



# Dr. Said El Ashker

## C.V

**Deanship of Preparatory Year and Supporting Studies**

**Imam Abdulrahman Bin Faisal University**

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 Dr\_Said24



# Dr. Said El-Ashker

## Associate Professor

### Deanship of Preparatory Year and Supporting Studies

#### Personal Data

Nationality | Egypt

Department | Self-Development Department

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Office No | O-3030

Work phone | +966-01333-32699

#### Language Proficiency

Language	Read	Write	Speak
Arabic	Proficient	Proficient	Proficient
English	Advanced	Advanced	Advanced
Others			

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

Date	Academic Degree	Place of Issue	Address
2010	Doctorate Degree (PhD)	Mansoura University, & University of Gloucestershire United Kingdom & Egypt	Physical Education, Athletic Training
2004	Master's degree (MSc)	Mansoura University, Egypt	Physical Education, Athletic Training
2000	Bachelor's degree (B.Sc.)	Mansoura University, Egypt	Physical Education, Athletic Training

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

PhD	Doctor of Philosophy (PhD) by research and examination
Master	Master's degree (MSc) by research and examination
Fellowship	Physical Education and Sport Sciences - University of Limerick



**Professional Record: (Beginning with the most recent)**

<b>Job Rank</b>	<b>Place and Address of Work</b>		<b>Date</b>
Associate Professor	Deanship of Preparatory Year Imam Abdulrahman Bin Faisal University.	Saudi Arabia	2016
Associate Professor	Faculty of Physical Education Mansoura University	Egypt	2015
Visiting Postdoc	Physical Education and Sport Sciences, University of Limerick	Ireland	2013
Assistance Professor	Faculty of Physical Education Mansoura University	Egypt	2010
Associate staff	Faculty of Sport, Health and Social Care, Gloucestershire University	United Kingdom	2008
Assistance lecturer	Faculty of Physical Education Mansoura University	Egypt	2004
Teaching Assistant	Faculty of Physical Education Mansoura University	Egypt	2000

**Administrative Positions Held: (Beginning with the most recent)**

<b>Administrative Position</b>	<b>Office</b>	<b>Date</b>
<b>Deputy General Supervisor of Health Track</b>	O-3030	01/05/2016
<b>Coordinator of orientation program Deanship of Preparatory Year and Supporting Studies Imam Abdulrahman Bin Faisal University</b>	O-3030	01/05/2016
<b>Director of Qualitative Initiatives office</b>	O-3030	01/11/2018
<b>Coordinator of development and training of students Committee, Students Affairs Unit</b>	O-3030	16/01/2017



## 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
	<b>Said EL-Ashker,</b> Joanna M. Allardyce, Brian P. Carson	Sex-related differences in joint-angle-specific hamstring-to-quadriceps function following fatigue	<i>European Journal of Sport Science</i> , 2019
<p><a href="https://www.tandfonline.com/doi/pdf/10.1080/17461391.2019.1574904?needAccess=true">https://www.tandfonline.com/doi/pdf/10.1080/17461391.2019.1574904?needAccess=true</a>  <a href="https://www.ncbi.nlm.nih.gov/pubmed/30739557">https://www.ncbi.nlm.nih.gov/pubmed/30739557</a></p>			
1	<b>Said El-Ashker,</b> A Hassan, R Taiar, M Tilp	Long jump training emphasizing plyometric exercises is more effective than traditional long jump training: A randomized controlled trial	<i>Journal of Human Sport and Exercise</i> 2019
<p><a href="https://rua.ua.es/dspace/bitstream/10045/80353/6/JHSE_14-1_18.pdf">https://rua.ua.es/dspace/bitstream/10045/80353/6/JHSE_14-1_18.pdf</a></p>			
2	<b>Said El-Ashker,</b> H Chaabene, Y Negra, O Prieske, U Granacher	Cardio-Respiratory Endurance Responses Following a Simulated 3× 3 Minutes Amateur Boxing Contest in Elite Level Boxers	<i>Sports</i> 2018
<p><a href="https://doi.org/10.3390/sports6040119">https://doi.org/10.3390/sports6040119</a>  <a href="https://www.mdpi.com/2075-4663/6/4/119">https://www.mdpi.com/2075-4663/6/4/119</a></p>			
3	Said El-Ashker	The impact of a boxing training program on physical fitness and technical performance effectiveness	<i>Journal of Physical Education and Sport</i> 2018
<p><a href="https://www.efsupit.ro/images/stories/iunie2018/Art%20137.pdf">https://www.efsupit.ro/images/stories/iunie2018/Art%20137.pdf</a></p>			
4	<b>Said El-Ashker,</b> BP Carson, F Ayala, MDS Croix	Sex-related differences in joint-angle-specific functional hamstring-to-quadriceps strength ratios	<i>Knee Surgery, Sports Traumatology, Arthroscopy</i> 2017
<p><a href="https://www.ncbi.nlm.nih.gov/pubmed/26149462">https://www.ncbi.nlm.nih.gov/pubmed/26149462</a>  <a href="https://link.springer.com/article/10.1007/s00167-015-3684-7">https://link.springer.com/article/10.1007/s00167-015-3684-7</a></p>			
5	<b>Said El-Ashker,</b> S EL-ASHKER	Cardiopulmonary effects of using mouthguards during medium and high intensities in elite Egyptian boxing athletes	<i>Journal of Physical Education and Sport</i> 2015
6	<b>Said El-Ashker</b>	Talent development - an Irish and International Comparison	<i>PE PAYS (PE, Physical Activity and Youth Sport) Research Forum</i> 2013



<a href="http://www.eventbrite.ie/event/6708129195/eorg">http://www.eventbrite.ie/event/6708129195/eorg</a>			
7	Said El-Ashker, M Nasr	Effect of boxing exercises on physiological and biochemical responses of Egyptian elite boxers	<i>Journal of Physical Education and Sport</i> 2012
<a href="http://efsupit.ro/index.php?option=com_content&amp;view=article&amp;id=57&amp;Itemid=14">http://efsupit.ro/index.php?option=com_content&amp;view=article&amp;id=57&amp;Itemid=14</a>			
8	Said El-Ashker	Technical performance effectiveness subsequent to complex motor skills training in young boxers	<i>European Journal of Sport Science</i> 2012
<a href="http://www.tandfonline.com/doi/abs/10.1080/17461391.2011.606976#preview">http://www.tandfonline.com/doi/abs/10.1080/17461391.2011.606976#preview</a>			
9	Said El-Ashker	Technical and tactical aspects that differentiate winning and losing performances in boxing	<i>International Journal of Performance Analysis in Sport</i> 2011
<a href="http://www.ingentaconnect.com/content/uwic/ujpa/2011/00000011/00000002/art00015">http://www.ingentaconnect.com/content/uwic/ujpa/2011/00000011/00000002/art00015</a>			
10	Said El-Ashker	Associations between physical activity and health parameters in adolescent pupils in Egypt	<i>International journal of environmental research and public health</i> 2011
<a href="http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2872361">http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2872361</a> <a href="http://www.mdpi.com/1660-4601/7/4/1649">http://www.mdpi.com/1660-4601/7/4/1649</a>			
11	سعيد الأشقر	تأثير تدريبات الملاكمة اللاتنافسية على الذاكرة قصيرة المدى ومستوي القدرات التوافقية.	المجلة العلمية للتربية البدنية والرياضة، كلية التربية الرياضية بالهرم جامعة حلوان 2014
12	سعيد الأشقر	تأثير تنمية القدرة على الربط الحركي على بعض مكونات اللياقة البدنية وفعالية الأداء المهاري للملاكمين الشباب	مجلة بحوث التربية الرياضية للبنين – كلية التربية الرياضية للبنين – جامعة الزقازيق 2011

### Refereed Scientific Research Papers Accepted for Publication

#	Name of Investigator(s)	Research Title	Journal	Acceptance Date
1	Said El-Ashker, Joanna M. Allardyce, Brian P. Carson	Sex-related differences in joint-angle-specific functional hamstring-to-quadriceps function following fatigue	The American Journal of Sports Medicine	Final revision Manuscript ID TEJS-2018-0598



2	<b>Said El-Ashker;</b> Chaabene, Helmi; Prieske, Olaf; Abdelkafy, Ashraf; A. Ahme, Mohamed; I. Muaidi , Qassim; Granacher, Urs	Effects of neuromuscular fatigue on electromechanical delay of the knee flexors at different angular velocities in young adults of different training status	Scandinavian Journal of Medicine and Science in Sports	revision Manuscript ID SJMSS-O-1050-18
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### Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference and Publication Date
	Said El-Ashker	Technical and tactical profile of Egyptian elite boxers	Scientific Congress on Martial Arts and Combat Sports 2011
	Said El-Ashker	Talent development - an Irish and International Comparison.	PE PAYS (PE, Physical Activity and Youth Sport) Research Forum. 2013, Dublin, Ireland.
	Said El-Ashker	Impact of developing complex motor skills on technical performance effectiveness in junior boxers.	British Association of Sport and Exercise Sciences Annual Conference. 2009, Leeds, UK.
	Said EL-Ashker, Mohamed Keshk, Ali Rehan, SamyHafz.	Improving Performance in Junior Boxers: Effectiveness of Simple versus Complex Training Techniques for Motor Skills Development.	1 <sup>ST</sup> ANNUAL CONFERENCE FOR EGYPTIAN SCHOLARS IN UK & IRELAND. 2009, London, UK.
	El Asker, S., and De Ste Croix.	Assessment of technical performance effectiveness and subsequent complex motor skills training in young boxers	In Sports Science, public health and rehabilitation (Eds De Ste Croix, M.B.A., MacLean, M., Schultz, H., and Wright, P.) 2010. Chemnitz University Press (Germany)
	Said EL-Ashker	Impact of developing simplex vs. complex motor skills on technical performance efficiency in football midfielders.	Congress of the VIIth World Congress on Science & Football. 2011, Nagoya, Japan.

### Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
	Said EL-Ashker	Physical fitness, body composition, and nutritional behaviors of preparatory year students; comparative study	(in-progress)
	Said EL-Ashker	Health Related Differences in Functional Hamstring to Quadriceps Strength Ratios Subsequent to Neuromuscular Fatigue	(in-progress)
	Saleh AlRashed, Said EL-Ashker, A Hassan, M Tilp	The application of different neural networks approaches in analysing variability in sports team tactics. (in-progress)	(in-progress)



## Contribution to Scientific Conferences and Symposia

#	Conference Title	Place and Date of the Conference	Extent of Contribution
	PE PAYS (PE, Physical Activity and Youth Sport) Research Forum.	School of Health and Human Performance and St. Pat's College of Education, DCU Dublin, Ireland. 2013	Oral Presentation
	Research in Imagery and Observation (RIO) group meeting.	University College Dublin (UCD) Dublin, Ireland 2013.	Oral Presentation
	Visual Cognition and PowerPoint.	Faculty of Education and Health Sciences (EHS) Teaching & Learning. Lunchtime Workshops. University of Limerick, Ireland 2013	Doctoral Forum
	Video Conferencing – A practical Guide'	Faculty of Education and Health Sciences Teaching & Learning. Lunchtime Workshops. University of Limerick, Ireland. 2013	Doctoral Forum
	Now we're talking! Using and assessing online discussion forums in postgraduate education.	Faculty of Education and Health Sciences (EHS) Teaching & Learning. Lunchtime Workshops. University of Limerick, Ireland. 2013	Doctoral Forum
	Sport, Rehabilitation and Brain Injury Conference.	Faculty of Health, Edge Hill University, UK, 2009	Poster Presentation
	The 1 <sup>st</sup> annual Postgraduate Research Conference	University of Gloucestershire, UK, 2009	Oral Presentation
	Health and Wellbeing Conference.	University of Gloucestershire, Oxstalls Campus, UK.2010	Attendance
	Scientific Congress on Martial Arts and Combat Sports (SCMACS).	Polytechnic Institute of Viseu– Main Auditorium, Viseu, Portugal. 2011	Paper



Researching Transformational Learning through ESD, Internationalization and Citizenship	University of Gloucestershire, Park Campus, UK, 2009	Attendance
The British Association of Sport and Exercise Sciences Annual Conference.	Leeds Metropolitan University, UK, 1-2009	Poster Presentation
Researching Youth Sport: Supporting Youth Ability and Talent.	Brunel University with Loughborough University, UK 2009	Attendance
Developing National Academic Reference Standards NARS for different sectors in Higher Education.	Mansoura University, Egypt 2007	Organizing committee
A strategic vision for the best investment of sports in Egypt.	Mansoura University, 2006	Organizing committee

### Membership of Scientific and Professional Societies and Organizations

- **Journal of Sports Science**, Reviewer
- **European Journal of Sport Science**, Reviewer

### Teaching Activities

#### Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Physical Education and Health	PHEDU-162	Health track students.
	Physical Education and Health	PHEDU-162	Science track students
	Physical Education and Health	PHEDU-162	Engineering track students

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

This course is designed for health, science, and engineering track students at Deanship of Preparatory Year and Supporting Studies, Imam AbdulRahman bin Faisal, in order to apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, first aids to understand assistance given to any person suffering a sudden illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery, plus to consumer facts on exercise and fitness.





## Helpful academic websites

### 1. ResearchGate | Share and discover research

[https://www.researchgate.net/profile/Said\\_EL\\_Ashker](https://www.researchgate.net/profile/Said_EL_Ashker)

### 2. Google Scholar

<https://scholar.google.co.uk/citations?user=gUINLgCAAAAJ&hl=en>

### 3. ORCID: Connecting Research and Researchers

<https://orcid.org/0000-0002-8145-2775>

## Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	PhD Thesis	Effect of specific drills program on some physiological changes and effectiveness of skilled performances for boxers.	Faculty of physical Education, Mansoura University	2011
2	Master Thesis	Effect of special coordination drills on some punching groups effectiveness for juniors.	Faculty of physical Education, Mansoura University	2012
3	Master Thesis	Effect of dynamic balance drills on effectiveness of skill performance for junior boxers.	Faculty of physical Education, Mansoura University	2013

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

### Administrative Responsibilities

#	From	To	Position	Organization
1	01/11/2018	Now	Director of Qualitative Initiatives office	Deanship of Preparatory Year and Supporting Studies, Imam Abdulrahman Bin Faisal University
2	16/01/2017	Now	Coordinator of development and training of students Committee, Students Affairs Unit	Deanship of Preparatory Year and Supporting Studies, Imam Abdulrahman Bin Faisal University
3	01/05/2016	Now	Deputy General Supervisor of Health Track	Deanship of Preparatory Year and Supporting Studies, Imam Abdulrahman Bin Faisal University



## Volunteer Work

#	From	To	Type of Volunteer	Organization
	11/2017		Blooddonation	Deanship of Preparatory Year and Supporting Studies, Imam Abdulrahman Bin Faisal University Deanship of Student Affairs
	02/2018		Cleaning Al Khobar Corniche	Deanship of Preparatory Year and Supporting Studies, Imam Abdulrahman Bin Faisal University

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

1	Statistical Data Analysis Software
2	Microsoft office (word, excel and PowerPoint) applications.
3	Internet Explorer.
4	Research Methods and Skills, using library system and scientific search engines
5	Data and information collection.
6	Writing and presenting reports.

**Last Update**                      **19/02/2019**

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حاصل على  
بكالوريوس التربية  
الرياضية جامعة  
المنصورة .

حاصل على  
ماجستير التربية  
الرياضية جامعة  
المنصورة .

مدرس دكتور بكلية  
التربية الرياضية  
جامعة المنصورة .

أستاذ زائر بجامعة  
ليمرنك - أيرلندا .

له أبحاث في مجال  
التربية البدنية و  
علوم الرياضة في  
كثير من المجلات  
العالمية والمحلية  
الصنفر بها .

### هذا القاموس

هو قاموس أكاديمي متخصص في المجال الرياضي ليصبح أول مرجع عصري يقف على المفردات المستخدمة في مجال الرياضة. مغطيًا معظم المجالات والميادين المتناينة (اختبارات ومقاييس- إصابات رياضية- تشريح وظيفي- طب رياضي- ميكانيكا حيوية- تدريب رياضي- بحث علمي- ترويح- إدارة رياضية- تغذية رياضية- علم نفس رياضي- فسيولوجيا التدريب الرياضي- مناهج وطرق تدريس- إحصاء رياضي- صحة عامة- ترويح- تكنولوجيا تعليم- علم اجتماع رياضي- صعوبات تعلم- تعلم حركي- لياقة بدنية- تشريعات وقوانين رياضية) قادرًا على توفير الخدمات الاصطلاحية لجميع أبناء أقطار الدول العربية من المحيط للخليج. ليصل إلى الطلاب والمدرسين والإداريين وجميع الجهات المستفيدة في مجال التربية البدنية والرياضة ومن المهتمين بالصحة واللياقة .



تصميم الغلاف / عمرو علام



# Atlas Sports Dictionary



## قاموس أطلس للعلوم الرياضية

د/ سعيد جميل