

Ali M. Al-Nawaiseh Ph.D.
Associate Professor/ Exercise Physiology

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Education

1. Doctor of Philosophy, Exercise Science 2005: The University of Alabama, Tuscaloosa, AL, USA. (**2006 M. Ray Loree Award for the Outstanding Dissertation**)
2. Master's degree in Exercise Science (Sport Training) May 1996 University of Jordan, Amman
3. High Diploma in Education, 1993 University of Jordan, Amman
4. Bachelor of Art, Physical Education 1991 University of Jordan, Amman

Work Experience:

Academic and Research Experience

1. Associate Professor of Exercise Physiology/ The Hashemite University
2. Head of Sport Rehabilitation Department (*Athletic Training Dept.*)/ The Hashemite University, Zarqa, Jordan Sep 2013-Sep - 2014
3. Head of Coaching and sport Management Department / The Hashemite University, Zarqa, Jordan Sep 2008- Aug 2012
4. Graduate Teaching Assistant/ The University of Alabama 2002- 2005, (Coaching Swimming, Teaching Undergraduate classes, and researcher assistant)
5. Human performance Laboratory Co-Director at The University of Alabama
6. Internship: Cardiac Rehab Program DCH Hospital Northport, AL (spring 2004)

Teaching Experience

Collegiate level Courses:

- Physiology of Human Performance
- Clinical Exercise Physiology
- Fitness Assessment and Exercise Prescription
- Human Anatomy and Physiology
- Independent Studies in Kinesiology & Rehabilitation (Evidence-Based Practice)
- Principals of Coaching and Sport Training
- Measurement and Evaluation in Physical Education
- Ecological Approach to Health and Fitness
- Planning in Sport Training

k-12 Teaching Experience:

- PE Teacher and department head Amman Academy, Amman, Jordan 1993-2001
- PE and activity committee member Amman Academy, Amman, Jordan.

- Board member at the Islamic Academy of Alabama in Birmingham, Alabama 2003-2005

Coaching Experience:

1. National Team Head Swimming Coach (1996-2001 and 2005-present)
2. Team Jordan Swimming Coach and Head Coach:
 - a. Olympic Games: (Sydney 2000, Beijing 2008, London 2012, Rio 2016)
 - b. Youth Olympic Games Singapore 2010 & Nanjing 2014
 - c. World Championships: Melbourne 2007, Rome 2009, Shanghai 2011
Barcelona 2013, Kazan 2015, Budapest 2017
 - d. World Short Course Championships: Shanghai 2006, Dubai 2010, Istanbul 2012, Doha 2014, Windsor 2016
3. Technical Committee Member and National Swimming Team's Committee Member 1997-2000/ 05-07/2015-17
4. Assistant Swimming Coach at the University of Alabama 2002 -2004
5. Crimson Tide Swimming Club Coach (Gold and masters Groups 9/09-6/04)
6. Head Swimming Coach, Orthodox Club Amman, Jordan 1999-2001
7. Jordan National Team Coach (1997-2001)
8. National Team Assistant Coach (1996-1997) Jordan
9. Elite Team and Age Group Swimming Teams' Coach, Orthodox Club Amman, Jordan 1993-1996
10. Coach and Associate Director for Swimming Technical Courses, Orthodox Club Amman, Jordan and 2001
11. Instructor and assistant director for learning to swim courses 1992- 1996 Amman, Jordan
12. Gymnastics Coach 1988-1994 Amman, Jordan (Not an area of interest anymore)

Professional Services and Projects

- Establishment of Clinical Rehabilitation Sciences Master's Program in Jordan. (an Erasmus+ funded project in collaboration with Jordan University of Science and Technology) / Ongoing project
- Board member, HRH Prince Husain Bin Abdullah II initiative for sports medicine development in Jordan (Quasi Initiative) 2014/ Ongoing project
- High performance committee member for 2020 Jordan Olympic Preparation Program (swimming panel) 2017-2019
- Human Performance Lab Director for Measurement and Evaluation of 2020 team candidates
- Medical Committee member, Jordan Football Association 2010-14 and 2014-17
- FINA Accredited Instructor- conducted advanced coaching clinics on behalf of the International Swimming Federation
- National Olympic Development Panel for 2016 Olympic Games started 2011 (Project terminated 2012)
- Development of King Abdullah bin Al-Husain II Award for Physical Fitness 2011-2015 (Developing Assessment methods and Physical Fitness Promotion)
- Jordan Council for Academicians in Physical Education/ Scientific Committee 2017-Present
- Development and administration of physical fitness programs for Tuscaloosa Fire Departments, USA, September 2002-05

- Volunteer interpreter for the *Scientific Football Seminar on Gene and Talent Identification* / JFA Amman, Jordan 2008
- Technical consultation, Jordan Taekwondo Federation 2011 and 2012
- Consultation for coaching programs of Jordan's Paralympic team, Jordan Paralympics Committee 2010-2012
- Head of student council election panel, College of Physical Education and Sport Science, The Hashemite University 2009 and April 2011
- Coaching Team handball for Ministry of Education Sectional Championships (Private schools' team) 1998-2000

Major Coaching Clinics

I have attended the following clinics:

1. 2018-2019 High Performance Coach-Developer Program (Coach Mentors Program) International Council for Coaching Excellence
2. Level 1, 2, 3 and 4 Canadian Coaching Certification Program (NCCP) 2009, 2010, 2011, 2012
3. Certified Learning Facilitator for level 1, 2 and 3 of the Canadian Coaching Certification Program (NCCP)
4. Certified Coaches Evaluator National Coaching Certification Program (NCCP)
5. International Solidarity Committee, Advanced Swimming Coaching Clinic, Amman, Jordan, 1988, 1994, 1998, 2001, 2007, 2012
6. Elite Strength and Conditioning Clinic, University of Alabama, 2004
7. Advanced Coaching Clinic, Australian Swimming Coaches and Teachers Association (ASCTA), Gold Coast- Australia 1999
8. Levels 1, 2 and 3 (ASCTA), Home Study Course (ASCTA Member for 2 years)
9. Coaching Swimming, Jordan Swimming Federation, Amman, Jordan 1991, 1996
10. FINA Coaching Clinic, Amman 2007, 2010, 2011, 2013
11. Lecturer

Certifications

1. Coach Evaluator (Canadian Coaching Certification Program) 2013
2. Master Learning Facilitator, 2013
3. Level 1, 2 and 3 Learning Facilitator (Canadian Coaching Certification Program)
4. Certified Basic Life Supporter (CPR and AED/ adults, children, infants) American Heart Association 2013
4. Adult CPR (*American Red Cross*)
5. Standard First Aid (*American Red Cross*)
6. Safety Training for Swimming Coaches (*American Red Cross*)
7. Water Safety Instructor (*American Red Cross*)
8. Life Guarding Training and First Aid (*American Red Cross*)
9. Level 1, 2, 3, 4 Coaching Certification (Canadian Coaching Association and Jordan Olympic Committee)

International Competitions

1. Olympic Games: Sydney 2000, Beijing 2008, London 2012& Rio 2016
2. Youth Olympic Games Singapore 2010 and Nanjing 2014, Buenos Aires 2018,
3. World Championships Perth 1998, Shanghai 2006, Melbourne 2007, Rome 2009, Dubai, 2010, Shanghai 2011, Istanbul 2012, Barcelona 2013, Doha 2014, Kazan 2015, Windsor 2016, Budapest 2017, Gwangju 2019.
4. World youth championships Dubai 2013, Budapest 2019 (Semi Finalist)
5. Pan Arab games, Beirut 1997, Amman 1999, and Cairo 2007, Doha 2011
6. Asian Indoor Games Macau 2007, Vietnam 2009
7. Asian Games Bangkok 1998, Fushun 2010, Jakarta 2018
8. Arab Age Group Championships, Amman 1996, Kuwait 1997, Amman 1998, Cairo 1999 (SC), Amman 2000, Amman 2001, Casablanca 2007, Amman 2009, Amman 2013, Morocco 2019.
9. Mediterranean Age Group Championships (COMMEN), Cyprus 1997, France 1999 and Cyprus 2007 and 2010
10. West Asian Games, Doha 2005
11. Arab Scholastic Games, Algeria 2006, Amman 2008, Beirut 2010, Kuwait 2012
12. International Meets of Casablanca, 1999, 2001, 2008

Athletic Abilities and Areas of Interests

1. Team Handball (Former Division One Club Athlete) National League Finalist 1989-1997
2. Team Handball East Coast and South East USA Conference Universities Silver Medalist Winner USA 2007
3. Swimming
4. Volleyball
5. Squash
6. Triathlon

Passions and Special Skills

- Energetic worker and motivator
- Change Agent & Management Developing
- Ultimate problem-solving abilities
- Audio Books

Selected Publications:

- 1- Al-Nawaiseh, A. M., Bataineh, M. F., Kilani, H. A., Bellar, D. M., & Judge, L. W. (2021). Time-Restricted Feeding and Aerobic Performance in Elite Runners: Ramadan Fasting as a Model. *Frontiers in nutrition*, *8*, 718936. <https://doi.org/10.3389/fnut.2021.718936>
- 2- Judge, L. W., Bellar, D. M., Popp, J. K., Craig, B. W., Schoeff, M. A., Hoover, D. L., Fox, B., Kistler, B. M., & Al-Nawaiseh, A. M. (2021). Hydration to Maximize Performance and Recovery: Knowledge, Attitudes, and Behaviors Among Collegiate Track and Field Throwers. *Journal of human kinetics*, *79*, 111–122. <https://doi.org/10.2478/hukin-2021-0065>
- 3- Yousef, I.A., Kilani, H.A., Bataineh, M.F., Al-Nawayseh, A., Al-Za'abi, A., Belghali, M., Alnuaimi, J., Shaheen, W.M., Liftawi, S.M. (2022). Social issues during the COVID-19 quarantine period: Interaction of physical activity and mental state. *International Journal of Sustainable Development and Planning*, Vol. 17, No. 3, pp. 777-785. <https://doi.org/10.18280/ijSDP.170308>.
- 4- Bataineh, M. F., Mohamad, M. N., Al Dhaheri, A. S., Rawashdeh, M., Al-Nawaiseh, A. M., Asali, F. F., Hashim, M., Jarrar, A., Abu Jamous, D. O., Stojanovska, L., Daour, R. A., Saleh, S. T., Osaili, T. M., & Cheikh Ismail, L. (2022). Impact of coronavirus 2019 pandemic on post-traumatic stress disorder symptoms among pregnant women in Jordan. *Women's health (London, England)*, *18*, 17455057221112935
- 5- Kilani, H. A., Bataineh, M. F., Al-Nawayseh, A., Atiyat, K., Obeid, O., Abu-Hilal, M. M., Mansi, T., Al-Kilani, M., Al-Kitani, M., El-Saleh, M., Jaber, R. M., Sweidan, A., Himsi, M., Yousef, I., Alzeer, F., Nasrallah, M., Al Dhaheri, A. S., Al-Za'abi, A., Allala, O., Al-Kilani, L., ... Kilani, A. (2020). Healthy lifestyle behaviors are major predictors of mental wellbeing during COVID-19 pandemic confinement: A study on adult Arabs in higher educational institutions. *PloS one*, *15*(12), e0243524. <https://doi.org/10.1371/journal.pone.0243524>
- 6- Al-Nawaiseh, A. M., Pritchett, R. C., Pritchett, K. K., Bataineh, M. F., Taifour, A. M., Bellar, D., Schoeff, M. A., Fox, B., Judge, A., & Judge, L. W. (2020). No significant effect of caffeine on five kilometer running performance after muscle damage. *International journal for vitamin and nutrition research*. 1–9. Advance online publication. <https://doi.org/10.1024/0300-9831/a000683>
- 7- Ali M. Al-Nawaiseh, Robert C. Pritchett, and Philip A. Bishop: Enhancing Short-Term Recovery after High-Intensity Anaerobic Exercise. *Journal of strength and conditioning research* 2016. 30(2):320-5 DOI:[10.1519/JSC.0000000000001060](https://doi.org/10.1519/JSC.0000000000001060)
- 8- Bataineh, M. F., Al-Nawaiseh, A. M., Abu Altaieb, M. H., Bellar, D. M., Hindawi, O. S., & Judge, L. W. (2018). Impact of carbohydrate mouth rinsing on time to exhaustion during Ramadan: A randomized controlled trial in Jordanian men. *European journal of sport science*, *18*(3), 357–366. <https://doi.org/10.1080/17461391.2017.1420236>
- 9- Mo'ath F. Bataineh, Ali M. Al-Nawaiseh, Akef Taifour, Aman S. Khasawneh, Mohammad H. Abu Altaieb. The Effect of Combined Carbohydrate-Caffeine Mouth Rinse on Anaerobic Power in a Reduced Glycogen state. *Sport Science Journal* (Accepted 2017)

- 10- Mo'ath Bataineh¹, Ali Al-Nawaiseh¹, Akef Taifour: Lawrence Judge. Dead Sea Marathon-Induced Muscle Damage and Acute Oral Vitamin E Supplementation. *Journal of Exercise Physiology- Online*. June 2017 Volume 20 Number 3
- 11- Jung AP, PA Bishop, A. Al-Nawaiseh RB Dale Influence of Hydration and Electrolyte Supplementation on Incidence and Time to Onset of Exercise-Associated Muscle Cramps. *Journal of Athletic Training*. 40(2) 71-75.2005.
- 12- Ali Al-Nawaiseh, Arthur Albiero, Philip Bishop. Impact of different warm-up procedures on a 50-yard swimming sprint. *International journal of Academic Research Vol5 (No1) January 2013*.
- 13- Lana C. Wyers, Ali M. Al-Nawaiseh, Philip A. Bishop. Predicting Trained Females', One-Repetition Maximum Bench Press: The use of an 85 lb. Repetitions-To-Fatigue Test. *European Journal of Scientific Research*, Volume 96 Issue 3.
- 14- Ali Al-Nawaiseh, Abdel Hafez Al Nawayseh, Hasan Alsud Physiological Responses of Distance Runners during Normal and Warm Conditions. *Journal of Exercise Physiology*, 16 (2) Apr 2013.
- 15- Ali M. Al-Nawaiseh, Suleiman Zboon. Muscle Damage Following an Ultra-Marathon Downhill Running in Runners who were not prepared for Downhill Running 56th Annual Meeting of the American College of Sports Medicine May 2009.
- 16- Ali M. Al-Nawaiseh, Mo'ath F. Bataineh. Manipulation of Training Regiment and Dietary Pattern Enhanced Submaximal Performance in Ramadan Fasting Distance Runners. 60th Annual Meeting of the American College of Sports Medicine May 2013.
- 17- Akef M. Taifour, Ali M. Al-Nawaiseh, Aman S. Khasawneh. Isokinetic and Isometric Strength After Electrical Stimulation on Judo Players, *Journal of Physical Education and Sport*. 13(3) pp400-408. 2013.
- 18- Robert C. Pritchett, Ali-M. Al-Nawaiseh, Kelley Pritchett, Vince Nethery, Phillip A. Bishop, James M. Green. Sweat Gland density and response during high intensity exercise in athletes with spinal cord injuries. *Biology of Sport*.
- 19- Akef Taifour, Ahmad AL-Shishani, Aman Khasawneh, Ali AL-Nawaiseh & Mohammed Bakeer. The Effects of 8-Weeks Aerobic Exercise Program on Blood Lipids and Cholesterol Profile of Smokers vs. Non-Smokers. *International Education Studies*; Vol. 8, No. 5; 2015

Book Chapter:

- 20- Protective Clothing, Managing Thermal Stress. Editors Wang and Gao. 2014 ISBN: 978-1-78242-032-3 / Chapter title: Modeling Heat Stress and Heat Strain in Protective Clothing"

Conferences and Academic Presentations

- 1- Judge, Lawrence¹; AL-Nawaish, Ali M.²; Pritchett, Robert C.³; Pritchett, Kelly K.³; Bataineh, Mo'ath F.²; Taifour, Akef M.²; Schoeff, Makenzie¹; Studler, Justin¹; Bellar, David M.⁴. Efficacy of Caffeine Supplementation for Supporting Exercise Performance During Delayed Onset Soreness: 2565 Board #229 May 31 11:00 AM - 12:30 PM. *Medicine & Science in Sports & Exercise*: June 2019 - Volume 51 - Issue 6S - p 713-714 doi: 10.1249/01.mss.0000562626.17845.71.
- 2- Jung AP, PA Bishop, A. Al-Nawaiseh RB Dale. The role of dehydration and electrolyte loss on exercise-associated muscle cramps American College of Sports Medicine National Meeting, Indianapolis, IN. June 2004
- 3- Ali M. Al-Nawaiseh, Philip Bishop, Sonya Porter, Eric McIlquham. Short –Term recovery. Impact of Antioxidant vitamins, Protein supplement, Ibuprofen, and Ice, Human Performance Lab, University of ALABAMA, Tuscaloosa, AL

- 4- Al-Nawaiseh ALI, Albiero Arthur, Bishop Phil; Impact of Warm Up on a 50-Yard Swim. Poster presentation: southeastern conference "American college of sports medicine"
- 5- Jung AP, PA Bishop, A Al-Nawaiseh RB Dale Influence of Hydration and Electrolyte Supplementation on Incidence and Time to Onset of Exercise-Associated Muscle Cramps, *Journal of Athletic Training*. 40(2) 71-75.2005
- 6- Ali M. Al-Nawaiseh, Philip Bishop, Sonya Porter, Eric McIlquham, Robert C. Pritchett. Short-term Recovery - Impact of Antioxidant Vitamins, Protein Supplement, Ibuprofen, and Ice 52nd Annual Meeting of the American College of Sports Medicine in Nashville, Tennessee/June 1, 2005. *Medicine and Science in Sports and Exercise*, Volume 37:5 Supplement
- 7- Phil Bishop, Robert Pritchett, Yang Zhang, Matt Green, Ali Nawaiseh, John McLester, and Andy Bosak. The Role of Recovery in Training Sportsmen
- 8- Ali M. Al-Nawaiseh, Philip Bishop, Robert C. Pritchett Short-Term Recovery after High Intensity Anaerobic Exercise 54th Annual Meeting of the American College of Sports Medicine May 2008
- 9- Ali M. Al-Nawaiseh, Philip Bishop, Robert C. Pritchett. Gender Differences in Response to Techniques for Hastening Short-Term Recovery and Reducing Muscle Damage 55th Annual Meeting of the American College of Sports Medicine May 2008
- 10- Ali M. Al-Nawaiseh, Suleiman Zboon. Muscle Damage Following an Ultra-Marathon Downhill Running in Runners who were not Prepared for Downhill Running 56th Annual Meeting of the American College of Sports Medicine May 2009
- 11- Bishop P, Nawaiseh A, Bosak A, McLester J. Recovery in training athletes. Presented as Plenary Address at International Sport Conference, University of Jordan, Amman, Jordan. May 06. Published abstract, 5th International scientific Congress, "Sports Sciences in a New World"; 2006, p.5
- 12- Bishop P, Nawaiseh A. Using science to train athletes. Presented International Sport Conference University of Jordan, Amman, Jordan; May 06. Published abstract, 5th International scientific Congress, "Sports Sciences in a New World"; 2006, p.54.
- 13- Bishop, PA, J McLester, A Bosak, A Nawwas. Recovery from exercise. Presented at the 12th International Symposium in the Science of Sport and Health, University of Coast Rica, San Jose, Costa Rica, October 2005
- 14- Sweat Gland density and response during high intensity exercise in athletes with spinal cord injuries. The international Conference of Sport Science (ICSSCC) (The University of Jordan and Otto Von Guericke University Magdeburg & DAAD).
- 15- Mohammed Najib AL-Hassan, Hasan Asri Al-Soud, Ali M Al-Nawaiseh. The Effect of Isometric Contractions on Limiting Muscle Damage Resulting from Eccentric Contractions. The international Conference of Sport Science (ICSSCC) (The University of Jordan and Otto Von Guericke University Magdeburg & DAAD).

Scientific Journal Reviewer for

- Journal of Sports Medicine and Physical Fitness
- Journal of Sports Sciences
- International Journal of Exercise Science

References:

Mentors:

- Philip A. Bishop
Exercise physiology Professor. Graduate studies coordinator, my committee chair.

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