

Assistant professor
Department of Physical Education
And movement sciences
College of Education
King Saud University

Name : **Khaled Salah Kamel**

Born in: Alexandria, 25 \ 5 \ 1971.

Citizen of: EGYPT.

Address in Egypt: Alrehab City, Cairo, Egypt. 11841

Address in Riyadh : Al Mohamadia

Mobile Phone: +966504223174

Office Phone: +96614675425

E-Mail: kamel_k_salah@hotmail.com kamel@ksu.edu.sa

Website : <http://faculty.ksu.edu.sa/khaled>



EDUCATION

-Ph.D. in Physical Education, Helwan university, Cairo 2002.

-Visitining Scholar at Iowa State University, USA 2000 to 2002.

-MS. in Physical Education, Helwan university, Cairo 1996.

-BS in Physical Education, Helwan University, Cairo 1992.

ACADEMIC EXPERIENCE

King Saud University:

-Assistant professor in the Department of Physical Education and movement sciences - College of Education - King Saud University 2006 till now.

Courses Teaching:

- **245 Physiology of Exercise**, This course covers the physiological responses and adaptations to exercise and training. Topics to be studied include neuromuscular system, pulmonary and respiratory system, cardiovascular system, energy and metabolism and thermoregulation. Basic laboratory experiments in the area of exercise physiology are also conducted during laboratory sessions.
- **336 Nutrition, Body Composition and Human Performance**, This course covers the relationship between nutrition, body composition, and sports performance. Content includes: types and sources of nutrients, caloric value of foods, nutrition for the athletes, pre-game meal, fluid and electrolytes, vitamins and performance, body composition, body type and sports performance, ergogenic aids and sports performance.
- **400 Health and Fitness**, This course emphasizes the role of exercise as a preventive means against cardiovascular disease, obesity and low back pain

as primary diseases in modern society. Basic principles of exercise prescription for fitness and weight control are described along with exercises for low back pain. Good health habits are emphasized as complementary to physical fitness in health promotion and active life style free of diseases. The topic of stress and stress management is also covered in this course.

- **380 Principles of Conditioning**, This course aims to provide students with the theoretical concepts of physical fitness development for athletic performance. Field instructions in the application of theoretical concepts of physical fitness are also provided. Students will upgrade their proficiency in selecting and prescribing exercise programs relative to the needs of the sport of interest and the individual athlete.

Al Azhar Univeresity:

- Assistant professor in the Department of Physical Education-College of Education- Al Azhar University in Cairo 2002 - 2006.

Courses Taught:

- **Principles of Swimming**, This course aims to introduce students to the sport of swimming. Content includes teaching students, basic styles and techniques of swimming with special emphasis on student proficiency in teaching skills and fundamentals.
- **Coaching**, This course provides knowledge about scientific theories and techniques used in the field of training, principles, loads and methods of training, interval, repetition, mixed and circuit training. Models of training plans such as daily and annual plans, physical preparation and beginners training are provided.
- **Exercise Physiology problems**, This course provides the physiological responses and adaptations problems to exercise and training.
- **Health Education**, This course aims to provide students with good health habits and basic principles of exercise prescription for fitness and weight control.

PUBLICATIONS AND PRESETATIONS

1-**Kamel Khaled S.** Breaking Point in Speed Deterioration for Men and Women Master Swimming Events. 12th Annual Congress of the European College of Sport Science (ECSS) 2007.

2-**Kamel Khaled S.** Stress index, Energetic and Tense Arousal during Swimming Training Program. 12th Annual Congress of the European College of Sport Science (ECSS) 2007.

3-**Kamel, Khaled S.;** Ekkekakis, Paddy FACSM; Sharp, Rick L. Salivary Cortisol and Affective Changes During a Swimming Training Program, *Medicine & Science in Sports & Exercise*. 38(5) Supplement:S228, 2006.

4-**Khaled S. Kamel**; Analytical study for the swimming improvement in the Cairo winter championship for boys and girls age 11. Physical Education College, Helwan university, Cairo 2006.

5- Roberts, Benjamin S.; **Kamel, Khaled S.**; Hedrick, Clay E.; Mclean, Scott P.; Sharp, Rick L. Effect of a Fast Skin TM Suit on Submaximal Freestyle Swimming: Medicine & Science in Sports & Exercise. 35(3):519-524, 2003.

6- **Kamel, K S.**; McLean, S P.; Sharp, R L. Biomechanical and Physiological Adaptation to Twelve Weeks of Competitive Swimming Training. Medicine & Science in Sports & Exercise. 34(5) Supplement 1:74, 2002.

HONORS AND AWARDS

*Treasurer of the Egyptian Student Assosiation at ISU in the US 2001- 2002.

*Elected member of the Administration Council of the Sports Profession's Syndicate in Egypt 1997- 2000.

*Awarded the golden medal in the Military Competition in Swimming for the 100m Breaststroke, and the silver medal For the 100m Butterfly1993.

*Participate in “1st Arab Short Course Swimming Shampionships” as an Assistant Coach for the National swimming team in Egypt 1999.

*Participate in the Egyptian International Voluntary Work Camp 1989.

WORKING EXPERIENCE

-Assistant Coach for the Men Swimming Team at ISU, USA. 2000-2001

-Teaching Assistant in the Department of Physical Education, Al Azhar University, taught undergraduate courses. 1994 - 1999.

-Assistant instructor in Cairo American College 1999.

-Assistant Coach for the National Swimming Team in Egypt 1998 – 1999.

-Coaching swimming in Zamalek, Nasr City, Helioples, Shooting Club in Cairo 1990 – 1999.

CERTIFICATIONS

-ICDL International Computer Driving License 2006.

-Level 3 Physiology school, from The American Swimming Coaches Association NCAA Division1. 2001.

-Level 2 Stroke school, from The American Swimming Coaches Association NCAA Division1. 2001.

-Environmental Health & Safety, Iowa Stat Univerestiy. 2000.

-Protection of Human Subjects in Research, Iowa Stat Univerestiy. 2000.

-Certificate from The Red Cross “Lifeguard & C.P.R roles” from Cairo American College in Egypt 2000.

-Certificate from The Red Cross “Lifeguard & C.P.R roles” from Cairo American College in Egypt 2000.

- Certificate from The “1st Arab Short Course Swimming Shampionships in Swimming Coaching 1999.
- Certificate from the Egyptian Swimming Federation In Teaching Swimming and Coaching Swimming. 1995.
- Graduation Certificate from “The Olympic Academy for Sports Leaders” in Swimming Coaching. Egypt 1993.
- Fina Certificate From “ Federation International de Natation Amateur” in Swimming Coaching 1991.