

Ghareeb Alshuwaier, PhD

Assistant Professor of Sport Nutrition (**Sport Nutritionist**)
Exercise Physiology Department, College of Sports Science and Physical Activity (King Saud University, Riyadh).

Contact details:

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Education:

- **PhD Sport Nutrition**, awarded November 2017, University of Glasgow-UK thesis entitled '*Seasonal variations of Hydration Status of Professional Soccer Players in Saudi Arabia during Training Sessions and Match Play*'.
 - **MS.c Sport and Exercise Nutrition**, November 2011, Leeds Beckett University, Leeds-UK.
 - **BS.c Physical Education and Movement Science**, 2006, King Saud University, Riyadh-Kingdom of Saudi Arabia.
 - **Diploma (two years) Physical Education**, 2000, College of Physical Education, Riyadh-Kingdom of Saudi Arabia.
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Jobs:

- Lecturer in Sport and Exercise Nutrition at King Saud University, College of Sports Science and Physical Activity, Department of Exercise Physiology since 2007 (Current)
 - General Fitness Coach, King Khalid Military College, Riyadh, Kingdom of Saudi Arabia (2001-2006).
 - Physical Education Teacher, Ministry of Education 2000-2001.
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Languages:

Arabic and English, writing and speaking (Excellent).

Teaching:

- Sport and exercise nutrition
- Nutrition for sport and health.
- Nutrition for exercise and weight loss and gain.

Experience:

- Sport nutritionist of Alhilal Olympic team from 2013 Current.
 - Research group leader for master students in sport medicine 2013,2014,2015 and 2016 under supervision of Dr Ronald Baxendale, University of Glasgow.
 - Campaign member of doping and sport nutrition, Saudi Federation of Sports Medicine from 2015.
 - Head of biochemistry laboratory, Department of Exercise Physiology, College of Sport Sciences and Physical Activity, King Saud University (Saudi Arabia).
 - Implementing measurements of hydration status, body composition and performance analysis (GPS) of the first team of Al-Shabab FC, KSA 2013.
 - Implementing measurements of hydration status, body composition and performance analysis (GPS) of the first team of Al-Shoulla FC, KSA 2013.
 - Fitness and body composition assessor for new applicants at King Khalid Military College 2002, 2003 and 2004.
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Courses and Training:

- Applied Statistics, three weeks (University of Glasgow) 2013.
 - Ethical issues and procedures for non-clinical research involving human subjects (University of Glasgow) 2013.
 - Research Ethics in Biosciences (University of Glasgow) 2014.
 - Emergency First Aid 2014 Glasgow (University of Glasgow).
 - PERL Programming for Biologists (University of Glasgow) 2014.
 - Responsibilities and Good Ethical Practise in research (University of Glasgow) 2013.
 - Advanced Medical Statistics (University of Glasgow) 2015.
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Skills:

- Analysis of Global Positioning System (GPS) (Catapult – SPI HPU) with professional soccer players.
 - Laboratory techniques analysis of blood, urine and saliva.
 - Nutritional intake analysis for athletes.
 - Nutrition programmes and flow up for athletes.
 - Measurements of body composition
 - Using SPSS, Minitab, Excel analysis programmes to analyse dietary intake, body composition, hydration and performance data of athletes.
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References available on request