

# Curriculum vitae

## Personal data

**Name:** AHMED HELMY SAAD

**Date of birth:** 9/3/1980

**Social Status:** married

**Position:** Assistant professor in Physical Education  
Faculty Benha University

**Department:** Health Sciences Sport

**Research interest:** sport physiology, sport biology,  
sport genetics

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## University Studies

- PhD degree of the physical education Benha University 2010.
- Master degree of the Physical education Benha University 2005.
- Bachelor of Physical Education, Zagazig University, Benha Branch in 2001, Very Good.

## Publications

<https://scholar.google.com.eg/citations?user=0ANXusAAAAAJ&hl=ar>

### Internationally published Researches

- Physiological profile of the young Egyptian wrestlers
- Actn3 gene and its relationship with muscle strength as an indicator for the selection of wrestlers
- Effect of hypoxia training on some physiological variables and skill performance endurance for wrestlers
- ACE gene variation and its relationship with physical, physiological, and skill variables for free swimming juniors
- Physiological responses as the basis for rationing wrestlers' training loads
- The biochemical changes for blood, liver, and Kidney under the influence of different intensities physical loads

### **Researches published locally**

- Physiological and biochemical changes resulting from rapid weight loss and their relationship to skill and physical efficiency of wrestlers.

### **MSc and PhD**

- The Molecular Biological and relationship of the muscular strength as indicator to choosing the beginners in wrestling to sheltering institution children.
- The effectiveness of biorhythms and relationship to specific training for developing performance level in wrestling.

### **Participation in scientific conferences**

- International Conference "societal updates and its relations with sport practice," Physical Education faculty, Kafr el-Sheikh University.
- International Conference "uses of nanotechnology in the field of sports," Physical Education faculty, Suez Canal University branch of Arish.
- International Conference "Pharmacology in the sports field," Physical Education faculty, Tanta University.
- International Conference "Sports Science in the heart of the Arab spring" Physical Education faculty, Assiut University in the period from 23-26 November 2012 in Luxor.
- International Conference "scientific research and the Olympic creativity" Physical Education faculty, Suez Canal University branch of Arish in the period from 13-15 November 2013 in sharm alshikh.
- International Conference "Sports Science in the heart of the Arab spring 2" Physical Education faculty, Assiut University in the period from 22-25 November 2013 in Hurghada.

### **Scientific Awards**

- Prize of Mohammed bin Rashid Al Maktoum Creative Sports in 15 Nov. 2013.

### **Career**

- Assistant professor in Health Sciences department, Physical Education Faculty Benha University, Egypt, 2015
- Lecturer at Health Sciences department, Physical Education Faculty, Benha University 2010.
- Teaching Assistant at Physical Education Faculty, Benha University 2005.
- Demonstrator at Physical Education Faculty, Benha University 2001.

**Courses were taught**

- Descriptive and functional anatomy in sports field.
- Sports Physiology.
- sports Biology.
- Physical rehabilitation for people with special needs.
- Injuries and Rehabilitation in the sports field
- Physiological bases in sports training
- Sports Massage
- Sports nutrition

**Computer Skills**

- Microsoft course of web sites developing 2008
- A course in Using Computers and managing files from capacity Development of faculty members center Benha University 2008
- course in Web publishing by using FrontPage program from capacity Development of faculty members center Benha University 2008.
- Course in computer maintenance and IT from capacity Development of faculty members center, Benha University 2007.
- International computer driving license (ICDL) 2007.
- work Experience in the statistical treatments (SPSS)

**Language Skills**

- **Arabic Language:** mother tongue
  - **English:** fluent in English
  - IELTS certificate of British cultural center largely 5 March, 2014.
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