## Personal Details

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## Education

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| Phd. in Physical Education |

## Employment History

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| **Working/Teaching Experience :****2001-Present** Chair of Physical Education Dept., College of Education, An-Najah N. University, Nablus, West Bank.**2000-2001** Member of College of Education Council, An-Najah N. University, Nablus, West Bank.**July 29-30,2000** Head of the Palestinian delegation of gymnastics female beginners participating in the first Arab course for gymnastics female beginners, Amman, Jordan.**May, 6, 2000** Winner of Abdel Hamid Shuman Prize for Young Arab Acholars Under 40. (Submitted eight papers on psychological and educational sciences), Amman, Jordan.**April 22-25,2000** Organizer and lecturer in a workshop for physical education teachers in Nablus Governorate (Gymnastics workshop), Dept. of Physical Ed., An-Najah N. University, Nablus.National team member for publication of school physical education textbooks, Palestinian Curriculum **1999-2000** Development Dept., Ministry of Education, ` Palestine.**1999** Evaluation committee member of the outlines for physical education curricula, Palestinian Curriculum Development Dept., Ministry of Education, Palestine.**1998-1999** Council member, college of Education, An-Najah N. University, Nablus.**1998 - 1999** Vice - President of Palestinian Gymnastics Union, and director of Palestinian National Gymnastics team, Palestinian Gymnastics Union, Palestine .**1998** Supervisor, T National Team (Physical preparation), Palestine T Union, Palestine.**1998** Lecturer of T courses, (Physical training), Palestinian T Union, Palestine.**1996-1997** Lecturer, Union courses, Ministry of Youth and Sports, Palestine.**1996 – Present** Assistant professor of Physical Education, Dept. of Physical Education, College of Education, An-Najah N. University, Nablus, Palestine.**1989-1996** Teacher and head of physical education, Diplomatic School Arab School, Iraqi Embassy, Moscow. |

## Research

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| Research Interests**Publications: Articles: (In Arabic):****-**The effect of selected visual and hearing styles on teaching the basic skills in Gymnastic for the basic stage students,2002, Alger, Mostaganem.-The effect of rythmic musice on learning Gymenastics skills for female P.E. majors at An-Najah National University.2003, An-Najah National University(17),(1).-Difficulties which face physical education majors at An-Najah National University during gymnastics courses”2003, Beetlahm University.(22).-The Impact of Proposed Strength Program on the Performance of Swing Skill for Shoulder- Stand on Parallel Bar.2004. Arab University.**-**The impact of proposed scurcuite Training program on AgilityOf sixth grade students.2004. Arab University.-Relationship of Relative Strength, Weight and Level of Skill Performance in Gymnastics of physical Education Major.2004. An-Najah National University(18),(2).-“Teaching Competencies of Physical Education teachers in thPrime ray Basic Stage in Nablus Directorate”.2004. Bahreen.-The Role School Principles in Activation Students’ participation in Sport Activities in the Point of View of Physical Education Teachers.2005. . An-Najah National University(13),(1).**-**Teaching Evaluation in the point of view Physical Education teachers’ Teaching in Gymnastics in the Basics Learning Stage in Nablus”2005.Jordan U.(1),(1).-Some of the Anthropometric Characteristics of Fourth and Fifth Grades Aged (9-10) Years Students In Nablus District.2005. . An-Najah National University(19),(2).**- A Comparative study of the Effect of Two Training Programs on Health Related Physical Fitness of Physical Education**.Bahreen U. -Teacher’s Guide to Physical Education, Ramallah: Curriculum Center Ministry of Education, 2000. -“Efficacy of a Sports Program To Lower Level of Stress Among An-Najah N. University Students” Silsilat al-Uloom al- Insaniyal 2000) Irbid, Jordan.1. -“Self – Actualization Among Group Match Teams at the Palestinian University” Bethlehem Journal, 19 (2000) 39-65.
2. -“Physical Fitness Among Physical Education Majors at An-Najah and Yarmouk Universities: Comparative Study”. An-Najah Journal for Research in Humanities 14.1 (2000): 323-344.
3. -“Impact of Practicing Gymnastics Sports on Developing Flexibility Among Children Between 8-12”. Natharyat W-Tatbiqat 35 (1999): 174-198 (Physical Education College for Males, Egypt, Alexandria).
4. -“Difficulties Facing Graduates of Physical Education Institutes and Community College in Palestine and Jordan”, Nathariyat W Tatbiqat 35 (1999): 138 – 178, (Alexandria, Egypt).
5. -“Non – Oxygenic Ability and Some Physical Measure ment Among Club Football Players of First Degree in Northern Palestine” College of Education Journal 302 (1999): 74-102, (Gaza, Palestine).
6. -“Reasons for Parciticising Sports Activities Among An-Najah National University Students”, Majallat Dirasat W – Buhooth at – Tarbiya al – Riyadiah (University of Al – Bassra, Iraq) (1999): 81-118.
7. -“Primary Students’ Attitudes Toward Practicing Gymnastics” An-Najah Journal for Research (in Humanities) 13.2 (1999): 396-423.
8. -“Modern Scientific Technique for selection of Gymnastics Beginners”, An-Najah Journal for Research (in Humanities) 13.1 (1990: 61-90.
9. -“Health – Related Physical Fitness of UNRWA Students in Primary Grades in Palestine and Jordan”. Assuit Journal for Physical Education Sciences and Arts 8 (1998): 85-111.
10. -“Role of Homework Assignments ad a Developing Factor of physical Traits of Jordanian school Pupils” Journal of theory and Application in physical Education, 2 (1993)
11. -“Efficacy of Some School Physical Education Systems: Comparative study between Russia and Jordan” Journal of Theory and Application in Physical Education, 9 (1990).
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| Research Groups |

## List of publications

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## Teaching

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| Units taught

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| Year | Code | Title |
| **2010/2015** | 417313 | Theory and Sports Training  |
| **2010/2015** | 417316 | S .Research |
| **2010/2015** | 417302 |  |
| **1996/2015** | 10531434 | Sports Training |
| **1996/2015** | 10531108 | Gymnastic |
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