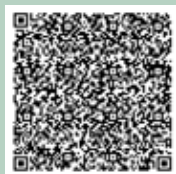




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Research field and interest:

sports coaching, designing standards for physical and motor abilities, fitness training (football), physical preparation, selection and developing young players, coaches' development, planning and programming training, physical and physiological measurements and performance evaluation.

Membership:



Medical commission in Saudi
Football Federation
Consultant of Saudi Universities
Sports Federation



EDUCATION :

- **1991:** Diploma in Physical education & sport. Physical education College
- **1999:** Diploma of sport Coaching – Italian Association for Movement Science.
- **2001:** Bachelors in Physical education (With honors (. King Khalid University.
- **2006:** Master of Science (Movement Science), King Saud University.
- **2010:** Advance Diploma in English Language, Waterloo University. Canada.
- **2016:** PhD of Physical Education & Sport Coaching, Beijing Sport University. China.



WORK EXPERIENCE :

- **1992-1997:** Head coach in Al Forsan club (Second division) & Physical education teacher.
- **1997-1998:** Supervisor of Physical education in the Ministry of Education.
- **2001-2008:** Fitness coach in the national team's football in Saudi Arabia.
- **2008-2009:** Technical director for the age groups of the football (Alnassr club) Pro league.
- **2009-2010:** Fitness coach in the national team's football in Saudi Arabia (U19).
- **2009-2020:** Assistant Prof at the University of King Saud.



COURSES ATTENDED :

- International Training Course for football coaches - Hungary - 1997.
- Session of the Olympic Solidarity for football coaches - Riyadh - 1998.
- International course developed for trainers - Italy - 1999.
- Asian-trainers course (C-License) for football – Jeddah, Saudi Arabia, 1999.
- Asian-trainers course (B-License) for football – Riyadh, Saudi Arabia, 2000.
- Asian-trainers course (A-License) football – Riyadh, Saudi Arabia, 2001(attendance).
- Fitness Session and Physical Preparation Programs. – Qassim, Saudi Arabia, 2001.
- Fitness session infective optimism that comes Asian Professional – Malaysia, 2003.
- Course instructor's stages age football (6 - 16 years) Italy, 2006.
- International Course for trainers (JFA-C-License) Japan, 2008.
- Session of the twelfth sports medicine professionals – Riyadh, Saudi Arabia, 2000.
- Session of sports injuries in playgrounds and road ambulance and treatment Abha, Saudi Arabia, 2001.



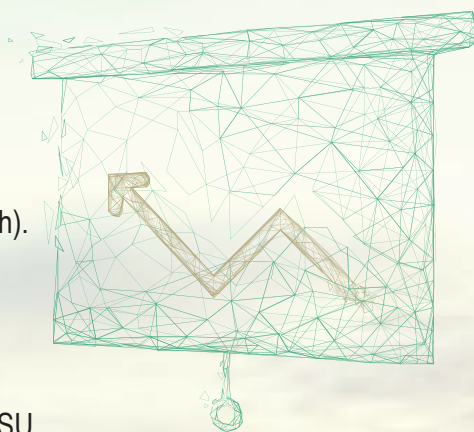
COURSES ATTENDED :

- Course in Sports Coaching (Advanced) – Abha, Saudi Arabia, 2001
- Course offers sports and exercise II - Riyadh - 1998.
- Course of Management and Administration in Education infective optimism that comes. Abha, Saudi Arabia - 2001.
- Course in activity of school students – Abha, Saudi Arabia- 2001
- Workshop on the methods of teaching physical education for grades primary - Ministry of Education- 2003.
- Course in Special Education - Ministry of Education- Riyadh - 2004.
- English language course - The Saudi British Center (SBC) – Riyadh-2005.
- Role in the development of communication skills in the dialogue - King Abdul Aziz Center for National Dialogue - Riyadh – 2008.
- AFC Fitness coaching Tutors Course2017 Kuala Lumpur 7-10 Nov2017.



SEMINARS & CONFERENCES :

- Physical Training in football for Junior and Grassroots – SAFF. Riyadh 1995.
- Sport Science Seminar- AFC.Malaysia2005.
- The 9th Asian Conference in Sport Medicine- SFSM. Riyadh 2007.
- Sport Science and its rolls in sports achievement Seminar- KSU. Riyadh 2007.
- The Second Arab Conference specialized in fat and physiology activity (research). Kingdom of Bahrain 2007.
- Professionalism Conference, Reality and Perspectives – SAFF. Riyadh 2008.
- Sudden Cardiac Death in sports Workshop - SFSM. Riyadh 2014.
- Sport Science and Physical Education Teacher's: Challenges & Development KSU. Riyadh 2015.
- Physical Fitness and Performance Workshop - KSU. Riyadh 2015.
- Sport injuries and prevention seminar (seminar director) - KSU. Riyadh 2016.
- The importance of physical activity in the life of the firefighter-(speaker), March 2017 Riyadh.
- 17th Asian Federation Sports Medicine(Speaker)13-14 December, 2019.Riyadh.
- Project of Leader professional(Speaker) Jan13,2020,Riyadh.





RESEARCHES :

1. Al Hazaa , H. Alkhatani ,S. Alsowayan, M.(2005) The physical attributes of the Saudi soccer players U14 years. Arabian Journal of food and Nutrition. No 13, (p. 329 to 340).
2. Alsowayan, M. (2016): National Football Coach in Saudi Arabia obstacle, problems and proposed solutions. Scientific Journal of Physical Education and Sports Science. Vol82 No1(p. 177 to 201).
3. Alsowayan, M, (2006): The normative level of physical fitness and physiological elements for Saudi soccer players U-17.
4. Alsowayan, M. (2017) Analytical study of the age sensitive stages and the age of training for Saudi Football Players (Elite) 16-19Years. Assiut journal for Science and Arts of Physical Education, V45, No2 (p. 646 to 673).
5. Alsowayan, M, Wakil, I (2017): The effect of the program of the plyometric exercises on speed and agility for football players. King Saud University – Sport Sciences & Physical Activity College.
6. Alsowayan, Mansour (2018) Knowledge needs and information resources of Saudi football coaches. (un published)
7. Alsowayan, M. (2019) An analytical study of the strategy of scoring goals for the
8. Saudi Football Professionals league (2013 to 2017) season. Journal of Sports Science. Minia University. Vol32 No1(p. 1to 25).
9. Ahmed, Mohammed & Alsowayan, Mansour (2019) Comparison of the qualitative kinetic analysis tasks in the cognitive levels according to the Bloom classification of the athlete as a function to determine the training demands. Sport Sciences Journal, Diyala University V0I5 (p. 143 to 189).
10. Alsowayan, M. & Campana, M. (2018) The effect of two different types of warm-up on fitness tests. Sport Science and Physical Education Journal.
11. Campana, M. &Alsowayan, M. (2018) Analysis on Effect of Warm up in Leg Ankle Joint Motion and Strike Patterns During 50m Sprint Performance. ISBS Proceedings Archive: Vol. 36: Iss. 1, Article 268. Available at: <https://commons.nmu.edu/isbs/vol36/iss1/268>.
12. Campana Bonilla, Marco V and Alsowayan, Mansour N. (2019) "The Influence of Warm-Up Experience on Knee & Elbow Joint Motion for Standing Long Jump Performance," ISBS Proceedings Archive: Vol. 37 : Iss. 1 , Article 118. Available at: <https://commons.nmu.edu/isbs/vol37/iss1/118>
13. Alsowayan, Mansour (2018) Comparison of the throw-in performance methods in soccer and impact it on throw distance. (un published)
14. Abdelaziz, Mohammed M., Al-Sowayan, Mansour, Al-Aliaany, Mussaid (2019) Comparing the Electromyography Activity and Maximum Contraction between Rectus and Biceps Femoris Muscles in Soccer Players. (Under publication).
15. Hai Tao Zhao, Qing Lei Cai, Marco V. Campana Bonilla, Mansour N. Alsowayan (2020) The Influence of Three Types of Warm-Up on Countermovement Jump in College Non-Athletes. (Under publication).
16. Marco Vinicio Campana Bonilla¹ and Mansour Alsowayan (2020) The influence of dynamic and plyometric exercise on knee joint motion for countermovement jump performance. (Under publication).

Researcher also participated in some of the studies and research (Group of measurement).





EXPERIENCE AS LECTURER (SPEAKER):

- Physical Fitness Course for football coaches, Saudi Arabian Football Federation 24-25 March 2006-Riyadh.
- Training Course Under supervision of Saudi Arabian Football Federation Al-Watan Sport Center-Taif 2006.
- Workshop for football coaches Grassroots -Dammam 2005.
- Training Course for football referees and promising referees 6-12 August 2006-Taif.
- Olympic Solidarity Course for football coaches 2-14 December 2006.
- Training Course for football referees and first division -Riyadh 2007.
- The Fifth Special Training Course in physical education 4-9 April 2007 Riyadh.
- Training Course for football referees international. November 2009. Riyadh.
- Saudi National Coach forum 3 December 2016.
- FIFA football Physical Fitness course 4 – 9 December 2016, Riyadh.
- AFC B-License course 26 November 2016, Riyadh.
- Professional Football Coaches course 26 February 2017, Riyadh.
- AFC B-License course 14-24 November 2017, Jeddah.
- Football Physical Fitness course 1- 4 Jun 2017, Riyadh
- AFC B-License course 17 November 2018, Abah.
- AFC B-License course 20 November 2018, Riyadh.
- Basic football coaches course (Head lecturer). 25-29 November 2018. Riyadh.
- Basic football coaches course (Head lecturer). 8 -12 December 2018. Jeddah.
- Basic football coaches course (Head lecturer). 23-27 December 2018. Riyadh.
- Basic football coaches course (Head lecturer). 16-20 December 2018. Al Kharj.
- Basic football coaches course (Head lecturer). 6-10 October 2019. Riyadh.
- The first intermediate training course for national athletics coaches (Energy System in Athletes Performance) October 9- 2019. Riyadh.
- Basic football coaches course (Head lecturer). 7-10 November 2019. Abha.
- Basic football coaches course (Head lecturer). 21-24 November 2019. Almadina
- Basic football coaches course (Head lecturer). 5-9 January 2020. Hail.
- AFC B-License course 25-26 January 2020, Riyadh.
- Basic football coaches course (Head lecturer). 8-12 February 2020. Dammam.
- Project of Leader professional (speaker) February 14, 2020.



EXPERIENCE AS COACH:

National team:

- GCC Cup U-17, Bahrain 2001
- Preliminary qualifications for the 10th Asian Cup, Saudi Arabia and Syria 2002.
- Friendly International Championship, IR Iran 2002
- Friendly International Championship, Egypt 2002
- The 2nd GCC Cup U-17, Saudi Arabia 2002
- The 3rd GCC Cup U-17, Qatar 2003
- Preliminary Qualifications for the 11th Asian Cup, Saudi Arabia 2003
- West Asian Championship, Grassroots, Qatar 2004
- Friendly International Championship, Iran 2004
- Preliminary Qualifications for the 12th Asian Cup, Oman 2005
- Friendly International Championship, Iran 2006
- The 4th GCC Cup U-17, Saudi Arabia 2006
- Friendly International Championship, Malaysia 2006
- The 12th Asian Cup Finals, Singapore 2006.
- Qualifications Competition for World Cup (first Team A), Germany 2006.
- Saudi National Team under 19 Friendly Competitions in Argentine 2007.
- The 13th Asian Cup Qualification, Dammam, Saudi Arabia 2007.
- AFC Football Festival, Qatar 2008.
- Friendly International Championship (National team U19), UAE 2011,

Clubs:

- Fitness Coach Al Shabab club (first team) 2005 (short period).
- Technical Supervisor of Age groups, Al Nasser Club.2009.

