



Prof. Dr. Khalid S. R. Almuzaini, Ph.D.

- President of the Saudi Universities Sports Federation.
- Professor of Exercise Physiology.
- Editor-in-Chief, Journal of Sport Sciences and Physical Education

(Updated July, 2019)



Personal Information

- 🚩 **Nationality:** Saudi
- 🏠 **Place of Birth:** Riyadh, Saudi Arabia.
- 📞 **Mobile Phone:** (+966505212690)
- ✉ **E-mail:** kmuzaini@moe.gov.sa
- 🌐 **Web Site:** <http://faculty.ksu.edu.sa/kmuzaini/cv>

Languages

Native language is **Arabic** and very fluent in **English**.

Professional skills:

Competent in project management. Has a solid IT background and experience (developed and supervised academic and administrative web portals). Experienced in managing small and large projects utilizing the most recent tools and software.

Present employment:

- President of the Saudi Universities Sports Federation, Ministry of Education, Kingdom of Saudi Arabia.
- Professor of Exercise Physiology and Editor-in-Chief, Journal of Sport Sciences and Physical Education, College of Sport Sciences and Physical Activity, King Saud University.

Over the last few years:

He worked as a general manager, director and Dean of the College of Sport Sciences and Physical Activity, a project to establish the only college of its kind in the Gulf region. He was able to provide a comprehensive action plan to establish the new college and university sports facilities by ensuring the development of high-quality academic programs in Sport Sciences and Physical Activity, which are confirmed by national and international academic accreditation.



EDUCATION

- 1996 ● **Doctor of Philosophy in Exercise Physiology (Minor in Statistics),**
University of Kansas, Lawrence, KS, USA. Dissertation title: "Effects of Split Exercise Sessions on Excess Post-Exercise Oxygen Consumption and Resting Metabolic Rate". Principal advisor: Professor Jeffrey Potteiger, Ph.D., FACSM.
- 1993 ● **Master of Science in Exercise Physiology,**
University of Kansas, Lawrence, KS, USA. Thesis title: "Validity of Bioelectrical Impedance Analysis in The Prediction of Percent Body Fat in Men". Principal advisor: Professor Wayne Oseness, Ph.D., Chairman of the Dept. of HPER, University of Kansas, USA.
- 1989 ● **Bachelor of Science (with second class honor) in Physical Education and Movement Sciences**
King Saud University, Riyadh, Saudi Arabia.



ACADEMIC & ADMINISTRATIVE EXPERIENCE

- 10/07/2019 - Present ● **President** of the Saudi Universities Sports Federation, Ministry of Education, Kingdom of Saudi Arabia.
- 2016 - Present ● **Editor-in-Chief**, Journal of Sport Sciences and Physical Education.
- 2013 - 2018 ● **Chairperson**, Alhilal Football Club Research Chair for Sports Development (SR 3M).
- 2/9/2012 - 2013 ● **Part-time consultant** to the General Presidency of Youth and Welfare, Kingdom of Saudi Arabia.
- 16/08/2009
17/9/2013 ● **Dean**, College Sport Sciences and Physical Activity, King Saud University, Riyadh, Saudi Arabia.
- 18/10/2009
17/9/2013 ● **Project General Manager** and **Chairperson** of the General Supervisory Committee, New College of Sport Sciences and Physical Activity, King Saud University (SR350 M).
- 02/11/2008 - Present ● **Professor**, Dept. of Exercise Physiology, College of Sport Sciences and Physical Activity, King Saud University.
- 15/2/2008
26/9/2009 ● **Project Manager**, Extra-curricular Activities, King Abdullah Bin Abdul Aziz educational development Project (Tatweer) (SR2.6 K = \$975 M).
- 22/12/2007
1/7/2008 ● **Consultant, Teaching & Academic Affairs**, King Saud University.
- 2000 - 2004 ● **Deputy Dean**, College of Education, King Saud University, Riyadh, Saudi Arabia.
- 2001 - 2004 ● **Part-time Consultant to the Minister of Health**, Saudi Arabia.
- 2001 - 2008 ● **Associate Professor**, Dept. of Physical Education and Movement Sciences, College of Education, King Saud University.
- 1996 - 2000 ● **Assistant Professor**, Dept. of Physical Education and Movement Sciences, College of Education, King Saud University.
- 1991 - 1996 ● **Scholarship** by King Saud University to get MS and Ph.D. from USA.
- 1989 - 1990 ● **Teaching Assistant**, Dept. of PE and Movement Sciences, King Saud University.



PROFESSIONAL DEVELOPMENT

- 16-17/5/2011 ● Attended the Academic Leadership Development Workshop entitled "Recruiting, Developing and Retaining a Faculty for the Twenty Century" organized by the Academic Leadership Center, Ministry of Higher Education, held at King Saud University (16 hours).
- 1-2/2/2011 ● Attended a program in "BlackBoard". Held at Deanship of E-learning and distance learning, King Saud University, for a total of 10 training hours.

19-23/7/2010	●	Completed a professional development program entitled “Teaching Excellence” offered by the Centre for Teaching Excellence at the University of Waterloo, Waterloo, Canada.
12-16/7/2010	●	Completed a professional development program entitled “Integrating Technology into Your Teaching” offered by the Centre for Teaching Excellence at the University of Waterloo, Waterloo, Canada.
25-29/4/2010	●	Attended a workshop in “peer consultant in teaching” organized by King Fahd University of Petroleum and Minerals for a total of 25 training hours.
27-28/3/2010	●	Attended a program in: ImindMap held at King Saud University for a total of 8 training hours.
16-17/3/2010	●	Attended a program in: Problem solving and decision making held at King Saud University for a total of 8 training hours.
8-9/3/2010	●	Attended a program in: Meeting Management Skills held at King Saud University for a total of 9 training hours.
15-17/11/2008	●	Certified dialogue trainer. Completed 30 hours training sessions at King Abdul-Aziz Centre for National Dialogue in Riyadh, Saudi Arabia.
13/11/2008	●	Attended a 3 hours session to improve skills to be able to continue distinction. Steps to Success Center, Riyadh, Saudi Arabia.
24/10/2008	●	Attended Life development and success skills program for future leaders organized by Del Carnegie Training Centre – Riyadh, Kingdom of Saudi Arabia.
3-10/05/2008	●	Completed an intensive session in Project Management (PMP) for a week offered by the Newman University College in Birmingham, United Kingdom.
05/04/2008	●	Attended a session in Quality Assurance Management for higher Leaders in King Saud University, organized by Deanship of Skills Development- King Saud University.



ACADEMIC AND PROFESSIONAL VISITS

- Visited three Universities, (1) the University of Florida (UF), College of Health and Human performance (CHHP) on December 4-8, 2010 in Gainesville, FL, (2) the University of British Columbia (UBC), School of Human Kinetics (HKIN) on July 9, 2010 in Vancouver, Canada and (3) the University of Birmingham (UB) School of Sport and Exercise Science (Sportex) on July 6-7, 2010 in Birmingham, England. I completed series of meetings with faculty, students and administrators at each University and visited several different labs to witness the exercise science programs and research work going on. I had the opportunity to meet with the lead administrators for all programs visited. The purposes of these visits were to:
 1. Explore the possibilities and opportunities for King Saud University (KSU) to cooperatively engage in scholarly exchanges associated with research and teaching related to the College of Sport Science and Physical Activity (CSSPA); and
 2. Facilitate and promote a mutually-beneficial partnership between KSU and the University of Birmingham’ School of Sport and Exercise Science, the University of British Columbia’s School of Human Kinetics and University of Florida, College of Health and Human Performance.

- Visited Barcelona Football Club and attended a one-day training session. During the visit, I toured the all department of the club including the sport medicine, exercise physiology unit and discussed some of the professional players issues especially from a physiological point of view, Barcelona, Spain, May, 2005.
- Visited the Olympic Training Centre in Barcelona, Spain. During a 10-day visit, I spent a full day in each of all of the Centre departments and facilities, met with key faculty and personnel, contributed in the ongoing research and data collection. Barcelona, Spain, May, 2005.
- Visited the Hong Kong Sports Institute for 8 days. During the visit, I contributed to the ongoing research and data collection, visited all the department and facilities, attended a one day training session on acupuncture procedure and completed a workshop on muscle training, recovery and injury prevention in high performance sport. Hong Kong, March, 2005.



PROFESSIONAL EXPERIENCE

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| 2011- 2012 | ● International consultant to itik consulting sports & leisure ltd (A Spanish firm which developed the Saudi School Sport Strategy). Provided consultation and contributed significantly in related workshops and documentation. |
| 2004- 2009 | ● Chairperson , National Scientific Committee for Physical Education, Ministry of Education and Teaching, Saudi Arabia. |
| 2001- 2002 | ● Member , Scientific Committee for Research and Studies, Saudi Sports Medicine Federation. |
| 2001- 2005 | ● Member , Administrative Counsel, King Saud University Staff Club. |
| 2001- 2002 | ● Member , Scientific Committee, Saudi Physical Education and Sports Federation. |
| 2000- 2001 | ● Member , Counseling Committee, World of Diet and Fitness Magazine and editor of Physical Fitness section (4 pages). |
| 1998- 2000 | ● Member , National Committee for developing school physical education curriculum, Ministry of Education, Saudi Arabia. |
| 1997- 2000 | ● Program Director , Add Center for Fitness and Health (SR5 M = \$1.33 M), Riyadh, Saudi Arabia. |



HONORS AND AWARDS

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| 1996 | ● Doctoral Student Award for Distinguished Service (Letter of honor + \$5000), Saudi Ambassador to USA. |
| 1993 | ● Master Student Award for Distinguished Service (Letter of honor + \$5000), Saudi Ambassador to USA. |
| 2000 | ● Letter and trophy of honor for distinguished services in organizing and lecturing in a workshop in "Current issues in school physical education", put together for teachers in Manama, Minister of education at the Kingdom of Bahrain. |
| 1996- Present | ● Many letters of recognition for distinguished services for organizing and participating effectively in workshops, conferences, and community services. |



PROFESSIONAL MEMBERSHIPS

- American College of Sports Medicine
- Saudi Federation for Sports Medicine
- Saudi Federation for Physical Education and Sports
- European College of Sport Sciences



Laboratory and Research Skills

Utilized SPSS statistical program and Microsoft Office extensively. Practically experienced with Wingate test, vertical jump test, Margaria staircase test, power output instrumentation, Hydrostatic Weighing including helium dilution and washout method of determining residual volume, skinfold measurements, stature-weight indexes, girth measurements, and skeletal breadths, blood collection (venipuncture and finger puncture), hematocrit, serum cholesterol and triglyceride levels, glucose concentrations, plasma volume changes, acid-base concentrations, blood lactate concentrations, creatine kinase, blood ammonia and urine urea nitrogen concentrations, treadmill and cycle ergometer graded exercise (sub-and-max) tests, oxygen deficit and excess post-exercise oxygen consumption, energy expenditure-substrate utilization, resting metabolic rate, and lactate/ventilatory threshold (Sensormedics Metabolic Cart), steady-state, non-steady-state, and breath-by-breath pulmonary gas exchange measurements, static/dynamic lung volume measurements, electrocardiograph exercise testing (3- and 12-lead hookup), resting and exercise blood pressures (sphygmomanometer), and heart rates, evaluation of joint range of motion, muscle Biopsy techniques (Histochemical preparation and fiber-type and cross-sectional area determinations), isotonic (repetition maximums), isometric (handgrip dynamometer and hip/back tensiometry), and isokinetic assessments (Cybex), and environmental chamber measurements.



COURSES TAUGHT AND THESES SUPERVISED

Undergraduate:

- Exercise Physiology
- Sports Training
- Health and Physical Fitness
- Sports Nutrition

Graduate:

- Neuromuscular Physiology and Exercise
- Testing and Exercise Prescription
- Health and Physical Fitness
- Nutrition for Sports
- Laboratory Procedures in Exercise Physiology
- Science of Sports Training

Theses: Supervised many graduate students at the MS level (with theses) and co-supervised one doctoral student and participated in many theses defense committees.



UNIVERSITY, COLLEGE & DEPARTMENTAL COMMITTEES

- 16/07/2019- present ● Member of the board of directors (Minister of Education is the president), Saudi Universities Sports Federation. Ministry of Education.
- 16/08/09- 17/9/13 ● **Member** of the King Saud University's Council. Riyadh, KSA.
- 16/08/09- 17/9/13 ● Member of the Dean's Council, King Saud University, Riyadh, KSA.
- 16/08/09 - 17/9/13 ● **President** of the College Sport Sciences and Physical Activity's (Formerly named Physical Education and Sports) Council, King Saud University.
- 2000- 2004 ● **Member and secretarial** of the College of Education Council, King Saud University
- 2000- 2004 ● **Chairperson**, Computer use in education committee, College of Education, King Saud University.
- 2002- 2004 ● **Member**, Prince Salman Library Permanent Council, King Saud University.
- 2002- 2008 ● **Chairperson**, Graduate affairs committee, Dept. of Physical Education and Movement Sciences, King Saud University.
- 2000- 2002 ● **Chairperson**, student affairs committee, College of Education, King Saud University.
- 1998- 2000 ● **Member**, Educational Research Center Council, College of Education, King Saud University.
- 1998- 2000 ● **Member**, Committee for developing the Dept. of Physical Education and Movement Sciences curriculum, King Saud University.
- 1998- 2000 ● **Chairperson**, Scholarship and Teaching assistants Affairs committee, Dept. of Physical Education and Movement Sciences, King Saud University.
- 1998- 2000 ● **Member**, Admission Committee, Dept. of Physical Education and Movement Sciences, King Saud University.



GRANTS AND RESEARCH FUNDS RECEIVED

- SR 40000 (\$10666.66) funded by the Educational Research Center, College of Education, King Saud University, 2007. Funded to support a book in exercise physiology.
- SR 31000 (\$ 8266.66) funded by the Educational Research Center, College of Education, King Saud University, 1999. Funded to support a study (see reference 7).
- SR 6050 (\$ 1613.33) funded by the Educational Research Center, College of Education, King Saud University, 1999. Funded to support a study (see reference 26).
- SR 15000 (\$ 4000) funded by the Saudi Sports Medicine Federation to support a study (see reference 1).



CURRENT RESEARCH INTERESTS

- Physiological evaluation of elite athletes
- Health related physical activity and physical fitness
- Improving health through school physical education
- Neuromuscular response and adaptation to exercise and training
- Exercise prescription for health
- Nutrition for sport performance



COMMUNITY SERVICES, WORKSHOPS, AND PUBLIC LECTURES

Participated as a keynote speaker or lecturer in the following activities:

- Key speaker in the international conference: Role of the Sport Sciences and Physical Activity in achieving Saudi Vision 2030. Topic presented: The economic burden of physical inactivity and the solutions to achieve the Saudi Vision 2030. Held on the 11th of April, 2018, Riyadh.
- The **main speaker** for the Riyadh Diabetes Club (RDC) for the year 2013 to present the topic "Exercise in the management of Type 2 Diabetes" on the 3rd of June, 2013, Riyadh.
- **Women nutrition and physical activity workshop.** Organized by Prince Salman Social Center, Riyadh, Saudi Arabia, 2004.
- **Intensive workshop for potential soccer referees.** Organized by the Saudi Soccer Federation and Institute for Sports Leaders, 7-10/12/2003.
- **International Federation for Sports Medicine Team Physician Course.** Organized by the Saudi Sports Medicine Federation and the Institute for Sports Leaders, Riyadh, Saudi Arabia, 27 Sept. to 1 Oct. 2003.

- **Elementary training session for National soccer physical fitness trainers.** Organized by the Saudi Physical Education and Sports Federation and the Institute for Sports Leaders, Riyadh, Saudi Arabia, 2002.
- **Elementary training session for boxing and cycling coaches.** Organized by the Institute for Sports Leaders, Riyadh, Saudi Arabia, 2002.
- **The 7th scientific session for physical education teachers.** Organized by the Ministry of Education, Riyadh, Saudi Arabia, 23-26/3/2002.
- **The 14th annual educational meeting of the Riyadh City's fire fighters.** Organized by the Ministry of Interior Affairs, 2001.
- **Workshop on health related physical fitness for physical education teachers in Riyadh area.** Organized by the Dept. of PE and Movement Sciences, King Saud University, 5-6/5/2001.
- **The 2nd training session for physical education and sports inspectors and administrators** from different sectors, such as Ministry of Education and General Presidency of Youth, Abha City, Saudi Arabia, 19-27/8/2000.
- **The first educational session on movement sciences for physical education teachers.** Organized by the Ministry of Education, Riyadh, Saudi Arabia, 8-10/11/1999.
- **National gymnastic coaches' elementary training session.** Organized by the Institute for Sports Leaders, Riyadh, Saudi Arabia, 1999.
- **Educational week of the Riyadh City fire fighters.** Organized by the Ministry of Interior Affairs, 1998.
- **The 10th sports medicine training session for technicians.** Organized by the Saudi Sports Medicine Federation, 24-27/5/1998.
- **Workshop on physiological testing of athletes.** Organized by the Saudi Sports Medicine Federation and the Exercise Physiology Laboratory, King Saud University, 27-30/11/1997.
- **National track and field coaches' elementary training session.** Organized by the Institute for Sports Leaders, Riyadh, Saudi Arabia, 1997.
- **National Judo and squash coaches' elementary training session.** Organized by the Institute for Sports Leaders, Riyadh, Saudi Arabia, 1997.
- **Public speaker:** participated in many TV and Radio programs, promoting physical activity for health.

Supervised Social, Cultural, and Sports Activities (Extra-curricular):

- **College of Education, KSU, KSA:** I supervised the college of education social, cultural and sports extra-curricular activities for four years. I developed a plan of attack for all extra-curricular activities that resulted in winning most of the extra-curricular activities awards for the College of Education at the University level.
- **Islamic Centre of Lawrence, Kansas, USA:** I acted as the secretarial and the general assembly speaker on behalf of the Muslim students and for the Muslim student Association at the Islamic Centre of Lawrence, USA. I was nominated three times for Presidency of the Islamic Centre of Lawrence (Declined because of School involvement). I organized many lectures, social, cultural, and sporting events at the local and national levels. And I presented many lectures for the local community from 1991-1996.
- **Ministry of Teaching and Education, KSA:** I supervised many summer camps and centers.



PARTICIPATION IN CONFERENCES AND SYMPOSIA

- **Workshop: Human Rights...Current state and Hope.** Organized by King Abdul-Aziz Centre for National Dialogue for Human Rights Commission in Saudi Arabia, June 7th 2011
- **Workshop: Quality Assurance and Development Workshop.** Chairman of the Organizing Committee. College of Sport Sciences and Physical Activity Development Project, King Saud University, 9-10 of October, 2010.
- **Workshop: Future vision of Education in the Kingdom of Saudi Arabia.** Organized by King Abdul-Aziz Centre for National Dialogue and King Abdullah bin Abdulaziz Public Education Development Project, held in Riyadh, Saudi Arabia, October, 2010.
- **The 13th annual congress of the European College of Sport Science,** July 9-12, 2008, Estoril, Portugal.
- **The 12th annual congress of the European College of Sport Science,** July 11-14, 2007, Jyvaskyla, Finland. Presented (Oral) a study: **Almuzaini, K. S et al.** Classification Of Athletes Into Sports Based On Physical And Physiological Variables. Abstract is published in Book of Abstracts edited by J. Kallio et al. printed by Otavan Kivjapaino OK, Keuruu, 2007.
- **The 3rd Regional Olympic Unification workshop,** 25-30 November, 2006. Invited Speaker and presented two lectures: Principles of sports training and Overtraining Syndrome.
- **The 9th AFSM Congress,** 19-22 November 2006. Invited Speaker: Exercise prescription: Past, present, and future. Riyadh, Saudi Arabia.
- **Sport Sciences Role in Sport Performance Symposium,** 17-19 of April, 2006. Member of the organizing committee and coauthored a study.
- **The Second Arabian Congress on Obesity and Physical Activity,** 13-15 of December, 2005. Center for Biological Research, Kingdom of Bahrain's Nutrition Center, Manama, Kingdom of Bahrain. Invited Speaker: Physical Activities for the Elderly.
- **Education priorities and globalization symposium.** Vice president of the organizing committee and chairperson of one scientific session. Organized by College of Education, King Saud University, 2004.
- **The 8th annual congress of the European College of Sport Science,** July 9-12, 2003, Salzburg, Austria.
- **Building school curriculum: principles and theories symposium.** Vice president of the organizing committee and chairperson of one scientific session. Organized by College of Education, King Saud University, 2003.
- **Future School symposium.** Member of the organizing committee and chairperson of one scientific session. Organized by College of Education, King Saud University, 2002.
- **The first Arabian symposium on Obesity and Physical Activity.** Chairperson of one scientific session and presented a paper on "exercise prescription for all ages". Organized by Bahrain Center for Biological Research, Kingdom of Bahrain's Ministry of Education, and Kingdom of Bahrain's Nutrition Center, 2002.
- **Soccer Teams Administrators' symposium.** Coincided with the international friendly soccer tournament in Abha City, Saudi Arabia. Presented a paper on

Nutrition for Soccer players. Organized by the Institute for Sports Leaders and the Saudi Soccer Federation, 21-23/8/2001.

- **Private Sector Higher Education in Saudi Arabia.** Member of the organizing committee and chairperson of round table session. Organized by College of Education, King Saud University, 2001.
- **The American College of Sports Medicine (ACSM) annual meeting,** May 30- June 2, 2001, Baltimore, Maryland. Presented (poster) a study. **Almuzaini, K. S.** Relationship of body composition to anaerobic performance: Across age comparison. Abstract is published in Medicine and Science in Sports and Exercise, Vol. 33(5): S126, 2001.
- **Health, Nutrition, Physical Activity, and Job Stress symposium.** Member of the organizing committee and presented a paper on "Health benefits of physical activity". Organized by Al-Saif Training Center, 2001.
- **Current Issues in school physical education symposium and workshop.** Member of the organizing committee and gave three lectures and one practicum class. Organized by The Ministry of education at the Kingdom of Bahrain, 2000.
- **ACSM annual meeting,** May 31- June 3, 2000, Indianapolis, Indiana. Presented (poster) a study and co-authored another one:
 - 1) **Almuzaini, K. S.** Association between anthropometric, strength, and power indexes and performance tasks in boys. Abstract is published in Medicine and Science in Sports and Exercise, Vol. 32(5): S364, 2000.
 - 2) H. M. AL-Hazzaa, S. A. AL-Refae, **K. S. Almuzaini**, M. A. Sulaiman, & M. Y. Dafterdar. Anaerobic performance of adolescents vs adults: Effect of age and soccer training. Abstract is published in Medicine and Science in Sports and Exercise, Vol. 32(5): S278, 2000.
- **The 4th Annual United States Olympic Committee (USOC) and ACSM Human Performance Summit.** Power and Speed: Getting Faster, Jumping Higher, Being Stronger, May 12, 2000, Indianapolis, Indiana.
- **Workshop on nutrition and physical activity in the Arab countries of the Near East.** Organized by Food and Agriculture Organization (FAO), Arab Nutrition Society (ANSO), and Lebanese Association for Food Science and Nutrition (LAFSN), Cairo, Egypt, 18-21 October 1999.
- **ACSM annual meeting,** June 2-5, 1999, Seattle, Washington. Presented (poster) a study: **Almuzaini, K. S.** et al. Optimizing peak & mean power does not make Wingate test a better predictor of sprint ability. Abstract is published in Medicine and Science in Sports and Exercise, Vol. 31(5): S77, 1999.
- **ACSM annual meeting,** June 3-6, 1998, Orlando, Florida. Presented (slide) a study: **Almuzaini, K. S.** et al. Relationship between reaction time and anaerobic power in different sports. Abstract is published in Medicine and Science in Sports and Exercise, Vol. 30(5): S256, 1998.
- **ACSM annual meeting,** May 28-31, 1997, Denver, Colorado. Presented (slide) a study and co-authored another one:
 - 1) **Almuzaini, K. S.** et al. A Comparison of Continuous and Split Exercise Sessions on Excess Post-Exercise Oxygen Consumption and Resting Metabolic Rate. Abstract is published in Medicine and Science in Sports and Exercise, Vol. 29(5): S196, 1997.
 - 2) Potteiger, J. A.,...**K. S. Almuzaini** et al. Acute protein supplementation does not alter power output, plasma ammonia concentration and acid-base balance during high intensity intermittent exercise. Abstract is published in Medicine and Science in Sports and Exercise, Vol. 29(5): S192, 1997.

- **Elderly Care in Saudi Arabia: Facts and Future Directions symposium.** Presented a paper on "Importance of physical activity for the elderly: Prescription and Benefits". Organized by Prince Sultan charity Center and the Ministry of Social Affairs, Riyadh, Saudi Arabia, 1997.
- **The first symposium for Physical Education Departments in the Arabian Golf Region.** Member of the organizing committee and presented a paper on "Heart rate telemetry during junior high school physical education classes in Riyadh Area". Organized by Physical Education and Movement Sciences Department, King Saud University, 1997.
- **The 1996's National Strength and Conditioning Association Convention,** June 20, Atlanta, Georgia. Co-authored a study presented at the convention: Potteiger, J. A., ...**K. S. Almuzaini.** Effects of Plyometric Training and Aerobic Exercise on Muscle Fiber Characteristics.
- **The American College of Sports Medicine, Central States Chapter Meeting.** Norman, Oklahoma. October 24, 1996. Co-authored a study presented at the meeting: Dolezal B.A., **Almuzaini K.,** Haub M.D., and J.A. Potteiger. "The effects of protein supplementation on plasma ammonia concentration during high intensity intermittent exercise".
- **From Science to Practice: Performance Enhancement for the Endurance Athlete** (2nd Conference by the University of Kansas Exercise Physiology Lab), Overland Park, Kansas, February 17, 1996. Co-founder and member of the organizing committee and lecturer.
- **From Science to Practice: Performance Enhancement for the Endurance Athlete** (1st Conference by the University of Kansas Exercise Physiology Lab), Overland Park, Kansas, January 28, 1995. Co-founder and member of the organizing committee and lecturer.
- **The First Asian Congress on Science and Football,** The Jikei University School of Medicine, Tokyo, Japan 2-5 November, 1995. Co-authored a study that was presented at the conference, but did not attend it: H. M. Al-Hazzaa, ... **K. S. Almuzaini.** Energy Demands & Fluids Loss During Youth Soccer.
- **The American College of Sports Medicine, Central States Chapter Meeting,** Little Rock, Arkansas, October 26, 1995. Attended the conference and co-authored a study: Schroeder, J. M., ... **K. S. Almuzaini.** Supplemental Aerobic Exercise does not Alter Vertical Jump Following an 8-Week Plyometric Training Program.



PUBLICATIONS

1. **Almuzaini, K. S.** Exercise Physiology: Function, response and adaptation of body systems to exercise and training. A new textbook (950 pages), the first draft has been completed and work is under way to submit the final version for printing this year 2019.
2. **Almuzaini, K. S.** Exercise Prescription for health and in chronic disease management. Work is in progress to complete the first draft of this book (500 pages) this year 2020.
3. **Almuzaini, K. S.** Multivariate association among body composition, muscular strength and power, and physical performance of boys. *The Saudi Journal of Sport Medicine*, 12 (1): 1-11, Dec. 2011 (In Arabic with an English Abstract).

4. **Almuzaini, K. S** and Steven J. Fleck. Modification of the standing long jump test enhances ability to predict anaerobic performance. *Journal of Strength and Conditioning Research*, 22:1265-1272, 2008.
5. **Almuzaini, K. S.** Nutrition and Sport Performance. In: Encyclopedia of Nutrition. A. Musaiger (ed.). Arab Center for Nutrition, Bahrain, Academia Lebanon, 2009 (In Arabic), pp. 884-911.
6. **Almuzaini, K. S.** Reliability of selected physical fitness tests: Across age comparison. *Journal of Education and Psychology*. Saudi Educational Psychological Association, 4(30); 11-27, 2008 (In Arabic with an English abstract).
7. **Almuzaini, K. S.** and O. Shokry. Physical and physiological characteristics of elite Saudi Table Tennis players: relationship to federation ranking and tournament results. *The Saudi Journal of Sport Medicine*, 10 (1): 6A-24A, 2008 (In Arabic with an English abstract).
8. **Almuzaini, K. S.** The least discriminating physical fitness tests to lean compared to obese children. *Arab Journal of Food and Nutrition*, 8(18): 57-73, 2007 (In Arabic with an English abstract).
9. **Almuzaini, K. S.** Exercise Prescription for Different Life Stages. In: Physical Activity, Obesity and Nutrition. A. Musaiger (ed.). Arab Center for Nutrition, Bahrain. Book Chapter, pp. 111-139, 2007 (In Arabic).
10. **Almuzaini, K. S.** Physical Activity and women's health. In: Physical Activity, Obesity and Nutrition. A. Musaiger (ed.). Arab Center for Nutrition, Bahrain. Book Chapter, pp. 140-165, 2007 (In Arabic).
11. **Almuzaini, K. S.** Physical Activity and Elderly. In: Physical Activity, Obesity and Nutrition. A. Musaiger (ed.). Arab Center for Nutrition, Bahrain. Book Chapter, pp. 166-191, 2007 (In Arabic).
12. **Almuzaini, K. S.** Muscle function in Saudi children and adolescents: Relationship to anthropometric characteristics during growth. *Pediatric Exercise Science*. 19: 319-333, 2007.
13. Al-Abdolallah, F. **K. Almuzaini**. Physical and physiological predictors of performance in Saudi Tennis players. *The Saudi Journal of Sports Medicine*, 8 (2): 6A-24A, 2005 (In Arabic with an English abstract).
14. Aldarees, S. and **K. Almuzaini**. Physical and physiological characteristics in relation to performance in Saudi Youth Table Tennis players. *The Saudi Journal of Sports Medicine*, 7 (2): 15A-32A, 2003 (In Arabic with an English abstract).
15. **Almuzaini, K.** Exercise prescription for different life stages. *Arab Journal of Food and Nutrition*, Vol. 4 (8): s48-64, 2003 (In Arabic).
16. **Almuzaini, K.** and A. Al-angari. Physical education teacher's knowledge in exercise Physiology and Biomechanics in Riyadh City. *King Saud University Journal: Education and Islamic studies*, 1:243-257, 2003 (In Arabic with an English abstract).
17. Potteiger, J.A., B.A. Dolezal, **K. Almuzaini**, and M.D. Haub. Effects of protein supplementation on ammonia production during intense intermittent exercise. *International Journal of Sports Nutrition*.
18. Al-Hazzaa, H., **K. Almuzaini** and S. Al-Refaee. Determining body composition through Bod Pod, Bioelectrical impedance, and skinfolds for University students. Educational Research Center, College of Education, King Saud University (186), Riyadh, 2002 (In Arabic with an English abstract).
19. **Almuzaini, K.** Physical activity for women after birth. *World of Diet and Fitness Magazine* (in Arabic), 45:48-49, 2002.
20. **Almuzaini, K.** Physical activity for women after birth. *World of Diet and Fitness Magazine* (in Arabic), 43:28, 2002.

21. **Almuzaini, K.** Nutrition and sport performance. *The Saudi Journal of Sports Medicine*, Vol. 5(2):22-25, 2001 (In Arabic).
22. Al-Hazzaa, H., **K. S. Almuzaini**, S. A. Al-Refaee, M. A. Sulaiman, M. Y. Dafterdar, A. Al-Ghamedi, K. N. Al-Khurairji. Aerobic & anaerobic power characteristics of Saudi elite soccer players. *Journal of Sports Medicine and Physical Fitness*, 41:54-61, 2001.
23. **Almuzaini, K.** A complete guide for buying home fitness equipments. *World of Diet and Fitness Magazine* (in Arabic), 42:28-30, 2001.
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BIOGRAPHY

Professor Khalid S. Almuzaini is a highly accomplished and respected leader in the field of sport science and physical activity across the Arab region. His accomplishments span more than 20 years and include work with both government and private sectors at the highest levels. Prof. Almuzaini is responsible for designing the physical education curriculum for the entire Kingdom of Saudi Arabia and authored one of the most important documents prescribing physical activity among all Arab nations. He has worked in high-level leadership positions on such mega-projects as the King Abdullah bin Abdulaziz Public Education Development Project (Tatweer) where he was the national director of the Extracurricular Activities Division and was responsible for a budget of SR 2.6 billion (About US\$ 690,000,000). Prof. Almuzaini has also served as Senior Consultant to the Minister of Health in Saudi Arabia, Dean of the College of Sport Sciences and Physical Activity (King Saud University), Deputy Dean of the College of Education (King Saud University), and a Consultant in Teaching and Academic Affairs (King Saud University).

For more than 14 years, Prof. Almuzaini served as the Chairperson of the National Scientific Committee for Physical Education with the Ministry of Education and Teaching in Saudi Arabia. He has an excellent experience working as a senior consultant and directing programs for fitness and health centers. He has received honors for distinguished contributions to the development of physical education, is a frequent contributor to national and regional-level events on physical activity and women's health, and is a frequent public speaker and promoter of physical activity in television, radio and newspapers. Prof. Almuzaini's scholarly work has appeared in journals including the *Journal of Strength Conditioning Research*, *The Saudi Journal of Sports Medicine*, *Journal of Education and Psychology*, *Arab Journal of Food and Nutrition*, *Medicine and Science in Sports and Exercise*, *The Canadian Journal of Applied Physiology* and *Pediatric Exercise Science*. He has also authored several national reports and book chapters in the area of sport, health, and physical activity.

Prof. Almuzaini holds a BS (with honors) in Physical Education and Movement Sciences from King Saud University and both a MS and PhD in Exercise Physiology (with a minor in statistics) from the University of Kansas (USA). He received the Distinguished Service award both as a masters and doctoral student while at the University of Kansas. Prof. Almuzaini served as a Chairperson of Alhilal Football Club Research Chair for Sports Development for four years, and currently serves as the president of the Saudi Universities Sports Federation, Ministry of Education. Also, he currently serves as the Editor-in-Chief, *Journal of Sport Sciences and Physical Education* and Professor of Exercise Physiology, Dept. of Exercise Physiology, College of Sport Sciences and Physical Activity, King Saud University, Riyadh, Saudi Arabia.