

ABDULAZIZ A. ALDAYEL

Date of Birth:	Sept. 1975	Mail Address:	P O Box 141 Marat
Gender:	Male		11933, Saudi Arabia
Marital Status:	Married	Phone:	+966 – (11) 8063233
Nationality:	Saudi Arabian	Mobile:	+966 – 5 62554480
Specialization:	Exercise Physiology	E-mail:	aldayel@ksu.edu.sa

RESEARCH INTERESTS

- The effect of neuromuscular electrical stimulation on torque output (force) and jump performance (power)
- The difference between the currents of neuromuscular electrical stimulation, i.e., alternating and current pulsed current
- The neuro-muscular mechanism of electrically stimulated muscles
- Muscle damage following neuromuscular electrical stimulation training

EDUCATION

March 2013 – March 2014	Post-doctoral researcher in functional electrical stimulation of human muscle. Human Neurophysiology Laboratory, University of Alberta
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Edmonton, Alberta T6G 2R3
Canada

February 2006 – December 2010	Ph.D. in Exercise Physiology. School of Exercise, Biomedical & Health Science, Edith Cowan University
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Joondalup, WA 6027
Australia

August 2002 – June 2004	Master of Science in Education with a specialty in Exercise Science. School of Education, University of Kansas
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Lawrence, KS 66045
The U.S.

September 1995 – June 1999	Bachelor of Education in Physical Education with honor. Education college, King Saud University
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Riyadh, 11451
Saudi Arabia

EMPLOYMENT	2011 to present	Assistant Professor in Exercise Physiology – College of Sport Science and Physical Activity at King Saud University. Riyadh, 11451 Saudi Arabia
	2010 – 2011	Graduate Assistance in Physical Education and Movement Science Dept. at King Saud University. Riyadh, 11451 Saudi Arabia
	2004 – 2005	Graduate Assistance in Physical Education and Movement Science Dept. at King Saud University. Riyadh, 11451 Saudi Arabia
	2004 – 2005	Lecturer in Physical Education Dept. at King Fahd University. Dhahran, 31261 Saudi Arabia
	1999 – 2001	Graduate Assistance in Physical Education Dept. at King Fahd University. Dhahran, 31261 Saudi Arabia
	1999	Physical Education Teacher at a Governmental High School (Orwah Bin Masouad High School) in Riyadh, Saudi Arabia. Riyadh, 11148 Saudi Arabia
	1998	Fitness Trainer in Recreation Center at Saudi ARAMCO Company. Dhahran, 31311 Saudi Arabia

PROFESSIONAL EXPERIENCE

- Vice Dean for Development and Quality - College of Sport Science and Physical Activity
 - The head of Publications Promoting Unit, College of Education, King Saud University
 - A member of the General Supervisory Committee, New College of Sport Science and Physical Activity (will soon
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		<p>replace Physical Education and Movement Science Dept.), King Saud University</p> <ul style="list-style-type: none"> • A member of Research Excellence Committee, College of Education, King Saud University • A member of the Muscle Damage Research Group, the School of Exercise and Sports Science, Edith Cowan University
TEACHING EXPERIENCES	2005 – 2006 & 2011 to present	<p>Teaching postgraduate and undergraduate courses in exercise physiology, health and physical activity.</p> <p>Physical Education and Movement Science Dept. at King Saud University.</p>
	1999 – 2001 & 2004 - 2005	<p>Teaching several sport activities (e.g. swimming, volleyball, football, tennis, squash), physical conditioning and fitness courses.</p> <p>Physical Education Dept. at King Fahd University.</p>
	1999	<p>Teaching physical education classes.</p> <p>Orwah Bin Masouad High School.</p>
SKILLS	Training programs in Teaching at the University Level	<ul style="list-style-type: none"> • Effective Teaching • Course Design and Construction • Students Assessment and Classroom Management • Students Learning Outcomes Assessment • Peer Consultation for Improving Teaching • Team-Based Learning • Micro-teaching • Blackboard, a learning management system <p><i>... and others by Deanship of Skills Development, King Saudi University, Riyadh, Saudi Arabia (2011)</i></p>
	Community Health Instructor	<ul style="list-style-type: none"> • A workshop consisted of theoretical and practical training in different community health activities, concerns about child, adult and elder health care at Sport for All Saudi Association, Riyadh, Saudi Arabia (1998) • A practical training in smoking cessation program at Lawrence Memorial Hospital, Lawrence, KS, USA (2004)

Sport and Medicine Technician	<ul style="list-style-type: none"> • Bone Densitometry Operator at Medical and Scientific Services Pty Ltd, Perth Australia (2006) • Perform blood collection (HLT) training in pathology specimen collection at WA School of Pathology, Warwick Australia (2006) • Sport medicine for technicians at Sport Medicine Association, Florida U.S.A (1998).
First-Aid	<ul style="list-style-type: none"> • First Aid & CPR Course at Saudi Heart Association (1999) • Priorities First Aid & CPR course by Leisure Training and Advisory Services Ltd (2005) • CPR123 Personal Learning Program at St John Ambulance Australia (2006)
Computer Literacy	An outstanding working knowledge of various computer operating systems and software, including Windows XP, OpenSUSE Linux, MS Office (Word, Excel, Power Point, and Access), EndNote, SPSS applications and SigmaPlot. Basic knowledge of PowerLab (data acquisition & analysis system, ADInstruments), MATLAB (MathWorks) and LabVIEW (graphical programming environment, National Instruments).

PUBLICATIONS

- **Aldayel A**, Collins D, DeLorey D. Muscle oxygenation when neuromuscular electrical stimulation is applied over a nerve trunk compared to a muscle belly of gastrocnemius muscles. J Appl Physiol (under review)
- S Alkahtani, **A Aldayel**, M Hopkins (2019) Effects of Acute Eccentric Exercise on Appetite-Related Hormones and Food Preferences in Men. American Journal of Men's Health "In press"
- Jenny WH Lou, Austin J Bergquist, **Abdulaziz Aldayel**, Jennifer Czitron, David F Collins (2017) Interleaved neuromuscular electrical stimulation reduces contraction-fatigue. Muscle Nerve. 2017 Feb;55(2):179-189
- Jenny WH Lou, Austin J Bergquist, **Abdulaziz Aldayel**, Jennifer Czitron, David F Collins (2016) Interleaved neuromuscular electrical stimulation reduces contraction-fatigue. Muscle Nerve. "accepted/in press"

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- Nosaka K, **Aldayel A**, Jubeau M, Chen T (2011) Muscle damage induced by electrical stimulation. *Eur J Appl Physiol*. 2011 Oct;111(10):2427-37
 - **Aldayel A**, Muthalib M, Jubeau M, McGuigan MR, Nosaka K (2010) Muscle oxygenation of vastus lateralis and medialis muscles during alternating and pulsed current electrical stimulation. *Eur J Appl Physiol*. 2011 May;111(5):779-87
 - **Aldayel A**, Jubeau M, McGuigan MR, Nosaka K (2010) Less indication of muscle damage in the second than initial electrical muscle stimulation bout consisting of isometric contractions of the knee extensors. *Eur J Appl Physiol* 108: 709-717
 - **Aldayel A**, Jubeau M, McGuigan MR, Nosaka K (2010) Comparison between alternating and pulsed current electrical muscle stimulation for muscle and systemic acute responses. *J Appl Physiol*. doi:10.1152/jappphysiol.00189.2010
 - McGuigan MR, **Aldayel A**, Tod D, Foster C, Newton RU, Pettigrew S (2008) Use of session rating of perceived exertion for monitoring resistance exercise in children who are overweight or obese. *Pediatr Exerc Sci* 20: 333-341
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CONFERENCES AND SYMPOSIA

- **Aldayel A**, Aljaloud K, Aljaloud S, Alayafi Y. Increased central contribution during neuromuscular electrical stimulation when applied over a nerve trunk. Caribbean Biomedical Research Days CBRD-2015, Rodney Bay, St-Lucia. 16-18 of January, 2015
 - **Aldayel A**. Effects of alternating and pulsed currents neuromuscular muscle stimulation on vertical jump performance. Fifth International Conference on Sport and Society. Universo Niterói, Rio de Janeiro, Brazil. 16-17 of July 2014
 - **Aldayel A**, Delorey D, Collins D. Assessing metabolic demand of electrically-evoked contractions using near infrared spectroscopy. XLIV Neurohike Meeting in Jasper, Alberta, Canada. 27 – 29 of September, 2013
 - **Aldayel A**, Jubeau M, McGuigan MR, Nosaka K. Force output comparison between alternating and pulsed current stimulation. III congreso latinoamericano de estudios socioculturales del deporte in Concepcion, Chile. 24-26 of November, 2012
 - **Aldayel A**, Jubeau M, McGuigan MR, Nosaka K. Comparison between alternating and pulsed current electrical muscle stimulation for acute physiological responses. 16th Annual Conference of the European College of Sports Science in Liverpool, UK. 6-9 of July, 2011
 - Nosaka K., **Aldayel A**. Electrical stimulation for testing and training in exercise and sports. The XVIII International
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Society of Electrophysiology and Kinesiology (ISEK)
Congress in Aalborg, Denmark. 16-19 of June, 2010

- **Aldayel A**, Jubeau M, McGuigan MR, Nosaka K.
Comparison in muscle damage between first and second
electrical muscle stimulation bouts of the knee extensors.
14th Annual Conference of the European College of Sports
Science in Oslo, Norway. 24-27 of June, 2009
- **Aldayel A**, Jubeau M, McGuigan MR, Nosaka K.
Comparison in muscle damage between first and second
electrical muscle stimulation bouts of the knee extensors.
Centre for Exercise and Sports Science Research (CESSR)
Meeting at Edith Cowan University, Joondalup, Australia.
29th of May, 2009
- **Aldayel A.**, McGuigan M.R. and D. Tod. The use of the
OMNI perceived exertion scale for resistance exercise and
session RPE by overweight children. Second Australian
Association for Exercise and Sports Science Conference
Proceedings in Sydney, Australia. 28th of September to 1st of
October, 2006

LANGUAGES	Arabic – native language, English – speaking, reading and writing
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