

Harran Qoblan Al-Rahamneh

**Associate professor**

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### **Qualifications**

- PhD in Sport and Health Sciences (2011), University of Exeter, UK.  
**Thesis title:** “Perceived Exertion Relationships and Prediction of Peak Oxygen Uptake in Able-bodied and Paraplegic Individuals”
- Masters in Physical Education (2005), University of Jordan, Jordan.
- Bachelor in Physical Education (2002), University of Jordan, Jordan.
- High school (1999), Yarqa Secondary School, Jordan.

### **Training courses**

- Exercise and Fitness Training after Stroke (2011), Later Life Training, UK.

- Phase IV Cardiac Rehabilitation Course (2009), British Association for Cardiac Rehabilitation, UK.
- Learning and Teaching in Higher Education (2010), University of Exeter, UK.
- First Aid Course (2009), Adventure First Aid, UK.
- Automated External Defibrillation (2009), St John Ambulance, UK.

### **Work experience**

- I was the head of Health and Recreation department at the Faculty of Physical Education at the University of Jordan since 6/09/2015 – 28/01/2017.
- I was the dean assistant for Quality and Development Affairs at the Faculty of Physical Education at the University of Jordan between September 2012 and September 2014.
- I was a member of the Faculty of Physical Education Council between September 2012 - September 2014 and September 2015 – January 2017.
- I am a lecturer at the Faculty of Physical Education, University of Jordan (since February 2011), teaching these courses
  - ❖ Statistics in Kinesiology using the Statistical Package for Social Sciences (SPSS).

- ❖ Research Method in Physical Education and Sport Sciences, for example how collect data and analysing it and how to choose the appropriate methodology and suitable sample size.
  - ❖ Exercise Prescription for Special Populations such as people who had stroke, heart disease, hearing impairment, visual impairment, spinal cord injury, poliomyelitis and Spina bifida.
  - ❖ Sport and Health in English for the University's students who do not study Physical Education.
  - ❖ Adapted Physical Education for master students studying physical education.
  - ❖ Application of exercise physiology, such as how to run maximal and sub-maximal exercise tests and how to measure body fat using different methods for instance calliper and underwater weighing.
- I worked as volunteer with people who had stroke (Action after Stroke) and led this programme for 3 years (January 2008 - January 2011), School of Sport and Health Sciences, University of Exeter. This programme was a specialised one in delivering exercises to stroke survivors.
  - I worked for one year as teaching and research assistant (September 2006 – September 2007), Faculty of Physical Education, University of Jordan, Jordan.

- I worked for three years and a half as swimming and fitness instructor (April 2003 – August 2006), Jordan Military Sports Council, Jordan.

### **Publications:**

- ✓ Harran Al-Rahamneh & Ali Bani Hamad (2015). A comparison study of obesity among able-bodied children and adolescents compared to their peers with sensory disabilities in Jordan. *Asian Social Science Journal*, 11, 24, 252-257.
- ✓ Harran Al-Rahamneh (2015). Affective and perceived exertion responses during graded exercise test in fasted and non-fasted state: Cycling versus Treadmill. *European Scientific Journal*, 11, 23, 131- 146.
- ✓ Harran Al-Rahamneh; Khawla Yousef; & Wafa' Ismail (2015). Exercises Responses of 60-69 Years on the Senior Fitness Test in Jordan Compared to US Norms. *Asian Social Science Journal*, 11, 24, 343-349.
- ✓ Harran Al-Rahamneh & Maher Al Kilani (2014). The effects of Ramadan fasting on peak physiological function of active college-aged males during graded treadmill and cycling testing. *Journal of Physical Education and Sport*, 14, 548-553.
- ✓ Harran Al-Rahamneh; Mohammad Dababseh & Roger Eston (2013). Fitness level of deaf students compared to hearing students in Jordan. *Journal of Physical Education and Sport*, 13, 528-532.

- ✓ Harran Al-Rahamneh & Roger Eston (2012). Estimation of peak oxygen uptake from peak power output in able-bodied and paraplegic individuals. *Journal of Exercise Science and Fitness*, **10**, 78-82.
- ✓ Roger Eston; Harrison Evans; James Faulkner; Danielle Lambrick; Harran Al-Rahamneh & Gaynor Parfitt (2012). A perceptually regulated, graded exercise test predicts peak oxygen uptake during treadmill exercise in active and sedentary participants. *European Journal of Applied Physiology*, **112**, 3459 - 3468.
- ✓ Harran Al-Rahamneh & Roger Eston (2011). Rating of perceived exertion during two different constant-load exercise intensities during arm cranking in paraplegic and able-bodied participants. *European Journal of Applied Physiology*, **111**, 1055 – 1062.
- ✓ Harran Q Al-Rahamneh & Roger G Eston (2011). Prediction of peak oxygen consumption from the ratings of perceived exertion during a graded exercise test and ramp exercise test in able-bodied participants and paraplegic persons. *Archives of Physical Medicine and Rehabilitation*, **92**, 277-283.
- ✓ Harran Al-Rahamneh; James Faulkner; Christopher Byrne & Roger Eston (2011). Prediction of peak oxygen uptake from ratings of perceived exertion during arm exercise in able-bodied and persons with poliomyelitis. *Spinal Cord*, **49**, 131-135.
- ✓ Harran Al-Rahamneh & Roger G Eston (2011). The validity of predicting peak oxygen uptake from a perceptually guided graded exercise test during arm exercise in paraplegic individuals. *Spinal Cord*, **49**, 430 - 434.

- ✓ Harran Al-Rahamneh; James Faulkner; Christopher Byrne & Roger G Eston (2010). Relationship between perceived exertion and physiologic markers during arm exercise with able-bodied participants and participants with poliomyelitis. *Archives of Physical Medicine and Rehabilitation*, 91, 273-277.

### **Conference presentations**

- ✓ Harran Al-Rahamneh & Craig Williams (November, 2016). Measuring Peak Oxygen Uptake using Perceptually-Regulated Exercise Test in Arm Cranking Exercise. The Daniel Turnberg Travel Fellowship Scheme Alumni Conference, Nicosia, Cyprus.
- ✓ Khawla Yousif, Wafa' Ismail & Harran Al-Rahamneh (September, 2015). Exercise Responses of 60-69 Years Old Individuals in Jordan on the Senior Fitness Test Compared to US Norms. Active Healthy Ageing Conference, Magdeburg University, Germany.
- ✓ Dalia Abu Touq & Harran Al-Rahamneh (November, 2014). The Prevalence of Obesity among Blind Children in the Middle Region of Jordan. The International Conference of Sport Science "Challenge of Change", Dead Sea, Jordan.
- ✓ Harran Al-Rahamneh & Craig Williams (November, 2014). The effect of fasted and non-fasted state on the prediction of peak oxygen uptake from rating of perceived exertion and the affective state. The International Conference of Sport Science "Challenge of Change", Dead Sea, Jordan.

- ✓ Harran Al-Rahamneh (July, 2014). The effect of Ramadan Fasting on Peak Oxygen Uptake during Walking/Running and Cycling Exercise. 19<sup>th</sup> Annual Conference of European College of Sport Science, Amsterdam, the Kingdom of Netherlands.
- ✓ Harran Al-Rahamneh (November 2012). Using rating of perceived exertion to predict peak oxygen uptake during leg cycling and arm cranking (Review Article). Sport Science in the Heart of the Arab Spring, Luxor, Egypt.
- ✓ Harran Al-Rahamneh & Roger Eston (2012). Prediction of Peak Oxygen Uptake from Peak Power Output in Able-bodied and Paraplegic Persons. 17<sup>th</sup> Annual Conference of European College of Sport Science, Bruges, Belgium.
- ✓ Harran Al-Rahamneh & Roger Eston (2010). Rating of Perceived Exertion during Heavy and Severe Constant-load Exercise in Able-bodied and Paraplegic Participants. 15<sup>th</sup> Annual Conference of European College of Sport Science, Antalya, Turkey.
- ✓ Harran Al-Rahamneh & Roger Eston (2010). Prediction of Peak Oxygen Uptake from a Perceptually-guided, Graded Exercise Test during Arm Exercise in Individuals with Paraplegia. 15<sup>th</sup> Annual Conference of European College of Sport Science, Antalya, Turkey.
- ✓ Harran Al-Rahamneh, James Faulkner, Christopher Byrne & Roger Eston (2010). Prediction of Peak Oxygen Uptake Using Rating of Perceived Exertion during Arm Cranking Exercise in Able-bodied and Individuals

with Poliomyelitis. BASES Student Conference, Aberystwyth, United Kingdom.

- ✓ Harran Al-Rahamneh, Christopher Byrne & Roger Eston (2010). Rating of Perceived Exertion during Two Different Constant-load Exercise Intensities during Arm Cranking in Able-bodied and Paraplegic Participants. School of Sport and Health Sciences, University of Exeter, United Kingdom. In this conference I won a prize worth £1000 to attend the ECSS conference, Antalya, Turkey 2010.
  
- ✓ Harran Al-Rahamneh, James Faulkner, Christopher Byrne & Roger Eston (2009). The Relationship between Perceived Exertion and Physiological Markers of Exercise Intensity during Arm Cranking and Leg Cycling in Able-bodied and Individuals with Poliomyelitis. BASES Annual Conference, Leeds, United Kingdom.

### **Research grants**

1. Aerobic and anaerobic abilities of taekwondo players of different weights in Jordan. **1500 JD**, Deanship of Academic Research, The University of Jordan.
  
2. Physical activity level of disabled individuals in Palestine and its relation to health and psychological variables. **4850 JD**, Hamdi Mango Center for Scientific Research, The University of Jordan.
  
3. Measuring peak oxygen uptake using maximal perceptually guided graded exercise test during arm exercise. **6700 GBS**, The Academy of Medical Sciences, London, UK.



4. Prediction of peak oxygen uptake from peak power output in able-bodied and paraplegic persons. **500 €**, European College of Sport Science.
5. Rating of perceived exertion during two different constant-load exercise intensities during arm cranking in able-bodied and paraplegic participants. **1000 GBS**, University of Exeter, UK.

### **Reviewing**

- ✓ I am a reviewer for *Journal of Sports Science and Medicine* (Turkey).
- ✓ I am a reviewer for *Journal of Exercise Science and Fitness* (Peoples Republic China).
- ✓ I am a reviewer for *European Journal of Sports Sciences* (England).
- ✓ I am a reviewer for *European Journal of Applied Physiology* (Germany).
- ✓ I am a reviewer for *Dirasat Journal*, Deanship of Academic Research at the University of Jordan.
- ✓ I am reviewer for *Journal of Sports Science* (USA).
- ✓ I reviewed a book entitled “Sport Nutrition and its Relation to Physical Activity and Health” by King Saud University in Kingdom of Saudi Arabia.

### **Supervision and examination:**

- ✓ I supervised 7 bachelor projects at the Faculty of Physical education at the University of Jordan.
- ✓ I supervised 2 PhD students at the Faculty of Physical education at the University of Jordan.
  - ❖ Physical activity level among disabled individuals in Palestine and its relationship to some psychological and health variables; By **Haifa A. Jamhour**.
  - ❖ Constructing the First Arabic Rating of Perceived Exertion Scale and validate it Against the Physiological Variables during Leg Cycling; By **Abd Al Hafth Nawaisah**.
- ✓ I have been supervising 4 PhD students at the Faculty of Physical education at the University of Jordan.
- ✓ I supervised 3 master students at the Faculty of Physical education at the University of Jordan.
  - ❖ Establishing Jordanian Norms for King Abdullah II Physical Fitness Award for Students with Hearing Impairment; By **Musa'ab Abdallat**.
  - ❖ Aerobic and anaerobic abilities and its relationship to sport achievement of taekwondo players in Jordan; By **Nahar Al Soab**.
- ✓ I was in the examination committee for 5 masters students at the Faculty of Physical education at the University of Jordan.
  - ❖ The Most Common Type of Sport Injuries among Team-Sport in School Teams in Amman Region. **Sadam Saleh Twaissi, 2015**.

- ✓ I was in the examination committee for 5 PhD student at the Faculty of Physical education at the University of Jordan.

### **Other experiences**

- I am a lecturer of discovering statistics using Statistical Package for Social Sciences (SPSS) at the Center of Consultation at the University of Jordan.
- I designed the website of the International Conference of Sport Science “Challenge of Change” which was held in the Dead Sea, November 2014.
- I represented Jordan as the Vice president of the Intergovernmental Committee for Physical Education and Sport (CIGEPS) for Arab States in the extraordinary session of the Intergovernmental Committee for Physical Education and Sport which was held in Baku, Azerbaijan in March 13<sup>th</sup> – March 15<sup>th</sup> 2013.
- I represented the Faculty of Physical Education and the University of Jordan in the Sport and Tourism workshop which was held in Assiut University in Egypt between 24<sup>th</sup> – 28<sup>th</sup> June 2012 in cooperation with Magdeburg University, Germany and DAAD. In this workshop we have prepared a proposal for a bachelor degree in Sport and Tourism at the Faculty of Physical Education at Assiut University, Egypt.
- I represented Jordan in the Intergovernmental Committee for Physical Education and Sport (CIGEPS) meeting which was held in Lausanne – Switzerland in April 17<sup>th</sup> – April 19<sup>th</sup> 2012. In this meeting Jordan was elected as the Vice president of CIGEPS for Arab States.

- I was a member of the National Committee for establishing national norms for King Abdullah II Award for Physical Fitness (October 2011-December 2012).
- I am the statistician representative of Faculty of Physical Education for the Deanship of Research at the University of Jordan.
- I attended a workshop, The Olympic Values Education Programme (2011), Jordan Olympic Committee, Jordan.
- I used to be an athletic referee (2006), Jordan athletic Federation, Jordan.
- I used to be a second grade volleyball referee (2005), Jordan Volleyball Federation, Jordan.
- I used to be a second grade swimming referee (2004), Jordan Swimming Federation, Jordan.

### **Hobbies**

- I enjoy travelling and exploring new things and new cultures.
- I enjoy being in exercise physiology laboratories performing exercise testing.
- I enjoy talking and socializing with other people.

- I like playing volleyball.