

## Hashem Adnan Kilani



**Phone:** +962777424572, 00962798144325

**Email:** [hashemkilani@gmail.com](mailto:hashemkilani@gmail.com); [hakilani@yahoo.com](mailto:hakilani@yahoo.com)

**Websites:** [https://www.researchgate.net/profile/Hashem\\_Kilani](https://www.researchgate.net/profile/Hashem_Kilani)  
<https://scholar.google.com/citations?hl=en&user=AhbAWLEAAAAJ>

**Highly cited researchers on March 2017 rank 7<sup>th</sup> in the University of Jordan.** [http://ju.edu.jo/Lists/Ranking/Disp\\_form.aspx?ID=77](http://ju.edu.jo/Lists/Ranking/Disp_form.aspx?ID=77)

**Address:** University of Jordan, Faculty of PE, Health and Recreation Dept.  
 Amman, Jordan.

**Objective:** To excel in academia giving the best quality service and demonstrating the competence that satisfies the interest of the University.

## PERSONAL INFORMATION

<b>Nationality</b>	Jordanian
<b>Place of Birth</b>	Amman-Jordan
<b>Status</b>	Married
<b>Work Address in Jordan</b>	Faculty of Physical Education Department of Health And Recreation College of Rehabilitation Science / Department Orthotics and Prosthetics University of Jordan, Amman, Jordan

## EDUCATION

4/1988	<b>Ph.D. in kinesiology</b> , University of Illinois, Urbana- Champaign, Illinois, USA. <b>Emphasis:</b> Biomechanics <b>Dissertation Title:</b> Stretch-shortening cycle in human muscle contraction: The role of the stretch reflex in force production in various vertical jumps. <b>GPA:</b> 5/5
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12/1984 M.S. in Physical Education, Purdue University, West Lafayette, Indiana, USA.  
 Emphasis: Fitness and Biomechanics  
 Thesis Title: Biomechanical profile of pre-post training and conditioning for elite triple jumper.  
 GPA: 5.72/6

5/1974 B.S. in Physical Education, University of Helwan, Cairo, Egypt.  
 Standing: Good

**Preface and  
Background:**

**Professor Hashem A. Kilani**  
[http://ju.edu.jo/Lists/Ranking/Disp\\_form.aspx?ID=77](http://ju.edu.jo/Lists/Ranking/Disp_form.aspx?ID=77)

I believe that my work as a researcher of internationally recognized intellectual contributions have exhibited scholarship and have consistently and frequently published important works that enlarge the scope of human knowledge, and have produced acclaimed creative works by committed leadership and an experienced and motivated faculty including:

1. Consistency in the production of scholarly materials appropriate to my discipline in physical education (PE), Education and Sport Medicine (SM). (My areas of specialization were: Bs in PE, Ms. in Exercise Fitness, and my PhD in Sport muscle biomechanics; apart of SM).
2. Significant contributions to research and scholarly activity as documented by basic research bodies, professional technical committees, applied research organizations, and/or professional. (ISBS, AAPHERD, ISCHPERD, ICET, and others listed in the attached CV).
3. Constant and significant direct contributions toward the training of graduate students, wherever applicable. (I was working with post graduate students abroad online, Jordan University, and in SQU, one student in Ms Food and Nutrition Department). I have been advising and mentoring research for my colleagues who hold Ms and PhD degrees and they were trainee in research.
4. I have been teaching exercise physiology and sport biomechanics kinesiology for long time and updating my knowledge every time I grasp the opportunity to do so.
5. I have had the opportunity to coach men and women in the area of track and field and basketballs for different periods of time as a national coach in Jordan and as an assistant coach at Purdue University.
6. I published a book in the Arabic language entitled exercise physiology and sport training, (2006). (CV attached)
7. The receipt of research funding, at levels appropriate to the scholar's discipline. Although, I am not in disciplines such as engineering and science, a distinguished record of external funding was an important consideration to me.

I also think that the key strengths that I possess include:

1. I have been asked in Aug. 2015 by the chair of the department at the UAEU to help in formulating the final draft of 28 syllabus courses of the health and physical education department in the English language.
2. I have provided overall leadership for the physical education sport

sciences program and its faculty, in which conducting periodic meetings of faculty to discuss programmatic and departmental issues; ensuring the flow of critical information between the department, college or university.

3. I was responsible as a chair of the quality and research development assistant dean and committee for all modifications to the curriculum, course sequencing and scheduling; and development and maintenance of the program's curriculum guide according to the quality development standards and accreditation requirement.
4. I have been coordinating program goals and strategies from the strategic plan; assessment of student learning outcomes including submission of the self-study evaluation report.
5. I have been creating and updating Post Graduate Program in Sport Sciences as a new Ms Program which has been started fall of 2012 and taught exercise physiology, kinesiology and issues in sport and health conditioning at SQU.
6. I have been representing SQU in international scientific arena, and the academic program's interests in both internal and external endeavors.
7. I provide exceptional contributions to the PHED with respect to all scientific and academic means at SQU.
8. Extensive experience in scientific research: My work over the past several years has built on diverse expertise in Education and Exercise Sciences as it is related to teaching, health, fitness and performances.
9. My resume details a wealth of projects that focus on solving problems – from optimizing performance levels to identifying weaknesses and implementing new idea to the human movement sciences.
10. I strive for continued excellence.
11. I succeeded to win the Sultan Qaboos Royal HM grant 2013 of 63,000 OR to conduct **Assessment of Life Style: Physical activity, Nutrition Status, Sleep Duration, and BMI Among Schools' Adolescents in Oman (14-18)**. Lately become counselor for the HM grant.
12. I won the Mohammed Bin Rashid Award in the fifth creative conference 2013 held in Jordan.
13. I also won the Drassa award in 2015.

In addition, my record for the last 5 years of 40 publications, 50 key note presentations, 31 abstracts and 41 international proceedings, 27 scientific workshops, and getting seven grants provides strong evidence that I am a productive and offer a strong interest in research, an enthusiastic approach, and a proven willingness to accept challenges and responsibility. My sport biomechanics Ph.D. from Illinois University and my exercise science Ms from Purdue University bolsters my qualifications. I am an enthusiastic, self-motivated, hands-on, results-driven researcher and inventor who continuously demonstrate a high level of commitment and leadership. I am also a strong team leader who will exert every effort to ensure that the goals of the team are met; this is seen from gathering a group of researchers from different colleges and department's ranges from PE, Medicine, Nursing, agriculture and Pharmacy.

#### Brief Bio:

*2001- 2012*

*Appointed as a joint appointment in two faculties: Faculty of Physical Education in Health & Recreation department and the Faculty of Rehabilitation sciences in the Orthotics & Prosthetics Dept. at University of Jordan-Amman, Jordan.*

2008-214

Working at **Sultan Qaboos University for six years** as a professor and has **contributed to lounge the master program in sport sciences which is accepting students since fall 2012**. In addition he was in charge of the accreditation standards 1+2 from the NCATE as to prepare the data for the knowledge, skills, and dispositions for which rubrics and capstone course was in progress (2010-2012).

2010 – 2015

Joined the Change 4Life group under the PDORC Fitness Section 2010 till todate been working on voluntarily basis. Flying to Oman twice/thrice a year supporting the campaign plus carrying out assessment, advice type of exercise and giving guidelines on food diet

1988

PhD in Human Movement science sport biomechanics from the University of Illinois /Urbana, USA In 1988.

Head coach in track and field for a number of years in Jordan and has analyzed biomechanically many of athletics performances and finished working in the areas of pregnancy and exercise as a consultant to JSI Research and Training Institute, Inc., for development of prenatal exercise educational products for JAFPP, children development with the UNICEF for building National standards.

2011-2013.

Working as a lecturer for Exercise and aging with the Arab physical cultural federation. In addition, he has been selected to be in the Scientific Committee ISBS 2007-2013 and has been elected as a director in the board of ISBS for the years 2011-2013.

2006 - 2015

Earned the DAAD scholarship from Germany and spent two months at Konstanz University working with Manfred Vietin in Biomechanics as a researcher, also has published many scientific articles on issues of Health human Movement, fitness, Sport Biomechanics, Kinesiology, including the books; Physical fitness & Ex. Physiology. Just received DRASSA Award for Sports Science as the best research in 2015.

2010-2015

Appointed as a consultant editor for the International Journal of Fitness, editorial board in International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS), associate editor for JEPS, as an official examiner in the NAPC/UK committee, a peer reviewer to the Malaysian Journal of Medical Science and SQUMJ in 2010-2015.

Has published in a referee journal more than 100 articles and participated in more than 100 conferences at local, regional, and international conferences.

2015 managed the UAEU Health and Physical Education curriculum for 28 courses in the English language.

Hobbies are swimming, badminton, and running.

**PRESENT  
STATUS**

Member in the Faculty of Physical Education in Health & Recreation department at University of Jordan-Amman, Jordan. Currently, Professor of Biomechanics, Kinesiology, Functional Anatomy & the science of human analysis for graduates and undergraduates programs. Currently, resumes his work as a professor of sport biomechanics in the University of Jordan.

**WORK EXPERIENCES**

**Currently: 2014- now.** Working at University of Jordan. Working on the renovation of the department in respect to quality and curriculum. Teaching graduate courses and undergraduate courses in the area of human motion science, application in biomechanics, and application in functional skeletal motion, Training program for children, functional anatomy, kinesiology and sport and health in English language.

**Sultan Qaboos University, Al Khod, Oman. 2008-present. Professor in the Department of Physical Education, 2008-2014**

**Undergraduate  
Courses:****Theoretical courses:**

- 1- Kinesiology
- 2- Posture and Health

**Practical courses:**

- 1- Swimming 1 & 2
- 2- Physical Fitness
- 3- Racquets (Tennis, Table Tennis, Badminton, and Squash)

**Graduate Courses:**

Application of Biomechanics  
Application of exercise Physiology  
Issues in Sport and Health

**Faculty of Physical Education, Health & Recreation Dept. University of Jordan, 2001-2008**

**Undergraduate Courses:****Theoretical courses:**

- 1- Biomechanics
- 2- Kinesiology
- 3- Exercise physiology
- 4- Sport and health in English

**Practical courses:**

- 1- Track and field
- 2- Swimming, 1, 2 and advanced.

**Graduate Course:**

- 1- Human Movement Science, Exercise physiology and Kinesiology applications.

**College of Rehabilitation Science / Department Orthotics and Prosthetics  
University of Jordan, 2001-2008.**

**Undergraduate Courses:****Theoretical courses:**

- 1- Kinesiology (in English)
- 2- Biomechanics (in English)
- 3- Functional Anatomy (in English)

**United Arab Emirates University, College of Education (COE), 1997- 2001**

**Theoretical courses:**

- 1- Kinesiology
- 2- Movement Education
- 3- Sports in our Life
- 4- Adapted PE

**Practical courses:**

- 1- Track and Field
- 2- Body Conditioning
- 3- Table Tennis
- 4- Squash
- 5- Team Handball
- 6- Practicum 1 & 2
- 7- Field Experience for Curriculum and Instruction Department

**University of Jordan,**  
**Faculty of PE**

**Theoretical courses:**

- 1- Biomechanics
- 2- Exercise physiology
- 3- Fitness programming
- 4- Nutrition and performance

**Practical courses:**

- 1- Track and field
- 2- Swimming
- 3- Physical conditioning
- 4- Practicum

**University of Illinois,**  
**Urbana-Champaign,**  
**IL,**

**USA. Graduate Research and Teaching Assistant (1985-1988)**

**Graduate  
Course:**

- 1- KIN 356- Lab Component of Electromyography (EMG), 1987.

**Undergraduate  
Theoretical Courses:**

- 1- KIN 255- Lab Component of Kinesiology
- 2- Weightlifting and Conditioning.

**Teaching  
school  
experience :**

Elementary Schools at Amman-Jordan, (1978-1982).

Secondary Schools at Zarqa and Amman in Jordan. (1974-1975).

Amman College for Teachers Education, Amman/Jordan. (1975-1981).

Ministry of Education as a Chair of Physical Activity Dept. (1981).

University of Jordan-Amman Teaching Assistant (1981-1983).

**Administration  
experience:**

Purdue University, West Lafayette, IN, USA, Coaching Assistant in track & field (1983-1984).

**ACADEMIC  
ADVISOR**

Has supervised More than 30 students in various researches at Master level (1990-present). Supervisor for more than 10 PhD students. Supervise Educational Association male students, UAEU (1999-2001). Supervisor for Graduate level (2001-2004). Participated in the scientific committee for examining eleven Masters Students in the University of Mostaganem, Algeria, (17-20/6/2004). Sharing supervision for one Ms student belong to Nutrition Department in SQU. Currently supervise 3 students in Ms degree in PE in the area of health and conditioning track. Besides assisting supervision in track sport administration.

Sameer Elsulaimi

Relationship of some kinematical parameters for speed and accuracy in team handball vertical jumping free shot

Mohammed Al Siyabi

Assessment of nutrient intake, nutritional knowledge and dietary habit of SQU student athlete

Bushra Elfahdi	Effect of sleep hours on some of physical fitness elements for Omani Army Sultan Air Force
Dawood Elboloushi	Effect of different temperature on physical education instruction and outcomes
Humood Elhashmi	Strategic plan and the quality of administration in Omani sport organization
Monther Nasrallah(PhD)	Physical fitness and body composition among military, police and security sciences students in Palestine(Done)
Amer Ibrahim Tu'mah Al – Khleifat (PhD)	Impact of the lifted weight difference on some biomechanics variables in both weight lifting's snatch and jerk in weight lifting amongst players of the national Jordanian team(Done)

## SCIENTIFIC REFEREE/ EDITING

### **Judge for many scientific articles:**

Just has been appointed as chief editor for Sport Horizon in the faculty of Physical Education in Jordan University. 2015

In the European sport technology journal.

In the scientific committee of the International Conference On Recent Trends In Fitness, Health & Sports Science at Hyderabad, India from 2-4 Aug 2014

Journals and Conferences such as Dirasat (U of J);

Almajallah (UAEU);

Mutah University;

AbhathAl-Yarmouk, Yarmouk University;

Bahrain Journal of Education; Kuwait psychological education,

Journal of Educational Sciences, SQU;

Islamic University- Gaza;

King Saud University; and Proceedings of the

International Society of Biomechanics in Sport (ISBS).

Consulting Editor for the International Journal of Fitness (2005-Present).

Editorial Board for Australian Journal of Basic and Applied Sciences.

Editorial board for SQU Med J&JESs.

Editorial Board for Scientific Referee Journal in IUSST

Editorial Board for Canadian Journal of Clinical Nutrition (CJCN).

Editor in the Canadian Journal of Clinical Nutrition (CJCN) (2012)

Editorial Board for International Journal of Interdisciplinary and



Multidisciplinary Studies (IJIMS) (2013)

Associate editor in the educational and psychological journal in the College of Education (2009- present)

Consulting Editor for the International Journal of Fitness (2006-present)

Editing the Program Specification Report & the Self Evaluation Document for the Faculty of Physical Education

Quality Assurance.(2003-2004).[English Version]

Health & Sport Editing Page at a Daily Goal News Paper (2002).

Sport section editor in Almultaqa magazine, (1999-2001).

Editor of Educational News Letter, UAEU (1999-2001).

Al-Multaqa UAEU (2000).

Al-Dustour Newspaper and Journal, (1992-1996).

Al-Rai Newspaper Amman, (1975-1976).

All Dustour Newspaper Amman, (1976-2007).

## **COMPUTER SKILLS**

Using MS Word and PowerPoint for teaching presentations.

Using Excel and SAS programs for statistical analyses.

Using APAS & SDS Human for Biomechanical Analyses.

Using internet for search, research & Email.

Instructed two On line courses as an e-Learning on the Blackboard

Learning system in the University. (Kinesiology & Sports and Health)

Instructed a course using module teaching software.

## **SCHOLARSHIPS**

DAAD holder to conduct research on gait biomechanics at Konstanz University, July –Aug (2006)

University of Illinois assistantship (TA & RA), USA (1985-1988).

University of Jordan scholarship to study in the U.S.A. (1983-1988).

Ministry of Education Scholarship to study physical education in Egypt (1971).

## **COACHING**

Coaching the Physical Fitness for the Jordan Basketball National team. (2004).

Head Coach in athletics Jordan, (1992-1993). And in UAEU, Team (1999-2000).

Head Coach in athletics National track and field coach in Jordan for sprinting and jumping Events from (1988-1991).

Assistant Track Coach with the late Fred Wilt at Purdue University, West

Lafayette, Indiana, August (1983) December (1984).

National Track and field coach in Jordan, (1978-1983).

## **OFFICIATING**

International experience in track and field since (1975 till 2005).

National rating as a first degree in Track and Field for 8 years until (1983).

Basketball for 5 years until (1983).

Boxing for 2 years until (1981).

## **FITNESS INSTRUCTOR & SUPERVISOR**

Coach for the professional Basketball national team (2004).

Supervisor for physical fitness programs at the technical committee in the Jordan Basketball Federation (2004).

University of Jordan, Amman Club and Purdue University Instructed different ages (12 years to 70 years old) (1980-84).

Omni Fitness Center (Private club) U.S.A. Supervisor for physical fitness and body composition tests. May (1987-1988).

University of Jordan, Amman (1989).

Orthodox Club, Amman (1990-1994).

Ideal System Computer for adult fitness, Computer Program Health related fitness, Amman (1997).

University Social Club, UAEU. Adult Program (1999- 2000).

Amman Club, Jordan. Supervisor (2002).

## **ADMINISTRATION**

Manager of the 46 Physical Culture symposium April 4/2015.

Chair of research and seminar Committee in PHED, 2012.

A member in the Alumni committee in PHED, 2012.

A member in the PHED for developing the physical performance lab, 2012.

A member in the key indicators of physical fitness and posture admission committee development for the new comers, 2012.

Chair of ad-hoc Committee for solving problems related to text books in the College of Education, Sultan Qaboos University, 2012.

Chair of the promotion committee in the college of Education, 2011.

Chair for Knowledge, Skills, and Dispositions Committee (Standard 1+2 Committees), the field experiences standard and a member in the Accreditation Steering Committee in the College of Education/ SQU. 2010- 2012.

Associate Editor of SQU education journal. (2008- present)

Rapporteur for the Promotion Committee, Quality and Development Committee at SQU. (2008- 2011)

Assistant Dean for Quality Assurance in the Faculty of Physical Education/Jordan University (2003-2007)

Chair of Health & Recreation Dept. in the Faculty of Physical Education /Jordan University (2000-2007)

Chair of the research committee in the Faculty of Rehabilitation /Jordan University (2006).

Chair of the Quality Assurance in the faculty of PE in U of Jordan (2004-2007).

Chair of the secretary council in the Academic physical culture in Jordan (2003-now).

Chair of the Scientific Committee in the Arab Physical Culture Cardio-fitness Federation (2002-present).

Chair of ISO Quality Assurance of Teaching, U of Jordan (2004-2008)

Chair of Physical Education in the COE at UAEU (1999-2001).

Chair of Sport & Art Committee in the Social Club at UAEU (1999-2001).

Chair of social and scientific trips committee UAEU (2000-2001).

Chair of Technical Committee for Fourth Gulf University Tournament, UAEU, Al Ain (2000)

Chair of Services and Educational Affairs in UAEU (1999-2000).

Chair of Physical Education Dept. in UAEU. Al-Ain (1999-2001).

Director of Quest-scope Camp for Juveniles at Salt (1997).

Leader of ELSABELA Youth Program for ventures (1990- 1995).

Moderator of the first seminar entitled The Development of Strength and Power in Human. University of Jordan - Amman (1989).

Director of first Graduate Student Biomechanics symposium. University of Illinois, Urbana, USA (1986).

Chair of physical activity programs. Ministry of education (1981).

## **SELECTED CERTIFICATES**

Successfully attended the training course “TTT” (Training Trainers for Tempus & other programs) equivalent to 2 ECTS and can act as a trainer for applications to Tempus and other programs. (2005).

Many Certificates of appreciation for Contributions in Various academic level and different federations (1979-2004)

The National Academy of Physical Culture. An International Recognition as very good lecturer, Prague (2003)

Certificate of appreciation for coaching UAEU athletic team (2000).

1st Certificate of appreciation for a distinguished athletic coaching from the Ministry of Youth, Amman (1991).

1st Proceedings dedication from the Graduate Students Biomechanics Symposium (1989).

Three Certificates of recognition for helping the Crown Prince's Award scheme in Amman –Jordan for the years (1991, 1993, and 1995).

1st Certificate in coaching level A to a Jordanian in track and field from Germany (1983).

## **VOLUNTARY**

Member of the combined committee of Sultan Qaboos University and

## COMMITMENTS

Ministry of Sport Affairs, 2009 until now.

Member in the Arab Strategic for Preventing Obesity and Promoting Physical Activity, (2010-present).

Member in the team of Osteoporosis working on video production entitled exercise and osteoporosis (2007)

In charge of the Quality Assurance and the Self Evaluation for the Faculty of PE in the University of Jordan / Amman, (2004).

Member in the Child Health & Motor development for establishing National Early Childhood Standards and Indicators/NCFA, UNICEF (2004).

Member in the National Council for Family Affairs for building a physical fitness plan for Children aged 4 to 18 (A world fit for children, 2003-2004).

Member in the Arab Physical Culture Cardio fitness Federation (2002-present).

Member in the Outcomes Committee/ College of Education, UAEU. Working towards Accreditation (1999-2001).

A Taskforce for drug usage reduction Committee, Abu Dhabi, UAE (1999-2000).

Measurement and Evaluation of Physical Fitness Committee, Abu Dhabi, UAE (2000).

Sport for All Committee, Dubai, UAE (2000).

Partnership with Ministry of Youth and Education Committee, UAEU (2000).

Member in the Educational Reference Journal for College of Education, UAEU (1999-2000).

University Social Club Executive Office, UAEU (1999-2000).

Outcome Assessment Committee, College of Education, UAEU (1999-2000).

Member in more than ten academic committees in College of Education, UAEU (1997-2001).

Biomechanics and daily posture Lessons at a New-day TV Series in Jordan (1997).

First Jordan Organs Donation Society Executive Board and founder. Amman (1997).

Basketball Expert Committee, Amman (1997).

Friday Work-out Morning Exercise Show. Jordan Television, Amman (1996).

National Olympic Research Committee (1994-1996).

Jordan Alumni Society US Universities and Institutes (1995- present).

Board member in the Olympic Academy for Youth and Sport Club, Amman (1994-1996).

Board member of the executive directors of Amman Sport Club (1989-

1991).

A member at ELSABELA "Raleigh International" working group, Amman (1990-1995).

Orthodox Club for Sport Committee, Amman (1990-1992).

The Crown Prince Award Advisory Committee, Amman (1989-1996).

Coaching Olympic Committee, Amman (1989-1991).

Jordan Sport Olympic Committee (1989-1991).

Jordan Basketball Federation (1989-1990).

Jordan Handicapped Federation (1989-1990).

Jordan Track and Field Federation (1989-1991)

Professional member in American Running and Fitness Association (AR&FA), USA (1986).

Member in the American Alliance for Physical Education Health Recreation and Dance (AAPHERD), USA. (1985–present)

Member in the International Society of Biomechanics in Sports ISBS (1985-present)

Member in the Board of Directors of the International Society of Biomechanics in Sports ISBS (1985-87)

Jordan team handball federation (1978-1980).

Jordan table tennis federation (1975-1976).

International Society for Sports Sciences in the Arab World (I3SAW)

American Psychological Association (APA)

American Association of Physical an Health Education, Recreation, and Dance (AAPHERD)

International Council of Health, Physical Education, Recreation, Sport, and Dance (ICHPER.SD).

National Academy of Physical Culture/ United Kingdom (NAPC/UK)

Board of Directors in the International Society of Biomechanics in Sport (ISBS) Board of Directors in the Asian Society Of Sport Biomechanics (ASSB)

American Running and Fitness Association (AR&FA)

Arab Scientists and Technologists Abroad” (ASTA)

Arab Physical Culture & Sport Medicine (APCSM)

International Academy of Sports Technology in Sweden (IAST)

Arab society to combat obesity and to promote physical activity.(ASCOPA)

Arab Research Scientific Society (ARSS)

## **MEMBERSHIP IN SCIENTIFIC ORGANIZATIONS**

## **WORK SHOPS :**

### **Held:**

A workshop in Personal Training fitness in Amman with fassel.actness on Feb. 2017.

A workshop for Nutrition and sport on Oct.secnd.2013. Al-Kilani, Hashem 2013. About Kinesiological perspective for athletics. Muscat. Oman.

A workshop for Dubai youth leadership preparation on feb.28-29.2013, about how to built strength and strength endurance for increasing performance. Dubai, UAE.

A workshop for nutritionist and MDs on Feb.8.2012, about mechanical principle of exercise- Mistakes and corrections. Ministry of Health, Samayel, Oman.

Workshops of how to write fill an NCATE template of syllabi for accreditation, College of Education, SQU. 2011-2012.

May 12th.2012. Recent Trends of Nutrition and Health in Oman. Food Science and Nutrition Department, Sultan Qaboos University, Muscat, Sultanate of Oman. (Organizer)

April 15th.2012. Dietary Regimens for Autism- Celebrating the Autism World Day, Muscat Autism Center, Muscat, Sultanate of Oman. (Invited Speaker)

March 4th. 2012. Sports Nutrition. Oman Handball Association, Muscat, Sultanate of Oman. (Invited Speaker)

February 8th.2012. Nutritional Assessment and Management of Athletes. SAMAEEL Hospital, Ministry of Health, Muscat, Sultanate of Oman. (Invited Speaker)

April 4th.2011. Nutritional Management for Autism- Celebrating the Autism World Day, Muscat Autism Center, Muscat, Sultanate of Oman. (Invited Speaker)

March 13th -15th.2011. Special Dietary Needs for Disabled Children, Muscat, Sultanate of Oman.(Invited Speaker)

March 21st.2010. Current Challenges in Nutritional- Related Health Problems in Oman. Food Science and Nutrition Department, Sultan Qaboos University, Muscat, Sultanate of Oman. (Organizer)

December 26th.2009. Nutrition and Physical Activity. Food Science and Nutrition Department, Sultan Qaboos University, Muscat, Sultanate of Oman. (Organizer)

February 21st.2009. Nutrition and Physical Activities. ADAM Hospital, Ministry of Health. Muscat, Sultanate of Oman. (Invited Speaker)

A Quality assurance workshop about strategic plan, the Mapping based on SWOT analysis, College of Education, Feb. 18.2010.

SWOT analysis workshop in front of the faculty members at College OF Education on Oct. 14.2009.

Work shop of how to write the goals, objectives and intended learning outcomes, in PHED. Nov. 2008.

A workshop entitled "Applying software programs in human movement analysis and athletics' performance". University of Jordan under the auspices of ISBS. Amman, Jordan, 27-30/3/2007

Resist Depression, the role of physical activity on healing Depression, The Cultural Society For Youth & Childhood. Amman,(2006-02-06)

A workshop in how to prepare a quality plan (Quality Assurance) for teacher in the faculty of physical education at the University of Jordan. (2004).

A seminar about Coaching by profession and experiences at Amman Secretary Province for physical culture promotion (2003).

An international workshop in cooperation with Konstanz University / Germany, at the University of Jordan (2002).

A Workshop about learning outcomes, UAEU, Alain (1999-2000).

Held a Workshop about practicum, UAEU, Alain (1999-2000).

Instructed courses about Aerobic Training for Instructors in the University of Jordan - Amman (1995-2004).

Presented a Seminar about Biomechanics and Measurement and Evaluation for pupils. Third Scientific Conference in the University of Jordan - Amman. (1994).

A special seminar about Sport Competitive and Children, C.P.A. Amman (1994).

Workshop for Preparing the Physical Recreations (PR) Section for the Crown Prince Award (C.P.A.) Handbook, Amman (1990-1993)

Many workshops to Qualify P.R.) Instructors for the C.P.A. scheme, Amman (1990-1994).

Laboratory Workshop for Body Composition and Hygiene. University of Jordan-Amman 1991.

**Attended:**

Program for SIOP ASIA-PODC Nutrition workshop, Venue: Le Meridian, Jordan; April 24, 2015

Completion of 12 credit hours workshops entitle (The Nuts and Bolts of Accreditation) held by California School of Health Science & SQU, 28th - 29th, 2011.

Towards a Long Term Strategic Plan for SQU, International Workshop, 9-10 Nov. 2010

Successfully attended the training course of 23 hours entitled {Strategic Planning for Higher Leaders} held at the Center for Consultation. The University of Jordan, Amman. 2006-01-21.

Successfully attended the training course "TTT" (Training Trainers for Tempus & other program) equivalent to 2 ECTS and can act as a trainer for applications to Tempus and other program. 2005.

Quality Assurance in Higher Education: Why and How? Faculty of Engineering and Technology. University of Jordan (2005).

Training Human Resources for Quality Assurance Review in the Academic Departments. University of Jordan, Development Affairs. 2004.

National early childhood standards and indicators, 29 June 2004/ AMMAN-JORDAN-UNICEF & NCFA.

Attended a workshop in Spain about Biomechanics in developing strength training 2002.

Attended a workshop on Measurement in Biomechanics, Cologne

University, Germany, 2001

Completed a SEMINAR for Department Chairs sponsored by the United Arab Emirates University and Facilitated by Representatives of the Council of Colleges of Arts and Sciences, Sep.13 & 14.2000.

Attended an International workshop in PE outcomes & standards for NASPE- ORLANDO. U.S.A. 2000.

## AWARDS AND GRANTS

DRASSA Award for Sports Science as the best research in 2015

Awarded the best scientific referee in ISBS 2012.

Awarded the innovative award for presenting the Health Related Physical Fitness, BMD, and Vitamin D in the 5<sup>th</sup> Inter. Innovative in sport conference. 2013; Amman, Jordan

Awarded research deanship grants for conducting research on exercise and elderly(2007) (PI 12000 JD)

Awarded four research Grants from Research Council at UAEU-Alain, (1998-2001).

Awarded Quest scope support for social development research-Amman, (1997- 1998).

Awarded Elsabela Research support -Amman. (1992-1994).

Awarded A graduate college dissertation grant- USA (1987).

Awarded A graduate college thesis/project support grant - USA (1987).

In this table is a summary of funds from SR/ HM & SQU.

Expected finishing date	Starting Date	Budget OR	Authors	Research title
2015	2014	5000	Manar Shaheen, Hashem Kilani	Effect of Exercise Program Supported by Educational Technology (Multimedia Technology) on Attention, Motor Skills and Performance Level for Tumbling Skills in Omani Children with Hearing Disabilities.



2015	2013	8,200	Mustafa Waly <b>Hashem Kilani</b> (fourth participant)	Dietary and Lifestyle Risk Factors in the Etiology of Colorectal Cancer in Oman
2015	2013	45,250	<b>Hashem Kilani</b> , Kashef Zayed, Mustafa Waly, Mohammad Alqyumi, Mansour Altoqi, Randa Yousef & Naser Alrawahi	Assessment of Life Style: Physical activity, Nutrition Status, Sleep Duration, and BMI Among Schools' Adolescents in Oman (14-18)
2014	2012	7900	Yousra Asenani, <b>Hashem Kilani</b> , & Nasser Alrawah	Effective PE in developing health related fitness for students in Oman
2013	2012	6050	Badriyah Alhaddabi & <b>Hashem Kilani</b>	The relationship between lifestyle pattern and body composition of Sultan Qaboos University students
2013	2011	SR/ HM/College of Medicine and Health Sciences/11/01), in progress, Funding 87,000.00 OR.	Yehia Al Faresi, <b>Hashem Kilani</b> (fifth participant)	Autism and Developmental Disabilities in the Sultanate of Oman: From etiology research to community services.
2013	2011	17.000	<b>Hashem Kilani</b>	Health Related Physical Fitness, BMD, and Vitamin D
2013	2010	90.000	Kashef Zayed <b>Hashem Kilani</b>	Evaluation of teachers in Public Schools in the Sultanate of Oman: A study in quality

2013	2010	11.000	Raghda Shukri & <b>Hashem Kilani</b>	Effect of Post Natal Exercise Program
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**REFeree ABSTRACT  
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### **Referees:**

Professor Mohammad Ahmad Hamdan, Former Minister, Member of Upper House and Former President of Al al-Bayt University.

Professor Abdallah Al-Mousa, Former President, UOJ, Amman and Yarmouk University, Irbid – Jordan

Professor Kamal Rabadi, Former Dean of the faculty of Physical Education/ UOJ.

Professor Yousef Sarhan, Former Dean of College of Rehabilitation Science/ UOJ, Currently at Alhaytham Hospital. Amman.