ahmed</u> <u>Elsayed Ahmad</u>	"The Effect of Aquatic Plyometric Training on Cardio-respiratory Fitness and Preseason preparation in Elite Basketball Players"	Journal of Physical Education Research, Faculty of Physical Education for Boys, Zagazig University, Egypt, 2013
10	<u>Taghreed Ahmed</u> <u>Elsayed Ahmad</u>	"Using the style of the Learning Cycle in Teaching Some of Offensive Skills in Basketball and its impact on the achievement of the skill and the Survival effect of Learning"	Journal of Sports Sciences, , Faculty of Physical Education, Minia University, 2012
11	<u>Taghreed Ahmed</u> <u>Elsayed Ahmad</u>	"Contrast training loads and its impact on the development of explosive power of the legs and the achievement of some offensive and defensive skills of the pivot in basketball"	Scientific Journal of Physical Education and Sports, , Faculty of Physical Education for Boys, Helwan University, 2012
12	<u>Taghreed Ahmed</u> <u>Elsayed Ahmad</u>	"The Effect of the Hypoxic Trainings on Speed Endurance and Some physiological variables and relationship to the level of the performance of some offensive and defensive Skills in basketball"	International Scientific Conference of Physical Education and Sports, Faculty of Physical Education for Boys, Helwan University, 2010

#### Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date
		None		

#### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
		None	

#### Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
		None	

#### Current Researches

#	Research Title	Name of Investigator(s)
	None	

## Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
1	Second International Scientific Conference entitled "The field training faculties of Physical Education in the light of the draft Quality Assurance and Accreditation in Education"	Faculty of Physical Education for Boys Zagazig University from 21- 22/3/2007.	Audience participation in the conference
2	Third International Scientific Conference entitled "The development of educational curricula in the light of recent trends and the needs of the labor market."	Faculty of Physical Education for Girls, Zagazig University from 22 - 23/03/2008	Member of the preparation and organization of the conference
3	International Scientific Conference entitled "Towards a better investment of Egyptian and Arab sport"	Faculty of Physical Education for Boys Zagazig University from 4- 5/3/2009	Audience participation in the conference
4	XIII International Scientific Conference entitled "Physical Education and Sports of the third millennium challenges"	Faculty of Physical Education for Boys Helwan University of Cairo in 2010	Participating with a paper at the conference
5	First National Congress of the preparations of the Year in Saudi universities	Sheraton Hotel-Dammam-of Wednesday and Thursday, 3-4 Rajab 1437	Audience participation in the conference
6	Preparatory meeting of the Conference Scientific student sixth under the motto "Towards a knowledge-based innovation and leadership privileged generation."	Princess Jewels girl Nayef Hall of the Faculty of Science at the university colleges compound from Sunday and Monday, 19-20 / 4/1436	Audience participation in the conference and arbitration
7	Education Forum of the Faculty of Education - University Dammam-entitled "social networks: Awareness and Prevention"	Princess Jewels girl Naif Hall of the Faculty of Science at the university colleges compound on Wednesday, 29 Muharram 1437	Audience participation in the forum
8	Forum and Exhibition third traffic safety	Sheraton Hotel - Dammam- 23-25 /11/2015	Audience participation in the forum

9	The future of sports during epidemics and crises	College of Sports Sciences and Physical Activity/King Saud University/30-31/03/2021	Participate by attending the conference
10	Modern trends in educational sciences	University of Hail from 3/31 to 4/1/2021	Participate by attending the conference

## Membership of Scientific and Professional Societies and Organizations

1. Reviewer in international magazine (JOURNAL OF PHYSICAL EDUCATION AND SPORT MANAGEMENT)
2. Reviewer in international magazine (SPORT Sciences For Health)
3. Reviewer in the sixth Student Scientific Conference for students in higher education in Saudi Arabia-2015
4. Member of the committees personal interviews of candidates in my program in Diploma in Education and Diploma in guidance and counseling in 2016 - Faculty of Education - University of Dammam
5. Chair of the Committee matching certificates to the candidates in my program in Diploma in Education and Diploma in guidance and counseling in 2015 - Faculty of Education - University of Dammam
6. Member of the examination Committee for the first semester of the academic year 1436-1437. College of Education - University of Dammam
7. Member of the Development Committee rapporteur characterization of "health and fitness". 2016 - Faculty of Education - University of Dammam
8. Member of the Development Committee rapporteur characterization of "research skills." 2016 - Faculty of Education - University of Dammam
9. Member of the curricula and teaching methods to quality - Faculty of Physical Education - Zagazig University
10. Member of the unit of accreditation and quality assurance - Zagazig University
11. Member of the Egyptian Swimming Federation
12. Member of the Egyptian Basketball Federation
13. Member of the organizing committee for the World Cup opening ceremony Handball Championship Cairo Stadium

14. Member of the Commission for Reception in the third scientific conference of the Faculty of Physical Education for Girls at Zagazig University entitled "The development of educational curricula in the light of recent trends and the needs of the labor market" in the period from 22-23 / 3/2008
15. Reviewer in Operation committees to assess the level of students, Faculty of Physical Education - Zagazig University
16. Member in Committee physical fitness tests to applicants for admission to the Faculty of Physical Education for Girls - Zagazig University
17. Member of the committee preparing the schedules of faculty members and tests at the Faculty of Physical Education - Zagazig University
18. Member of the committee for preparing faculty schedules and examinations at the Faculty of Physical Education for Girls - Zagazig University
19. Training basketball teams (female students) in the first sports league at Imam Abdul Rahman bin Faisal University
20. Refereeing sports league matches for female students at Imam Abdul Rahman bin Faisal University 2019
21. Refereeing sports league matches for female students at Imam Abdul Rahman bin Faisal University 2020

### Teaching Activities

#### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials, Clinics)
1	<u>Physical and health education</u> (Deanship of the Preparatory Year and Supporting Studies - Imam Abdul Rahman bin Faisal University)	PHEDU-162	Full lectures teaching
2	<u>Principles of psychology</u> (Deanship of the Preparatory Year and Supporting Studies - Imam Abdul Rahman bin Faisal University)	PSYCO-115	Full lectures teaching
3	<u>Health and fitness</u> (College of Education - Imam Abdul Rahman bin Faisal University)	HTFT 151	Full lectures teaching
	<u>Research skills</u>	EDUC 152	Full lectures teaching

4	(College of Education - Imam Abdul Rahman bin Faisal University)		
5	<u>thinking skills</u> (College of Education - Imam Abdul Rahman bin Faisal University)	EDUC 401N	Full lectures teaching
6	<u>Education system in the Kingdom</u> (College of Science and Arts - Qassim University)	EDUC 341	Full lectures teaching
7	<u>Curriculum foundations and organization</u> (College of Science and Arts - Qassim University)	CURR 500	Full lectures teaching
8	<u>Entrance to education</u> (College of Science and Arts - Qassim University)	EDUC 101	Full lectures teaching

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

1	<u>Physical and health education (PHEDU-162)</u> This course aims to achieve comprehensive and integrated growth for female students in all cognitive, psychomotor and emotional aspects, to provide them with a healthy lifestyle using the physical and health fields within the limits of their abilities and characteristics and in accordance with Islamic law and taking into account the customs and traditions of society.
2	<u>Principles of psychology (PSYCO-115)</u> This course aims to introduce preparatory year students, both male and female, to the concept of psychology, its objectives, its branches, research methods in it, and the components of the nervous system, perception, learning, memory, and cognitive sciences. Such as thinking, language, intelligence, motivation, emotions and feelings, human development, and personality.
3	<u>Health and Fitness (HTFT 151)</u> The course aims to provide the student with information that contributes to raising her level of health awareness and giving her the skills to create a healthy lifestyle by providing her with information about the importance of physical fitness for public health, the basic principles of its development, basic nutrients and their benefits, obesity and the correct methods for losing weight and obtaining a body structure. Health, prevention methods to limit the spread of infectious diseases, the negative physical and psychological effects of smoking and drug abuse, and how to deal with psychological stress.
4	<u>Research skills (EDUC 152)</u> The course aims to provide students with the basic concepts of scientific research, familiarity with different types of research and distinguishing between them, learning how to formulate the research problem and research hypotheses, how to search for sources,



	references and documentation, and learning about scientific research methods, means and tools, and the correct steps for writing research.
5	<b><u>Thinking Skills (EDUC 401N)</u></b> This course aims to provide students with the necessary information about the basic concepts of thinking, its characteristics, skills and different types (critical, creative, metacognitive (and its strategies) problem solving, decision making, brainstorming) and the most important obstacles that hinder teaching thinking skills, metacognitive thinking processes and their applications. Educational programs that teach thinking skills and the skills of collecting, organizing, processing, generating and analyzing information.
6	<b><u>The education system in the Kingdom (EDUC 341)</u></b> This course aims to identify the nature of educational systems in the Kingdom and the Arab world, their philosophies, and the factors affecting them, as well as to learn about the method of systems analysis in studying educational systems. It also aims to study the educational system in the Kingdom and the Arab world to identify ways to develop and quality it.
7	<b><u>Foundations of curricula and their organizations (CURR 500)</u></b> This course aims to identify the concept of the modern curriculum, and is concerned with analyzing and studying the foundations upon which the curriculum construction depends and its relationship to the elements of the curriculum construction and its various organizations.
8	<b><u>Introduction to Education (EDUC 101)</u></b> This course aims to identify the nature of the educational process, the importance of education in the life of the individual and society, education and the integrated development of the individual, education as a social necessity, types of education, and the relationship of education to other sciences, and educational and educational institutions.

#### Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Descriptive and functional anatomy (Physical education and self-defense program within the project of optimal investment programs for educational personnel)	CEPE-111	Full lectures teaching
2	Sports physiology (Physical education and self-defense program within the project of optimal investment programs for educational personnel)	CEPE-112	Full lectures teaching

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

1	<p><b><u>Descriptive and Functional Anatomy (CEPE-111)</u></b></p> <p>This course aims to clarify and understand the student's understanding of anatomy and its relationship to physical activity and the structure of the human body with its various vital systems. It gives the student a clear picture of the structure of the main body systems by describing them accurately, and the relationship of these systems to various physical movements.</p>
2	<p><b><u>Sports Physiology (CEPE-112)</u></b></p> <p>The course deals with knowledge and information about the human body in terms of response and adaptation to the human body at rest and during physical activity by identifying some of the main knowledge such as energy, its sources and uses during physical activity in addition to identifying the functional capabilities of the body regarding the systems operating in the human body and the effect of sports.</p>

#### Course Coordination

#	Course Title and Code	Coordination	Co-coordination	Undergrad.	Postgrad.	From	to
1	<i>Descriptive and Functional Anatomy (CEPE-111)</i>	√			√	2022	
2	<i>Sports Physiology (CEPE-112)</i>	√			√	2022	
3	<i>Physical and health education (PHEDU-162)</i>		√	√		2017	2023
4	<i>Principles of psychology (PSYCO-115)</i>		√	√		2018	
5	<i>Health and Fitness (HTFT 151)</i>	√		√		2015	2017
6	<i>Research Skills (EDUC 152)</i>		√	√		2016	
7	<i>thinking skills (EDUC 401N)</i>		√	√		2016	
8	<i>The education system in KSA (EDUC 341)</i>	√		√		2014	

9	<i>Foundations of curricula and their organizations (CURR 500)</i>	√		√		2014	
10	<i>Introduction to Education (EDUC 101)</i>	√		√		2014	

#### Guest/Invited Lectures for Undergraduate Students

#	Activity/Course Title and Code	Subject	College and University or Program	Date
	None			

#### Student Academic Supervision and Mentoring

#	Level	Number of Students	From	to
1	Preparatory Year	25	1436	1437
2	Preparatory Year	33	1437	1438
3	Faculty of Education	35	1438	1439

#### Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
	None			

#### Ongoing Research Supervision

#	Degree Type	Title	Institution	Date
	None			

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

##### Administrative Responsibilities

#	From	To	Position	Organization
1	1440	1445	Quality Coordinator in the Humanitarian Track at the Deanship of the Preparatory Year	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University
2	1442	1445	Quality Coordinator in the Self-Development Department, Deanship of the Preparatory Year	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University
3	1436	1439	Quality Coordinator in the Department of Psychology, Female Section, College of Education	College of Education - Imam Abdul Rahman bin Faisal University
4	1436	1437	Coordinator of physical and motor	College of Education - Imam

			activities in the Department of Psychology, College of Education	Abdul Rahman bin Faisal University
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#### Committee Membership

#	From	To	Position	Organization
1	2014	Up to Now	Reviewer in international magazine (JOURNAL OF PHYSICAL EDUCATION AND SPORT MANAGEMENT)	(JOURNAL OF PHYSICAL EDUCATION AND SPORT MANAGEMENT)
2	2014	Up to Now	Reviewer in international magazine (SPORT Sciences For Health)	(SPORT Sciences For Health)
3	12/6/1437	18/6/1437	Member of the committees personal interviews of candidates in my program in Diploma in Education and Diploma in guidance and counseling	Faculty of Education - University of Dammam
4	24/5/1436	28/5/1436	Chair of the Committee matching certificates to the candidates in my program in Diploma in Education and Diploma in guidance and counseling	Faculty of Education - University of Dammam
5	10/11/1436	Up to Now	Coordinator of Quality, Department of Education and Psychology	Faculty of Education - University of Dammam
6	28/3/2016	28/5/2016	Member of the Development Committee rapporteur characterization of "health and fitness".	Faculty of Education - University of Dammam
7	28/3/2016	28/5/2016	Member of the Development Committee rapporteur characterization of "research skills."	Faculty of Education - University of Dammam
8	8/2/1436	8/9/1436	Coordinated physical activity and mobility Education and	Faculty of Education - University of Dammam

			Psychology Department	
9	1/3/1436	28/3/1436	Member of the examination Committee for the first semester of the academic year 1436-1437.	College of Education - University of Dammam
10	19/4/1436	20/4/1436	Reviewer in the sixth Student Scientific Conference for students in higher education in Saudi Arabia-2015	University of Dammam
11	9/6/1998	Up to Now	Member of the Egyptian Swimming Federation	Egyptian Swimming Federation
12	1/3/2002	Up to Now	Member of the Egyptian Basketball Federation	Egyptian Federation of Basketball
13	02/01/2020	19/03/2020	Member of the committee for preparing and designing the preparatory magazine in Arabic (ninth issue)	Deanship of the preparatory year and supporting studies

#### Scientific Consultations

#	From	To	Institute	Full-time or Part-time
			None	

#### Volunteer Work

#	From	To	Type of Volunteer	Organization
1	8/4/2009		Participating in the festival environment and community development	Zagazig University
2	9-14/2/2008		Participation in girls universities Week	Zagazig University
3	12-24/2/2000		Participate in the Silver Jubilee of the University of Zagazig	Zagazig University

4	16/11/2017	Participate in developing drafts of specialized frameworks for educational curriculum standards	Education Evaluation Commission in the Kingdom
5	23/10/2019	Providing a workshop on (first aid) for secondary school students	The twenty-eighth school in Dammam
6	20/1-11/2/2020	Refereeing sports league matches for female students at Imam Abdul Rahman bin Faisal University	Imam Abdul Rahman bin Faisal University
7	04/10/2023	Providing a health course for the Deanship of Female Student Affairs at Imam Abdul Rahman bin Faisal University	Imam Abdul Rahman bin Faisal University

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

1	Courses in computer and its applications in various sciences (office- windows-power point)
2	Course in Statistical Analysis (SPSS)
3	Course in strategic planning
4	Course in Credits Hours
5	Courses in methods and techniques to deal with special categories
6	Course in scientific publishing
7	Arbitration sessions in basketball
8	Course in the management of the research team
9	English language courses
10	Course in ethics of scientific research
11	Course on "planning and implementation of self-evaluation for the first programs"
12	Course in "inquiry-oriented strategy."
13	Course in "Teaching through projects."
14	Course in "How to deal with personal patterns."
15	Course in "Creative Thinking Skills"
16	A course in "International Publishing of Scientific Research."
17	Course in "Crisis and Disaster Management"

18	A course in "E-Learning"
19	A course in "Scientific Writing and Reference Management by "Endnote"
20	A course in "Strategic Planning for Colleges and Institutes of Higher Education"

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#### Last Update

...03 / ...11 / 2023