

Curriculum vitae



Dr. Islam Mohammad Abbas

Personal Information:

Place/Date of Birth	Nablus 11/3/1980
Nationality	Jordanian / Palestinian
Mobile Phone	+972 569.90.1000
Email	islamabbas14@gmail.com Islam.abbas@aaup.edu
Specialization	Physiology of Sport and Exercise Basketball Handball
Follow Me	https://www.aaup.edu/islam.abbas

Work Experience:

- Basketball federation at Palestine Olympic Committee (Oct.2018 till Oct.2020)
- Arab American University, (Aug.2017 Till now)
 - Associate professor, Department of Sport science (Nov.2024)
 - Assistant professor, Department of Sport science (Jan.2019 – Oct.2024)
 - Dean's for Sport Science Faculty (Aug.2021 – Jul 2023)
 - Dean's Assistant For Sport Science (Aug.2020 – Aug.2021)
 - Head of sport science department (Aug.2017 – Aug.2018)
 - Scientific Research Ethics Committee Members

Last up Date 19/04/2026

- BirZait University (2015 – 2017)
 - Lecture, Department of Sport science
- Former Basketball National Team of Jordan
- Institutional Review Board Member (IRB)

Education:

- PhD in Philosophy of Physical Education, Jordan University (2019)
 - Dissertation: The Effect of Cross Training on Some Physical Skills and Physiological, Variables on Some Basketball Player in Palestine
- Master in Philosophy of Physical Education, Jordan University (2002 – 2005)
 - Dissertation: The Effects of Mental Imagination Along with Training Program on Learning Some Fundamental Basketball Skills for 14-16 Years-old
- Bachelor in Physical Education. Najah University (1998-2002)

Personal Skills:

	Understanding	Speaking	Writing
Arabic		Mother tongue	
English	Good	Good	Fair
Leadership skills		Enterprising Team player	
Computer skills	Microsoft Office (Word, Excel, Power point) SPSS (Statistical Package for the Social Sciences)		

Academic Related Outputs

Publications

Accepted Abbas, I. M. **Evaluation of the Health Awareness Level and its Influence on Body Mass Index (BMI) among Students of Allied Medical Sciences Faculty at the Arab American University.** *Jordan Journal of Applied Science-Humanities Series (JJOAS-H).*

Accepted. (Scopus) ¹Abbas, I., ²ABUEID, S. K ³Amuodi, M. **Predicting Lower Quarter Injures for Sport Science Faculty Students at the Arab American University Using the Y Balance Test.** *SPORT TK-EuroAmerican Journal of Sport Sciences*

1 Abu Eid, S., Abbas, I., & Abd al-Rahma, M. (2026). **Sport confidence and its relationship to the level of digital performance of the female athletics players at Princess Nourah bint Abdul Rahman University- Saudi Arabia.** *Journal of the Arab American University*, 12(1), 143–157. Retrieved from <https://j-aaup.aaup.edu/index.php/j-aaup/article/view/23>
DIO:10.35517/AAUP-2026.V12.1.10

2 Abbas IM (2026) **The impact of the five-factor model of personality on the performance of basketball players.** *Front. Sports Act. Living* 8:1766462. doi: 10.3389/fspor.2026.1766462. (**Scopus Q1**)

3 Abbas, M.I (2025).**Relationship between Food Addictive Behavior and Physical Activity during Ramadan.** *International Journal of Human Movement and Sports Sciences*, 13(5), 1109 - 1116. DOI: 10.13189/saj.2025.130512. (**Scopus Q2**)

4 Abbas, I. M. ²Joudallah, H. ³ABUEID, S. K. (2025) **The Effects of Tabata Training on Key Health and Fitness Parameters in Late Middle Age: A Comprehensive Study.** *Journal of Educational & Psychological Sciences*.26 (1), 9 – 30. <http://dx.doi.org/10.12785/jeps/260101>.

5 **Abbas, I., & Joudallah, H.(2024). Assessment of Nutritional Awareness and Behavior Among Students in the College of Sports Science at the Arab American University: A Comprehensive Analysis of Dietary Habits and Health.** *Hebron University Research Journal (A)*. Vol.(13), pp.23-49. doi.org/10.60138/521320242

6 ²Abbas.I.M, ¹Daraghmeh. O. (2024). **The effect of using total body resistance training on some physical and physiological variables for football players in the State of Palestine.** *Abhath Al-Yarmouk Humanities & Social Sciences Series*. **33 (2), 187 – 204.** DOI:https://doi.org /10.47017/33.2.3.

7 ¹Joudallah, H ; ²Abbas, I.M (2024).**Study of Factors Influencing Participation in Group Fitness Classes at Sports Centers in the West Bank/Palestine.** *International Journal of Physical Education and Sports Science*. **6 (8). 47 – 60.**

8 Abbas, I.M (2024). **The Difficulties are facing basketball arbitration from the perspective of the game's components in Palestine.** *Journal of Sports Science Applications*. **10(121), 266 – 288.**

9 ¹Abbas, I. M., ²Abueid, S. K., ³Joudallah, H (2024) **Assessing Health Awareness Growth In Arab American University Students Post Physical Education Course.** *International Journal of Humanities and Educational Research*. **6 (4), 398 – 415**

10 ¹AlKilani, L, ²Abbas, I.M, ³AbuEid, S (2024). **The knowledge of parents of children aged 8-9 years about injuries and first aid in Riyadh.** *The Scientific Journal of Sport Science & Arts*, **78 (4). 175 – 195.**

11 ¹AbuEid S. ²Amro M. ³Alawna M. ³Abbas I.M, ⁴Dababseh M, (2024). **Evaluating Movement Quality among Sports Science Students,"** *International Journal of Human Movement and Sports Sciences*, **12(3), 504 – 514. (Scopus Q3)**

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- 12 ¹Abbas. I, ²Daraghmeh. O (2024). “The effect of aerobic exercise on the development of some physiological variables among first-year students in the College of Sports Sciences at the Arab American University”. *Kurdish Studies*. **12(2), 5127 – 5142**
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- 13 ¹Obeidat, G. ²Tilfah, Y. ³Abbas, I. ⁴Alzyoud, Kh. ⁵Loubani, Z (2024). “Experiences of Success, Failure and Health Practices Among Young Swimmers: Suggestions Orientation Towards International”. *Kurdish Studies*. **12(2), 5898 – 5906.**
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- 14 ¹Abbas, I. ²Nusir, F. ³AbuEid, S (2024). “Moving Towards the Dimension of Athletic Excellence Among Students Participating in Sports Teams at Jadara University and Its Relationship with Some Variables”. *Journal of the Association of Arab Universities for Research of Higher Education*. **44(1). 408 – 422.**
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- 15 ¹A'mir,O. ²Almobasher,Z. ³Abbas,I (2023).“Health-Related Physical Fitness and its Relationship to the Level of Academic Achievement among A Sample of Secondary School Students in the City of Amman”. *International Journal of Membrane Science and Technology (IJMST)*. **10 (2), 112 – 121. (Scopus)**
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- 16 ¹Abbas, I, ²Abueid, S, ³Amuodi, M (2023). **Relation Y-Balance Test and Lower-limb Strength of Sport Science faculty Students at the Arab American University.** *The Journal of (Modern sport)*. **22 (4). 98 – 108.**
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- 17 Abbas, I (2022). “The contribution of anthropometric, physical and physiological measurements in the jump shot accuracy for Palestinian First division league basketball players” *Journal of the Arab American university*. **8 (1), 30 – 57.**
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- 18 ¹Abbas, I. ²Kayed, M (2021).” **Evaluation Study of the Physical Condition of Sports Sciences Faculty Students at the Arab American University During the COVID-19 Pandemic**”. *International Journal of Innovation, Creativity and Change Journal*, **15 (4), 929 – 946.**
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19 ¹Abbas, I. ²Nusir, F. (2020). **“The degree of applying the thinking skills in teaching physical education in public schools in Palestine from the perspectives of teachers of physical education themselves.** *Journal of Palestine Technical University*, **8 (4), 61 - 73**

20 ¹Abbas, I. ²Nuseir, F. (2019).” **Mental Rigidity and its Impact on the Competitive Behavior of the Jordanian Basketball Team**”. *Jordanian Educational Journal*, **4 (2), 265 – 288.**

21 Abbas, I. (2019). **“The effect of cross training on some physical skills on some basketball player in Palestine.** *Journal of physical education sciences. University of Babylon*. **12 (7). 43 – 55.**

Conferences

1 **“Building a mental toughness scale for self-defense players”**, A conference paper presented in 2nd international scientific for sport and health sciences 22 – 24 July 2019. Mu'tah University, Mu'tah. Jordan

2 **“Exams anxiety and its relation to the academic achievement of postgraduate students at the Faculty of Physical Education/ the University of Jordan.** A conference paper presented in 9th international conference, sport and modern city, 8 – 9 October 2019, Yarmouk University, Irbid, Jordan

3 **The effect of cross training on some physical skills on some basketball player in Palestine.** A conference paper presented in 1^{Ft} scientific conference for sports science, 18 – 20 July Bangkok, Thailand

Master's and PhD thesis discussions

Author name	Thesis Name	University	Stage	Discussion Date
Nouran Badra	Social Challenges Facing Palestinian Women in Sports "A Field Study on a Sample of Female Students at Al-Quds University	Al-Quds University	Master	5/2025
Mosab Bani Odeh	The Extent To Which Physical Education Curricula Contribute To Enhancing The Values Of Belonging And Loyalty Among Students Of Physical Education Colleges And Departments In The Northern Governorates	An-Najah National University	Master	11/2024
Ahmad turabi	Influence Of Immersion In Cold Water After Running On Some Physiological Variables Amongst Middle-Distance Runners In The West Bank	An-Najah National University	Master	9/2024
Amani Darwazeh	The Influence of Relative Age on Some Physical, Physiological and Anthropometric Measurements among Basketball Players in Palestinian Universities	An-Najah National University	Master	2/2024
Tasbeeh Hamdan	The Role of Public Relations Workers in Crisis Management in Palestinian sports institutions from the point of view members of Administrative Bodies	An-Najah National University	Master	1/2024
Ahmed Eleyat	The effect of dry cupping on delayed muscle soreness and shoulder joint flexibility among healthy bodybuilders: A quasi-experimental study	Arab American University	Master	10/2023

Jorjet Abu Leil	Static and dynamic balance and their relationship with the accuracy shooting in Palestinian basketball players depending on selected kinematic variables	Palestine Technical University - Karoorie	Master	8/2023
Nora Al-rozeh	The level of knowledge of basic motor skills and the prevention of sports injuries among female trainers of fitness centers in Nablus governorate	An-Najah National University	Master	9/2022
Ali Zyoud	Modern teaching strategies and thir relationship to the performance of physical education teachers	Palestine Technical University - Karoorie	Master	8/2022
Yousef Darwesh	The effect of cross-fit training in change curve of body composition, bone mineral, bone density, and muscle strength on group of female fitness players	An-Najah National University	Master	7/2021
Yahya Sous	The transformational leadership and its relationship with the effectiveness of decision making at Palestine sport federations	An-Najah National University	Master	11/2020

Teaching expertise

Course Name	Level of Student
Physiology Of Exercise	Graduate
Statistics In Research	Graduate
Physiology Of Sport And Exercise	Undergraduate
Introduction of physiology and anatomy	Undergraduate
Statistics In Sports Science	Undergraduate
Athletic Nutrition	Undergraduate
Motor Learning	Undergraduate
Introduction to physical education	Undergraduate
Health education and first aid	Undergraduate
Basketball	Undergraduate
Basketball (Advance)	Undergraduate
Handball	Undergraduate
Handball (Advance)	Undergraduate
Volleyball	Undergraduate
Small Games	Undergraduate
Tennis Games	Undergraduate

Experience

Certification

14th International basketball Coach Clinic / Turkey / 24th – 26th
July 2020 / Turkish basketball Federation

International basketball coach Clinic / Cairo 8th – 10th Nov
2018 / Arab basketball Federation

International Handball coach Clinic / Palestine 30th/8 – 7th/9
2015 / Arab Handball Federation

Jordan National Team

World cup. Turkey 2010

King Abdullah II Basketball Cup, 1st Place, 2004, Amman

Asian Games Basketball – Men 3rd Place, 2006, Qatar

King Abdullah II Basketball Cup, 1st Place, 2007, Amman

Arab Basketball Cup, 1st Place, 2007, Egypt

11th Arab games, 2nd Place, 2007, Egypt

William Jones Basketball Cup, 1st Place, 2008, Taiwan

Asian Basketball Elite Championship (Stankovic Cup), 1st Place, 2008, Kuwait

Arab Basketball Cup, 2nd Place, 2009, Tunisia

Asian Nations Basketball Championship, 3rd Place, 2009, China

Asian Nations Basketball Championship, 2nd Place, 2011, China

Clubs

Professional player with Northeast Tigers 2010 -2011, China

Professional Player with the Arena 2003 -2007, Jordan

Professional Player with the Al Wehdat 2001 – 2003, Jordan

17th Fiba, Asia Champions Cup, 1st Place, Kuwait 2006.

Professional Player with Zine Club (Fast link) in 19th Fiba, Asia Champions Cup, Kuwait 2008.

Arab Club Tournament, 1st Place, 2008, Amman

Personal Achievement

Palestinian League top Scorer, 1998.

3 Times Most Valuable Player In Jerusalem International Tournament, Baghdad

1 Time Most Valuable Player in Damascus International Tournament, Syria.

Best rebounder & third best scorer in Jordanian league 2003/2004

Top Scorer in the Pan Arab Tournament for universities, Amman 2004.

Most Valuable Player in West Asia Tournament One Time Jordan 2008.

Best Arab Player 2007 According to site sport4ever.com
