


Wahida bint Hazza Al- Qahtani

 P.O. Box 270477, Riyadh 11352

 wahida@ksu.edu.sa

 Building 9 Medicine Faculty Office T57



Objective

Passionate and research-driven Assistant Professor of Nutritional Biochemistry seeking to contribute to academic excellence through innovative teaching, impactful research, and active participation in curriculum development. Dedicated to fostering student success, advancing scientific knowledge in nutritional biochemistry, and collaborating on interdisciplinary projects within a dynamic academic environment.

Personal information

- Driving License : Yes

Education

- **Faculty of Science, King Saud University, Riyadh** 2016
PhD in Science, Microbiology, Nutritional Biochemistry
Specialization
- **Faculty of Food and Agricultural Sciences- King Saud University, Riyadh** 2005
Master of Science, Human Nutrition Specialization
Excellent with First Class Honors
- **King Saud University, Riyadh** 1996
Bachelors of Agricultural Sciences, Nutrition and Home Economics
Specialization
Very Good with Second Class Honors

Researches

<https://scholar.google.com/citations?user=17Z5S8YAAAAJ&hl=en>

Work Experience

- **The Faculty of Sports Sciences and Physical Activity**
Assistant to the Vice Dean for Educational and Academic Affairs 2025 Until Now.
- **Member of the Administrative Council of the Faculty and Staff Club at the University**
from 1/10/2025 until now.
- **The Faculty of Food and Agricultural Sciences**
Member of the Scientific Research and Innovation Unit 2024 Until Now.
- **Department of Food Sciences and Nutrition**
Rapporteur of the Scientific Research and Innovation Committee 2023 Until Now.
- **Deputy Chairman of the Board of Directors of the Society for Healthy Nutrition and Physical Activity** 2022 Until Now.
- **The University's Researcher Support Program Researcher, Head of the Research Group** 2020 Until Now.
- **Saudi Anti-Fraud Association (SAFA) Active Member** 2020 Until Now.
- **The University's Scientist Fellowship Program Researcher, Head of the Research Group** from 2017 to 2022.
- **Founding member and member of the Board of Directors of the Cooperative Society Nutrition in Riyadh (General Secretary)** from 2020 to 2022.
- **Associate Professor at King Saud University** from 2022 Until Now
- **Assistant Professor at King Saud University** from 2017 to 2022.
- **Member of the Food and Nutrition Society** from 2008 Until Now.
- **Chair of the Quality Assurance and Academic Accreditation Committee:** in the Department of Food Science and Nutrition from 2020 to 2021.
- **Chair of the Chemical Safety Committee** in the Department of Food Science and Nutrition from 2017 to 2019.
- **Head of the Team: Curriculum Review** in 2007.
- **Pioneer of Cultural and Social Activities:** in the Department of Food Science and Nutrition from 2004 to 2006.
- **Lecturer:** at King Saud University in 2004.
- **ATeaching aassistant:** at Al-Faisal University in Al-Hofuf from 1997 to 2004.

Courses

- **A training course (Foundations of Food Safety) Jul 24-20, 2025 .**
- **A training course (Foundations of Food HACCP) Jul 10-6, 2025 .**
- **A training course on scientific integrity and the rules of quoting and transferring from scientific sources and references, 2024 .**
- **An academic writing course Nov 2022 .**
- **A training program for preparing quality and academic accreditation practitioners 2020 .**
- **E Advanced program accreditation standards 2020.**
- **A training course on the Next Generation Sequencing device 2020 .**
- **A training course on the basics of studying secondary materials 2020 .**
- **A training course on the bacterial cell counting device 2020 .**
- **An introduction to gas chromatography 2020.**
- **Qualitative and quantitative analysis in chromatography 2020.**
- **A course on characterizing nanoparticles 2020.**
- **Scanning Electron Microscope Sample Preparation Course 2020.**
- **Learning Outcomes Assessment and Course Design and Construction Course 2019 .**
- **USSEC's First Aquaculture Course in the World of Fish in Egypt 2019 .**
- **Strategic Plan Preparation Skills 2019 .**
- **University Development and Quality Management System 2019 .**
- **Skills for Formulating and Applying Learning Outcomes 2019 .**
- **Program Description and Report 2019 .**
- **Course Description and Report 2019 .**
- **Social Responsibility 2019 .**
- **Quality and Academic Accreditation Questionnaires (Preparation, Analysis, Report Writing) 2019 .**

- **University Key Performance Indicators and Benchmarking 2019 .**
- **Academic Program Self-Evaluation and Independent Review 2019 .**
- **Microteaching and Effective Teaching Skills Course 2018.**
- **Reading the Scientific Paper 2018**
- **Application of nanotechnology in infectious diseases and immunity 2018**
- **How to write a scientific paper and publish it in ISI 2018.**
- **Safety in transporting and storing chemicals 2017**
- **Implementing a learning management system 2010**
- **Data preparation course for statistical operations and the parametric and non-parametric testing program using SPSS, 30 hours 2010 .**
- **Enrollment in the Sealy Institute at the University of Nottingham in the United Kingdom to complete the language program 2008-2009**
- **Self-development course (communication skills, time management skills, computer skills, self-**
- **development skills, developing the professor's ability to attract and increase the effectiveness of students during lectures 2007**
- **The Optimal Method for Academic Achievement" course 2006**
- **Mind Maps and Developing and Strengthening Memory" course 2006**
- **Social and Emotional Intelligence" course 2005**

Research Groups

- **One of the researchers contributing to the innovative idea: Anoval method for prevention and inhibition of blue green alge in water bodies utilizing cyanobacteria in 14/9/2025 (under process) .**
- **The lead researcher in the Institutional Funding Program at King Saud University from 2021 Until Now**
- **The lead researcher of a research group in the University's Researcher Support Program from 2020 Until Now**
- **The lead researcher in the Researcher Support Program at King Saud University from 2020 Until Now**
- **The lead researcher of a research group in the University's Scientist Fellowship**

Program from 2021 to 2023 .

- **The lead researcher in the Scientist Fellowship Program at King Saud University from 2021 to 2023 .**
- **Assistant researcher in a research group at the faculty of Food and Agricultural Sciences from 2019 to 2021**
- **The lead researcher in a research group at the College of Food and Agricultural Sciences from 2019 to 2024**

Conference

- **Attending the 6th International Conference and Exhibition on Sports Science and Activity on 3-4-5/11/2025 .**
- **Participation in the sixth conference event at the College of Sports Science and Physical Activity on 5/11/2025 .**
- **Attending and participating in the educational activity for sixty kindergarten children in Riyadh on 22/10/2025**
- **Attending Course of the mechanisms of the cooperative training platform 8/9/2025 in King Saud University**
- **Attendance at the orientation event for new female students at the College of Sports Science and Physical Activity 2025/2026.**
- **Participation in the fourth evening of the Green Horizons Diwaniya entitled (Organic Waste... Transforming Challenges into Opportunities) Jul 1, 2025 .**
- **Attending a workshop on the "Promoting Applied Agricultural Research " initiative May 21, 2025.**
- **Attending a lecture entitled "Applications of Pharmacology in the Discovery of Drugs and Functional Foods" May 1, 2025 .**
- **Attending the ceremony for the College of Food and Agricultural Sciences pavilion winning first place at the Masari 1446 AH Exhibition Apr 29, 2025 .**
- **Attending a workshop aimed at activating the academic role of the library Apr 29, 2025 .**
- **Attending a dialogue session entitled "The Role of Universities in Reducing Land Degradation in the Kingdom of Saudi Arabia" Apr 24, 2025 .**

- ~~Attending a roundtable session with His Excellency the Minister of Human~~

Resources and Social Development Apr 14, 2025 .

- **Participate with a poster in the 34th meeting presented by the Saudi Society for Life Sciences on Feb18- 20, 2025 .**
- **Attendance at the First Conference on Food and Nutritional Care on 24-25 Feb, 2025.**
- **Attendance at a lecture titled 'The Role of Chemistry in Preserving the Environment and Food and Nutrition' on Feb 17, 2025.**
- **Attendance at a lecture titled 'Mastering the Art of Writing Research Proposals: A Step-by-Step Guide for Graduate Researchers' on 23 Feb ,2025.**
- **Attendance at the opening seminar of the 'Open Dialogue' series held at King Saud University on 5 Feb , 2025.**
- **Attendance at a seminar titled 'Investment in Saudi Arabia 2030 and Its Developments' on 26 Feb 2025.**
- **Attending the Fifth International Conference on Camels in Arab Culture Jan 16, 2025**
- **Delivering a lecture titled 'Personal Traits of a Successful Researcher' on 8 Jan ,2025.**
- **Attending the environmental scientific meeting entitled Vegetation Cover Development and Climate Change: Towards Net Zero Dec 23, 2024.**
- **Attending the 16th Conference of the Parties to the United Nations Convention on Desertification Dec 2-13, 2024.**
- **Attending the scientific meeting on Food and Water Security in Light of Climate Change Nov 20, 2024.**
- **A workshop entitled (Modern Guidelines in Laboratory Methods for Food Chemistry Laboratories) Nov 6, 2024 .**
- **Attending the Saudi Agricultural Exhibition Oct 21-24, 2024, at the Riyadh Convention Center .**
- **Attending the dialogue session with His Highness the Minister of Sports Oct 14, 2024 .**
- **Attending the 7th Global Health Forum in Malham Oct 21-23, 2024 .**
- **A workshop on the charisma of media appearance Oct 10, 2024 .**
- **Attending a dialogue session entitled (Sustainable Environmental Strategies) Sep 26, 2024 .**

- **Attending and Participate a symposium entitled (The Future of Social Responsibility in Education(2024) Sep 11, 2024 .**
- **The annual Ta'zeez Conference entitled (Achieving the Kingdom's Vision in the Field of Public Health) Sep 3-5, 2024 .**
- **Attending a symposium entitled (foodborne disease burden) Jun 3 2024 .**
- **The Fifth International Conference on Sports Science and Physical Activity under the slogan (Physical Activity Enhancing Quality of Life) Apr 29, 2024 .**
- **Attending a scientific meeting entitled (Saudi Green Initiative) Mar 27, 2024 .**
- **Attending a public lecture entitled (Chemical Safety) Mar 3, 2024 .**
- **Attending a dialogue session with His Excellency the Minister of State and Member of the Council of Ministers entitled (Managing Major Cities According to a Comprehensive Concept) Jan 27, 2024 .**
- **Attend the open meeting to launch the university's first transformation programs under the slogan "Our University Builds a Nation" Jan 29, 2024 .**
- **This is the International Vitiligo Conference 2024 .**
- **A lecture about the department, a lecture about halal food, a tour of the department's laboratories, and an open meeting with the department's members Dec 27 ,2022 .**
- **This is the Agricultural, Environmental and Health Sciences Conference Dec 2022 .**
- **A workshop on identifying the elements of SWOT analysis Dec 22 2022 .**
- **2 The second KSU Journal Units symposium and accompanying exhibition Nov 22 ,2022 .**
- **This is an exhibition of entrepreneurial projects that includes a workshop entitled "The Basics of Entrepreneurship"04/1444 AH .**
- **This is the scientific environmental meeting on vegetation development techniques in the face of climate change in history Nov 2022 .**
- **Total Quality Management Conference Nov 2022 .**
- **This is a conference on how to publish in peer-reviewed scientific journals, database Nov 2022 .**
- **~~The Excellence in Scientific Research Conference: We Learn, We Research - We Distinguish~~**

Nov 2022 .

- **This is a conference on family counseling and therapy for special groups and their families Counseling and family therapy conference for special groups and) Their families Nov 2022 .**
- **A meeting titled (Professionalism and Excellence in Academic Advising) on 2/11/2024.**
- **Attending the breast cancer awareness event under the slogan (Your Flag is Pink) Oct 2022 .**
- **Attending the breast cancer awareness exhibition 2022 .**
- **This is a conference of fellowship of the world and work (a trip to King Saud University and landmarks of Riyadh) Sep 2022 .**
- **Attending an interdisciplinary scientific meeting entitled “Vegetation Cover Development Techniques in Confronting Climate Change” Nov 2022 .**
- **Attending a lecture entitled (The Impact of the Middle East Green Initiative on Sustainable Development in the Kingdom of Saudi Arabia) Nov 2022 .**
- **This is the Dubai International Nutrition Conference in the United Arab Emirates 2021 .**
- **The Fourth Regional Public Health Conference 2020 .**
- **Current Trends in Academic Publishing Workshop 2020 .**
- **This is a technical training workshop: How to deal with and fix problems encountered with equipment (chemical storage refrigerators, freezers, sterilization devices, bars, and centrifuges) 2020 .**
- **Chemical Extraction of Essential and Plant Oils Workshop 2020 .**
- **The 4th Public Health Conference at the Holiday Inn Al Qasr Hotel 2020 .**
- **A workshop exploring the challenges and solutions facing nutrition in the Kingdom of Saudi Arabia 2019 .**
- **The 3rd Regional Public Health Conference 2019 .**
- **The 2nd Regional Food Safety and Healthcare Conference 2019 .**
- **Basic Media Preparation Workshop for Bacterial and Fungal Studies 2018 .**
- **DNA Extraction from Leaf Chillies Workshop 2018 .**
- **The 2nd International Conference on Food Quality, Safety, and Security in Sri Lanka 2018 .**
- **The Global Biotechnology and Industrial Revolution Conference in the United Arab Emirates 2018 .**

- **The 7th Saudi Food and Nutrition Society Conference 2018 .**
- **The 2nd Regional Food Safety and Healthcare Conference 2018 .**
- **The International Conference on Food Safety and Healthcare, Riyadh 2017 .**
- **The Saudi Society for Life Sciences Conference, Mecca 2017 .**
- **The E-Learning Caravan Workshop 2012 .**
- **The Workshop on Updating Faculty Websites (Beginners) 2009 .**
- **The Workshop on Updating Faculty Websites (Advanced) 2009 .**
- **The Workshop on the Strategic Plan for the College of Food and Agricultural Sciences 2009 .**
- **The Excellence in Postgraduate Studies Conference 2009 .**
- **The Workshop on Outcomes-Based Education 2009 .**
- **The First Workshop on SWOT Analysis for Faculty Members for the Strategic Plan of King Saud University 2008 .**
- **The Fourth Conference on Development and Environment 2008 .**
- **The First Workshop on Cognitive, Perceptual, Motor, and Social Skills .**
- **The Fourth International Conference on Clinical and Community Nutrition 2007 .**
- **Workshop on "Integrating Information and Communication Technology into University Teaching" 2007 .**

Memberships and Assignments

- **Member of the Faculty at the College of Sports Science and Physical Activity from 1/10/2025.**
- **Deputy General Supervisor of the Study Schedules Committee at the College of Sport Sciences and Physical Activity, 2025.**
- **Deputy General Supervisor at the Academic Advising Unit at the College of Sport Sciences and Physical Activity, 2025.**
- **Deputy General Supervisor at the Testing Unit at the College of Sport Sciences and Physical Activity, 2025.**
- **Deputy General Supervisor at the Student Affairs Unit at the College of Sport Sciences and Physical Activity, 2025.**

- **A member of the subcommittee for the Student Rights Protection Unit at the College of Sports Science and Physical Activity for the year 2025/2026.**
- **A member of the Supreme Committee working at the Sixth International Conference of the College of Sports Science and Physical Activity 2025/2026 .**
- **Supervisor at The First Summer Research School for Scientists King Saud University (Fonar) from Jul 27-31, 2025.**
- **Teaching a course for female students in Therapeutic Nutrition, Department of Community Health, College of Applied Medical Sciences 2025 .**
- **Teaching NUTRITION 321 and NUTRITION 325 courses to female students in Environmental Sciences, Faculty of Science 2023-2024 .**
- **Developing oral and written comprehensive exams for master's and doctoral degrees in 1445/1446 AH.**
- **Supervising theses of male and female master's students 2018 to 2025 .**
- **Member of the Training, Community Service, and Skills Development Committee 2020-2021 .**
- **Quality and Academic Accreditation Practitioner at King Saud University 2020 .**
- **Member of the Quality and Academic Accreditation Committee of the Department of Food Science and Nutrition from 2009 to 2024 .**
- **Member of the Educational Affairs Committee of the Department of Food Science and Nutrition from 2010 Until Now .**
- **Rapporteur of the Quality Assurance and Academic Accreditation Committee in the Department of Food Science and Nutrition From 2006 to 2021**
- **Member of the Scientific Research Committee of the Department of Food Science and Nutrition from 2009 to 2018.**
- **Member of the Laboratories Committee of the Department of Food Science and Nutrition from 2009 to 2018.**
- **Member of the Skills Development Committee of the Department of Food Science and Nutrition from 2009 to 2016 .**
- **Member of the Graduate Studies Committee of the Department of Food Science and Nutrition**

from 2009 to 2016 .

- **Member of the Annual Report Committee of the Department of Food Science and Nutrition from 2009 to 2016 .**
- **Member of the Community Service Committee from 2009 to 2016 .**
- **Representative student for students of the Sealy Institute at the University of Nottingham in the United Kingdom From 2008 to 2009 .**
- **Member of the Social Relations Committee of the Department of Food Science and Nutrition 2009 .**
- **Rapporteur of the Library Committee of the Department of Food Science and Nutrition from 2009 to 2010**
- **Coordinator of quarterly exam monitoring in the Department of Food Sciences and Nutrition from 2009 to 2010 .**
- **Member of the King Abdulaziz and His Companions Committee for Giftedness and Creativity from 2006 to 2010 .**
- **Member of the committee responsible for reporting on the availability of assigned references for female students in the Central Library and assistant to the Student Learning Support Committee 2007.**
- **Member of the National Center for Measurement and Evaluation Examination Committee 2007.**
- **Member of the team responsible for participating in the questionnaire to survey female students' opinions about the teaching process 2007.**
- **Member of the Academic Committee at the College of Food and Agricultural Sciences 2006.**
- **Member of the team responsible for participating in the questionnaire to survey students' opinions about the educational process in evaluating facilities 2006.**
- **A team member assigned to participate in the questionnaire to survey female students' opinions about the teaching process 2006 .**

Language

Arabic: Mother Tongue

English: Very Good

References



https://www.linkedin.com/in/dr-wahida-alqahtani-8324343a?utm_source=share&utm_campaign=share_via&utm_content=profile&utm_medium=ios_app

