



ABDULLAH BANDAR ALANSARE | PROFESSOR (ASSOCIATE)
KING SAUD UNIVERSITY | SCHOOL OF SPORTS SCIENCE AND PHYSICAL ACTIVITY

PERSONAL

Address Work:

Dept. of Exercise
Physiology, King
Saud University,
B69-G1, Riyadh
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EDUCATION

2021

Doctor of Philosophy – Exercise Physiology, Cardio-Autonomic Health (GPA: 3.74/4)
Department of Health and Human Development, School of Education, University of
Pittsburgh, Pittsburgh, PA, USA.
Supervisor: Dr. Bethany Barone Gibbs

2018

Master of Science – Applied Exercise Science (GPA: 4/4)
Department of Kinesiology, University of Louisiana At Monroe, Monroe, LA, USA.
Supervisor: Dr. Hyun Chul Jung

2016

English as a Second Language – An International Student
INTO, Oregon State University, Corvallis, OR, USA.

2013

Bachelor of Science – Physical Education (GPA: 4.74/5 with Second Honor Degree)
Department of Physical Education and Sports Science, Taibah University, Medina,
Saudi Arabia.

THESES

1. **Alansare A.B.** (2021). Associations of Sedentary Time with Heart Rate Variability. University of Pittsburgh (USA). [PhD]
2. **Alansare A.B.** (2018). The Effects of High-Intensity Interval Training vs. Moderate-Intensity Continuous Training on Heart Rate Variability in Physically Inactive Adults. University of Louisiana At Monroe (USA). [Masters]

PROFESSIONAL EXPERIENCE

- October 2025 – **Head of the Scientific Research Unit – College of Sports Sciences and Physical Activity**
Present King Saud University
- August 2025 – **Professor (Associate)**
Present King Saud University
- October 2024 – **Graduate Coordinator at the Department of Exercise Physiology**
Present King Saud University
- October 2021 – **Professor (Assistant)**
Present King Saud University
- November 2013 – **Teaching Assistant**
October 2021 King Saud University
- July 2013 – **Physical Activity Specialist**
October 2013 Alamal and Psychiatric Hospital, King Salman Medical City, Medina, Saudi Arabia.
- Developed a physical activity treatment department.
 - Designed and operated a physical activity program for psychiatric patients.
- October 2012 – **Physical Education Teacher (Trainee)**
January 2013
 - Al-Qauqa'a Iben Ammro Middle School, Medina, Saudi Arabia

HONORS AND AWARDS

- 2024 2024 Paul Dudley White International Scholar Award, American Heart Association.
- 2023 2023 Paul Dudley White International Scholar Award, American Heart Association.
- 2021 Most Outstanding Doctoral Student – The Robert Robertson Award, Health and Physical Activity Department, University of Pittsburgh.
- 2018 Second place award of College of Health Professions, 2018 graduate student symposium, University of Louisiana At Monroe

RESEARCH/SCHOLARSHIP

ORCIDID: <https://orcid.org/0000-0003-3814-6243>

ResearchGate: https://www.researchgate.net/profile/Abdullah_Alansare2

Google Scholar: <https://scholar.google.com/citations?user=tOrwKbgAAAAJ&hl=ar&oi=ao>

INTERESTS

My research interests are focusing on:

1. Movement Behaviors and Cardiovascular Health.
2. Domain-Specific and Types of Sedentary Behavior and Physical Activity and Health.
3. Mechanisms Linking various Sedentary Behavior and Physical Activity with Health.
4. Movement Behaviors and Health Outcomes in Pregnant Women.

JOURNAL PUBLICATIONS

1. **Alansare, A. B.** (2025). Associations of Mentally Active and Passive Sedentary Behavior with Sleep Quality and Duration in Pregnant Women of Advanced Versus Younger Maternal Age. *Journal of Clinical Medicine*, 14(24), 8666.
2. **Alansare, A. B.**, Alshuwaier, G. O., Khojah, N., Alghamdi, S. A., Alsalman, A., Sowadi, O. K., Saad, H., & Gibbs, B. B. (2025). Isotemporal Associations of Patterns and Domains of Sedentary Behavior and Physical Activity with Sleep Quality in Pregnant Women in Saudi Arabia. *Healthcare*, 13(19), 2397.
3. Alghamdi, S., Gibbs, B. B., Alshuwaier, G. O., Alzahrani, J. M., & **Alansare, A. B.** (2025). Leg-fidgeting versus standing breaks during prolonged sitting: impacts on blood pressure and heart rate in young women. *Experimental Physiology*, 1–10.
4. Quinn, T. D., Perera, S., Conroy, M. B., Jakicic, J. M., Muldoon, M. F., Huber, K. A., **Alansare, A. B.**, Holmes, A. J., Gibbs, B. B. (2025). Impact of sedentary behaviour reduction on desk-worker workplace satisfaction, productivity, mood and health-related quality of life: a randomised trial. *Occupational and Environmental Medicine*.
5. Alobaid, D. S., **Alansare, A. B.** (2025). Associations of Mentally Active Versus Passive Sedentary Behavior with Overweight/Obesity in Adults: Role of Patterns and Sex. *Healthcare*, 13, (4), 361.
6. Khojah, N., Gibbs, B. B., Alghamdi, S. A., Alsalman, A., Sowadi, O. K., Saad, H., Sowadi, O.K., Alshuwaier, G.O., **Alansare, A. B.** (2025). Associations Between Domains and Patterns of Sedentary Behavior with Sleep Quality and Duration in Pregnant Women. *Healthcare*, 13,(3), 348.
7. Alghamdi, S.A., Alsalman, A., Sowadi, O.K., Khojah, N., Saad, H., Gibbs, B.B., Alshuwaier, G.O., **Alansare, A.B.** (2024). Compliance with 24 h Movement Behavior Guidelines for Pregnant Women in Saudi Arabia: The Role of Trimester and Maternal Characteristics. *Healthcare* 2024, 12, 2042.
8. **Alansare, A. B.**, Alotaibi, R., Albarrati, A., Stoner, L., Gibbs, B. B. (2024). Effect of Prior Moderate Aerobic Exercise to Prolonged Sitting on Peripheral and Central Cardiovascular Measures in Young Women. *Journal of Cardiovascular Development and Disease*, 11(10), 307.
9. Alghanim, S., Ablani, M., Alqutami, A., Alotaibi, R., Jung, H., Stoner, L., **Alansare, A. B.** (2024). Effects of Exercise Interventions on Estimated Pulse Wave Velocity and Mean Arterial Pressure in Overweight Adults: The Role of Modality. *Reviews in Cardiovascular Medicine*, 25(4), 139.

10. Alobaid, D. S., **Alansare, A. B.** (2024). Patterns of Mentally Active versus Passive Sedentary Behavior in Adults: Post-COVID-19 Insights. *COVID 2024*, 4, 63-73.
11. **Alansare, A. B.** (2023). Associations of Domain and Pattern of Sedentary Behaviors with Symptoms of Mental Disorders in Saudi Adults: 'The Sedentary Behavior Paradox'. *International Journal of Mental Health Promotion*, 26(1), 11–20.
12. Thrower, A., Barone Gibbs, B., **Alansare, A. B.**, Sherman, S., Davis, K. (2023). Blood Pressure and Heart Rate Variability Responses Following an Acute Bout of Vinyasa Yoga and a Prolonged Seated Control: A Randomized Crossover Trial. *PLOS One*. 18.11: e0294945.
13. Masoud, A. A., **Alansare, A. B.**, & Finch, A. E. (2023). Physiological Effects of Exercise in Heat while Wearing a Polyester vs. Cotton T-shirt in Physically Active Men with Obesity: A pilot Study. *The Journal of Sports Medicine and Physical Fitness*. 63(12).
14. **Alansare, A. B.** (2023). Post COVID-19 Total and Domain-Specific Sedentary Behaviors in Saudi Adults. *American Journal of Health Behavior*. 47(4), 765-776.
15. **Alansare, A. B.**, Paley, J. L., Quinn, T. D., & Gibbs, B. B. (2023). Paradoxical Associations of Occupational and Non-occupational Sedentary Behavior with Cardiovascular Disease Risk Measures in Desk Workers. *Journal of Occupational and Environmental Medicine*.
16. **Alansare, A. B.**, Stoner, L., Aljuhani, O. E., & Gibbs, B. B. (2022). Utility of Estimated Pulse Wave Velocity for Tracking the Arterial Response to Prolonged Sitting. *Journal of Cardiovascular Development and Disease*. 9, 411.
17. **Alansare, A. B.**, Gibbs, B. B., Holzman, C., Jennings, J. R., Kline, C. E., Nagle, E., & Catov, J. M. (2022). Isotemporal Associations of Device-Measured Sedentary Time and Physical Activity with Cardiac-Autonomic Regulation in Previously Pregnant Women. *International Journal of Behavioral Medicine*, 1-12.
18. **Alansare, A. B.**, Gibbs, B. B., Catov, J. M., Jennings, J. R., Kline, C. E., Nagle, E., & Holzman, C. (2022). Association of Physical Activity and Sedentary Time with Cardio-Autonomic Regulation in Women. *Journal of Women's Health*, 31(4), 600-608.
19. Quinn, T. D., Kline, C. E., Nagle, E., Radonovich, L. J., **Alansare, A.**, & Gibbs, B. B. (2022). Cardiovascular responses to physical activity during work and leisure. *Occupational and Environmental Medicine*, 79(2), 94-101.
20. **Alansare, A.**, Hayman, J., Lee, J.-M., Seo, M.-W., Yoo, D. & Jung, H. (2021). The Efficacy of a Calamansi Containing Energy Drink on Running Performance and Recovery in NCAA Division I Middle-Distance Runners: A Preliminary Study. *International journal of environmental research and public health*, 18, 11023.
21. **Alansare, A.**, Bates, L., Stoner, L., Jennings, J., Kline, C., Nagle, E., Hanson, E., GIBBS, B. (2021). Sedentary Time, Heart Rate, and Heart Rate Variability in Adults: A Systematic Review and Meta-Analysis of Observational Studies. *International journal of environmental research and public health*, 18 (16), 8508.
22. Bates, L., **Alansare, A.**, Gibbs, B., Hanson, E., Stoner, L. (2021). Effects of acute prolonged sitting and interrupting prolonged sitting on Heart Rate Variability and Heart Rate in adults: A Meta-Analysis. *Frontiers in Physiology* 12 (2021): 556.

23. **Alansare, A. B.**, Kowalsky, R. J., Jones, M. A., Perdomo, S. J., Stoner, L., & Gibbs, B. B. (2020). The Effects of a Simulated Workday of Prolonged Sitting on Seated versus Supine Blood Pressure and Pulse Wave Velocity in Adults with Overweight/Obesity and Elevated Blood Pressure. *Journal of Vascular Research*, 1-12.
24. **Alansare, A.**, Alford, K., Lee, S., Church, T., & Jung, H. (2018). The Effects of High-Intensity Interval Training vs. Moderate-Intensity Continuous Training on Heart Rate Variability in Physically Inactive Adults. *International journal of environmental research and public health*, 15(7), 1508.

JOURNAL ABSTRACTS

1. **Alansare, A.**, Alsughayir, A. A., Gibbs, B. B., Alshuwaier, G. (2025). Comparative Effects Of Mentally Active Vs. Passive Prolonged Sitting On Cardiovascular Measures In Female Adolescents. *MED SCI SPORT EXER*, 2025.
2. Khojah, N., Gibbs, B. B., Alghamdi, S. A., Alsalman, A. K., Sowadi, O. K. M., Saad, H. F., Alshuwaier, G., **Alansare, A.** (2025). Paradoxical Associations Of Sedentary Behavior With Sleep Quality And Duration In Pregnant Women. *MED SCI SPORT EXER*, 2025.
3. Masoud, A. A., **Alansare, A.**, Li, Z., Deyhle, M. R., Mermier, C. R., Amorim, F. (2025). Blood Pressure Responses To Sodium-bicarbonate Ingestion Prior To Prolonged Exercise In The Heat, *MED SCI SPORT EXER*, 2025.
4. Alghamdi, S., Alsalman, A., Sowadi, O., Khojah, N., Saad, H., & **Alansare, A.** Prevalence of Meeting a Single versus Combined 24-hour Movement Guidelines in Pregnant Women in Saudi Arabia. *American Heart Association*, 2024.
5. Thrower, A., **Alansare, A.**, Gibbs, B. B., Sherman, S., & Davis, K. (2023). Autonomic Nervous System Responses To A Bout Of Vinyasa Yoga And Prolonged Seated Control: 1658. *Medicine & Science in Sports & Exercise*, 55(9S), 551.
6. **Alansare, A.**, Paley, J., Quinn, T., Gibbs, B. Paradoxical Associations of Occupational and Non-Occupational Sedentary Behavior with Cardiovascular Risk Factors in Desk Workers. *American Heart Association*, 2023.
7. Paley, J., **Alansare, A.**, Gordon, B., Gibbs, B. Association between Blood Pressure Variability and Subclinical Cardiovascular Disease Risk Factors in Desk Workers. *American Heart Association*, 2023.
8. Bates, L., **Alansare, A.**, Gibbs, B., Hanson, E., Stoner, L. Effects of acute prolonged sitting and interrupting prolonged sitting on Heart Rate Variability and Heart Rate in adults: A Meta-Analysis. *MED SCI SPORT EXER*, 2021.
9. **Alansare, A.**, Gibbs, B., Catov, J., Jennings, J. R., Kline, C., Nagle, E., Holzman, C. Associations Of Domain-specific Sedentary Time And Physical Activity With Heart Rate Variability In Women. *MED SCI SPORT EXER*, 2021.
10. **Alansare, A.**, Jakicic, J., Kline, C., Muldoon, M., Conroy, M., Gibbs, B. Associations Between Sedentary Behavior And Steps With Heart Rate Variability In Desk Workers. *MED SCI SPORT EXER*, 2020.
11. **Alansare, A.**, Kowalsky, R., Perdomo, S., Stoner, L., Gibbs, B. Measurement of Peripheral Pulse Wave Velocity Responses to Prolonged Sitting: Influence of Posture. *MED SCI SPORT EXER*, 2019.

12. **Alansare, A.**, Yoo, D., Hayman, J., Lovett, M., Jung, H. Acute Effects of Calamansi-Contained Energy Drink on 3-km Running Performance and Recovery in NCAA Division I Distance Runners. NSCA, 2019.
13. Gann, J., **Alansare, A.**, Jung, H. No correlation between CVD risk factors and fitness variables in Firefighters. Southeast Chapter of ACSM, Greenville, SC, 2019.
14. **Alansare, A.**, Alford, E., Lee, S., Church, T., Jung, H. The Effects of High Intensity Interval Training on Heart Rate Variability in Physically Inactive Adults. 839 Board #100 May 30 3. Medicine & Science in Sports & Exercise 50:188, DOI: 10.1249/01.mss.0000535704.62987.89, 2018.

CONFERENCES AND SYMPOSIUMS

1. Khojah, N., Gibbs, B. B., Alghamdi, S., Alsalman, A., Sowadi, O., Saad, H., Alshuwaier, G., **Alansare, A. B.** (2025). Paradoxical Associations of Sedentary Behavior with Sleep Quality and Duration in Pregnant Women. MED SCI SPORT EXER, 2025.
2. **Alansare, A. B.**, Alsughayir, A., Barone Gibbs, B. B., Alshuwaier, G. (2025). Comparative Effects of Mentally Active vs. Passive Prolonged Sitting on Cardiovascular Measures in Female Adolescents. MED SCI SPORT EXER, 2025.
3. Masoud, A. A., **Alansare, A.**, Li, Z., Deyhle, M. R., Mermier, C. R., Amorim, F. (2025). Blood Pressure Responses To Sodium-bicarbonate Ingestion Prior To Prolonged Exercise In The Heat, MED SCI SPORT EXER, 2025.
4. Alobaid, D. S., **Alansare, A. B.** (2024). Patterns of Mentally Active versus Passive Sedentary Behavior in Adults: Post-COVID-19 Insights. The 5th International Conference on Sport Sciences & Physical Activity, 2024.
5. Alghamdi, S., Alsalman, A., Sowadi, O., Khojah, N., Saad, H., & **Alansare, A.** Prevalence of Meeting a Single versus Combined 24-hour Movement Guidelines in Pregnant Women in Saudi Arabia. The 5th International Conference on Sport Sciences & Physical Activity, 2024.
6. Alghamdi, S., Alsalman, A., Sowadi, O., Khojah, N., Saad, H., & **Alansare, A.** Prevalence of Meeting a Single versus Combined 24-hour Movement Guidelines in Pregnant Women in Saudi Arabia. American Heart Association, 2024.
7. Thrower, A., **Alansare, A.**, Gibbs, B. B., Sherman, S., & Davis, K. (2023). Autonomic Nervous System Responses To A Bout Of Vinyasa Yoga And Prolonged Seated Control: 1658. Medicine & Science in Sports & Exercise, 55(9S), 551.
8. **Alansare, A.**, Paley, J., Quinn, T., Gibbs, B. Paradoxical Associations of Occupational and Non-Occupational Sedentary Behavior with Cardiovascular Risk Factors in Desk Workers. American Heart Association, 2023.
9. Paley, J., **Alansare, A.**, Gordon, B., Gibbs, B. Association between Blood Pressure Variability and Subclinical Cardiovascular Disease Risk Factors in Desk Workers. American Heart Association, 2023.
10. Bates, L., **Alansare, A.**, Gibbs, B., Hanson, E., Stoner, L. Effects of acute prolonged sitting and interrupting prolonged sitting on Heart Rate Variability and Heart Rate in adults: A Meta-Analysis. MED SCI SPORT EXER, 2021.

11. **Alansare, A.**, Gibbs, B., Catov, J., Jennings, J. R., Kline, C., Nagle, E., Holzman, C. Associations Of Domain-specific Sedentary Time And Physical Activity With Heart Rate Variability In Women. MED SCI SPORT EXER, 2021.
12. **Alansare, A.**, Jakicic, J., Kline, C., Muldoon, M., Conroy, M., Gibbs, B. Associations Between Sedentary Behavior And Steps With Heart Rate Variability In Desk Workers. American College of Sports Medicine. May 2020. (cancelled due to COVID-19)
13. **Alansare, A.**, Kowalsky, R., Perdomo, S., Stoner, L., Gibbs, B. Measurement of Peripheral Pulse Wave Velocity Responses to Prolonged Sitting: Influence of Posture. American College of Sports Medicine. May 2019.
14. **Alansare, A.**, Kowalsky, R., Perdomo, S., Stoner, L., Gibbs, B. Measurement of Peripheral Pulse Wave Velocity Responses to Prolonged Sitting: Influence of Posture. The Annual Student Research Conference at School of Education, University of Pittsburgh, 2019.
15. **Alansare, A.**, Yoo, D., Hayman, J., Lovett, M., Jung, H. Acute Effects of Calamansi-Contained Energy Drink on 3-km Running Performance and Recovery in NCAA Division I Distance Runners. NSCA. 2019.
16. Gann, J., **Alansare, A.**, Jung, H. No correlation between CVD risk factors and fitness variables in Firefighters. Southeast Chapter of American College of Sports Medicine. 2019.
17. **Alansare, A.**, Alford, E., Lee, S., Church, T., Jung, H. The Effects of High Intensity Interval Training on Heart Rate Variability in Physically Inactive Adults. American College of Sports Medicine. May 2018.
18. **Alansare, A.**, Alford, E., Lee, S., Church, T., Jung, H. The Effects of High Intensity Interval Training on Heart Rate Variability in Physically Inactive Adults. Graduate Student Symposium, University of Louisiana at Monroe. May 2018.

ON-GOING SCIENTIFIC PROJECTS

1. **Alansare, A. and Alshuwaier, G.** Associations of Daily Physical and Psychological Behaviors with Quality of Life among King Saud University's Employees: A Cohort Study (The HBEE Study).

COMPLETED SCIENTIFIC PROJECTS

1. **Saad, H., Alswat, K., Aljaloud, S., Alansare, A.** Sedentary Behavior and Physical Activity and its associations with Health-related Quality of Life in Patients with Non-Alcoholic Fatty Liver Disease, February 2025 (self-funded). **Role: Co-Supervisor and Co-Principle Investigator**
2. **Khoja, N., Alansare, A., Alshuwaier, G.** Objective 24 Hours Movement Behaviors in Pregnant Women, February 2025 (self-funded). **Role: Co-Supervisor and Co-Principle Investigator**
3. **Alharbi, L., Aljalud, I., Alshuwaier, G., Alansare, A.** 24 Hours Movement Behaviors and Cardiovascular Health in Adults, March 2025 (self-funded). **Role: Supervisor and Co-Principle Investigator**
4. **Almarshid, R., Alansare, A., Alshuwaier, G.** Effect of Beetroot Shot Prior to Prolonged Sitting on Cardiovascular Measures in Women, March 2025 (self-funded). **Role: Co-Supervisor and Co-Principle Investigator**

5. **Alsughair, A., Alansare, A.** Effects of Mentally Active versus Passive Prolonged Sitting on Cardiovascular Responses in Adolescent Females, May 2024 (self-funded). **Role: Supervisor and Co-Principle Investigator**
6. **Alghamdi, S., Alansare, A.** Effects of Breaking-up Prolonged Sitting with Standing or Fidgeting on Metabolic and Cardiovascular Measures in Woman, March 2024 (self-funded). **Role: Supervisor and Co-Principle Investigator**
7. **Alotaibi, R., Alansare, A.** Effect of prior aerobic moderate intensity exercise to prolonged sitting on Cardiovascular Measures in Women, December 2023 (self-funded). **Role: Supervisor and Co-Principle Investigator**
8. **Alansare, A., Alghamdi, S., Alsalman, A., Sowadi, O., Khojah, N., Saad, H.** 24 Hours Movement Behaviors in Pregnant Women in Saudi Arabia, August 2023 (self-funded). **Role: Principle Investigator**
9. **Alansare, A.** Sedentary Behavior and Smartphone Addiction in Adults, May 2023 (self-funded). **Role: Principle Investigator**
10. **Alansare, A. and Alghamdi, Y.** Sedentary Behavior and Psychological Health in Adults, February 2023 (self-funded), **Role: Co-Principle Investigator**
11. **Alansare, A.** Sedentary behavior in Adults Post-COVID-19, January 2023 (self-funded). **Role: Principle Investigator**

PRESENTATIONS

1. **Alansare, A.** Physical Activity and Exercise Benefits during Obesity Management. The 6th Saudi Obesity Congress. October 2024. Riyadh, Saudi Arabia.
2. **Alansare, A.** The Sedentary Behavior Paradox. The 5th Conference of Sport Sciences and Physical Activity. April 2024. Riyadh, Saudi Arabia.
3. **Alansare, A.** Self-Reported Sedentary Time and Physical Activity, and Cardio-Autonomic Function in Women: The POUCHmoms Study. Catov Lab, Magee-Womens Research Institute. September 2020. Pittsburgh, The United States.

THESES SUPERVISION AND COMMITTEE MEMBERSHIP

Supervising:

1. **Bushra Alharbi (Master's thesis).** Effects of Interrupting Prolonged Sitting with Different Standing Intervals on Vascular Health in Women. King Saud University, Current. **Role: Supervisor**
2. **Razan Alahmdi (Master's thesis).** Effect of Chocolate Consumption Prior to Prolonged Sitting on Cardiovascular Health in Adults. King Saud University, Current. **Role: Supervisor**
3. **Hadeel Almalki (Master's thesis).** Effects of Coffee versus Hibiscus Drink Consumption during Prolonged Sitting on Blood Pressure and Heart Rate in Women. King Saud University, Current. **Role: Supervisor**
4. **Rola Alsuwaylam (Master's thesis).** Association of Sleep with Body Composition in Athletes. King Saud University, Current. **Role: Supervisor**
5. **Hadeel Saad (PhD dissertation).** Sedentary Behavior and Physical Activity and its Associations with Health Related Quality of Life. King Saud University, 2025. **Role: Assistant Supervisor**

6. **Lujain Alharbi (Master's thesis).** Associations of 24-h Movement Behaviors with Cardiovascular Health in Adults. King Saud University, 2025. **Role: Supervisor**
7. **Reef Almarshedi (Master's thesis).** Effects of Beetroot Shot on Blood Pressure and Pulse Wave Velocity during Prolonged Sitting in Women. King Saud University, 2025. **Role: Assistant Supervisor**
8. **Nada Khujah (PhD dissertation).** Prevalence of meeting 24 hours Movement Behaviors and their Relationship to the Mental Health of Pregnant in Saudi Arabia. King Saud University, 2025. **Role: Assistant Supervisor**
9. **Hassan Husawy (Master's thesis).** Effects of Mentally Active versus Passive Prolonged Sitting on Cardiovascular Responses in Adolescent Males. King Saud University, 2025. **Role: Supervisor**
10. **Sarah Alghanim (Master's thesis).** Relationship Between Hip Abductors and Extensors (Gluteus Muscles) Strength and Ankle Stability in Female Soccer Players. King Saud University, 2025. **Role: Supervisor**
11. **Maha Alablani (Master's thesis).** Effects of Mentally Active versus Passive Prolonged Sitting on Cardiovascular Responses in Women. King Saud University, 2024. **Role: Supervisor**
12. **Amal Alsaghir (Master's thesis).** Effects of Mentally Active versus Passive Prolonged Sitting on Cardiovascular Responses in Adolescent Females. King Saud University, 2024. **Role: Supervisor**
13. **Saja A. Alghamdi (Master's thesis).** Effect of Breaking up Prolonged Sitting with Standing or Fidgeting on Postprandial Glucose and Insulin Concentration in Women. King Saud University, 2024. **Role: Supervisor**
14. **Rawan T. Alotaibi (Master's thesis).** Acute Effect of Prior Aerobic Moderate Intensity Exercise to Prolonged Sitting on Blood Pressure and Heart Rate Variability in Healthy Women. King Saud University, 2024. **Role: Supervisor**
15. **Aisha M. Alenezi (Master's thesis).** Association of Chronotypes with Body Composition among Saudi women in Saudi Arabia. King Saud University, 2024. **Role: Supervisor**

Committee Membership:

1. **Ibrahim Aljaulod (Master's thesis).** Association between Physical Activity and Sitting Time Balance Index and Cardiovascular Health Among Adults. King Saud University, 2025.
2. **Maram Alturki (Master's thesis).** Relationship Between Physical Fitness Variables and E-Sports Performance Among First Person Shooter Players. King Saud University, 2024.
3. **Abdulelah Alqahtani (Master's thesis).** Assessment of Nutritional Habits and Body Composition of Athletes in The Secondary School. King Saud University, 2024.
4. **Rufida Khalid Alaharbi (Master's thesis).** Association between Physical Activity and the Severity of Perceived Symptoms of Coronavirus Disease 2019 a(COVID-19) in adults. King Saud University, 2023.
5. **Ebrahim Abdulrahman Alsuwaydan (Master's thesis).** Effect of taking different doses of caffeine before exercise on muscle fatigue in athletes. King Saud University, 2023.
6. **Turki Salih Alzaghabi (Master's thesis).** Impact of Wearing Sport Watch Wristband on Physical Activity and Sedentary Behavior Among Junior Soccer Players (Under 17 Years Old) in Riyadh. King Saud University, 2023.

7. **Sultan Saeed Alqahtani (Master's thesis).** The association between BMI and health-related physical fitness among King Saud University's students. King Saud University, 2023.
8. **Waleed Saeed Abohasl (Master's thesis).** Determining the optimum strength for performing the chest press at the horizontal level compared to the inclined in young adults. King Saud University, 2023.
9. **Alexis Nicole Thrower (Master's thesis).** Autonomic Nervous System Responses to an Acute Bout of Vinyasa Yoga. University of Pittsburgh, 2022.

PROFESSIONAL UNITS AND COMMITTEES

HEAD:

1. Scientific Research Unit at The College of Sports Sciences and Physical Activity, King Saud University. **2025 - Now**
2. Graduate Study and Scientific Research Committee at the Department of Exercise Physiology, King Saud University. **2023 – Now.**
3. Laboratory, Safety, and Risk Management Unit at College of Sport Sciences and Physical Activity, King Saud University. **2023 – 2024.**
4. Laboratory and Equipment Committee at the Department of Exercise Physiology, King Saud University. **2023 – 2024.**
5. Teaching Assistants and Over-See Studying Students Unit at College of Sport Sciences and Physical Activity, King Saud University. **2023 – 2024.**
6. Development and Quality Committee at the Department of Exercise Physiology, King Saud University. **2022.**

MEMBER:

1. Graduate Study Unit at College of Sport Sciences and Physical Activity, King Saud University. **2023 – Now.**
2. Strategic Planning Committee of the Department of Exercise Physiology, King Saud University. **2023 – Now.**
3. Education Affairs Committee the Department of Exercise Physiology, King Saud University. **2021 – Now.**
4. Faculty Affairs Committee the Department of Exercise Physiology, King Saud University. **2021 – Now.**
5. Practicum Committee the Department of Exercise Physiology, King Saud University. **2021 – Now.**

GRANTS

1. **Alansare, A. & Gibbs, B.** The Effect of Reducing Sedentary Behavior on Autonomic Function. University of Pittsburgh, School of Education, Student-Faculty Research Grant. Role: Student Investigator. 2019 (\$3,000).

RESEARCH MODALITY EXPERIENCE

Cardio-metabolic	Applied Physiology	Statistics
Electrocardiogram (ECG)	Skinfold Caliper	Stata Software
Heart Rate Variability	Hip to Waist Circumference	SPSS Software
Heart Rate	Exercise Prescription	Isotemporal Substitution
Blood Pressure	Phlebotomy	JASP Software
Pulse Wave Velocity	Tonometry	GGIR – R Software
Fingertips (Lactate, Glucose, Lipids)	Spirometry	
Indirect Calorimetry (Max, RMR)		

TEACHING**TEACHING PHILOSOPHY**

I believe that education is a fundamental human necessity, essential to individual and societal development. As a higher education educator, I view my role as extending beyond the classroom to include mentorship, community engagement, and the dissemination of evidence-based knowledge. I am committed to creating inclusive, student-centered learning environments that promote critical thinking, lifelong learning, and the practical application of knowledge, particularly in advancing health awareness and healthy lifestyle behaviors within the broader community.

TEACHING EXPERIENCE: KING SAUD UNIVERSITY AND UNIVERSITY OF PITTSBURGH

Course Prefix	Course Title	Credits
<u>Post-graduate Level</u>		
600 EXP	Thesis	1
596 EXP	Thesis Proposal Preparation	1
591 EXP	Independent Study in Exercise Science	2
560 EXP	Seminar in Health & Fitness	3
550 EXP	Laboratory Technique in Exercise Physiology	3
511 EXP	Physiology of Sport Training	3
<u>Undergraduate Level</u>		
454 EXP	Seminar - Physical Activity in Health and Disease	2
449 EXP	Fitness Industry & Entrepreneurship	2
325 EXP	Fitness for Work Performance	2
228 EXP	Physical Activity and Health	2
211 EXP	Exercise Physiology	3
180 EXP	Foundations of Physical Conditioning	2
CEPE 112	Sport Physiology	2
2204 HPA	Human Physiology	3

PROFESSIONAL SERVICE

PROFESSIONAL ASSOCIATIONS

1. American College of Sports Medicine, Student Member (2019 – Present). ○
National Strengthening and Conditioning Association, Student Member (2019 – 2020).
2. Health-Related Physical Fitness Measurement Team, Physical Activity and Its Role in Health Seminar, Prince Faisal Ben Fahd Olympic Complex, Member (2014).
3. Sport Activity Administrative Team at Taibah University, Student Member (2009 – 2011).
4. Organizer Team of the Swimming Competition for Special Needs Athletes in Al-Ansar Sports Club, Student Member (2009).

PEER REVIEW

1. Journal of Occupational and Environmental Medicine
2. Journal of Physical Activity and Health
3. European Journal of Preventive Cardiology
4. Journal of Sport and Health Science
5. Blood Coagulation & Fibrinolysis Journal
6. Saudi Pharmaceutical Journal
7. Clinical Epidemiology Journal

WORKSHOPS/TRAINING/OTHER QUALIFICATIONS

1. Service-Learning Program, Ministry of Human Resources and Social Development (2023).
2. New Faculty Orientation and Preparation Programme, Staff and Educational Development Association (2022).
3. Phlebotomy (12-hours of lectures and live venipunctures), Life Saver Training Institute (2018).
4. Protection of Human Research Subjects (Biomedical Research) (2017 – present).
5. First Aid (8-hours), Taibah University (2012).
6. Certified SDI Open Water Scuba Diver, Medina Divers (2009).

SHORT COURSES

1. Measuring Learning Outcomes for Courses (2025)
2. The University's Key Performance Indicators and Benchmark Comparisons (2024)
3. The seven principles of excellence in teaching (2024)
4. Different student personality types and how to deal with them (2024)
5. Establishing a quality assurance and internal audit system in academic departments (2024)
6. Emotional intelligence skills (2023)
7. Management decision making (2023)
8. Outcome-based education (2023)
9. Strategic planning (2023)
10. Conducting & writing an effective literature review (2023)
11. Developing technical and financial bids (2022)
12. Principles of leadership in academia (2022)

- 13.** Academic course designing and construction (2021)
- 14.** Assessment of learning outcomes and electronic tests (2021)
- 15.** Usage of modern technology in academic teaching (2021)
- 16.** Micro-teaching and peer consulting (2021)
- 17.** Effective academic teaching (2021)