

**Dr. Omar Mustafa Naser AL- Omer**

oalomer@zu.edu.jo

ORCID : <https://orcid.org/0000-0001-7687-4204>

Specialist

Academic Rank: Assistant Professor

Qualifications:

No.	Degree	Major	University	Country	Year
1	PhD	Philosophy in Physical Education	The University of Jordan	Jordan	2020
2	Master's	Physical Education	Yarmouk University	Jordan	2016
3	Bachelor's	Sports Management and Coaching	The Hashemite University	Jordan	2014



Memberships:

No.	Membership in Associations and Professional Councils	Location
1	Member of the General Assembly for Kickboxing	Jordanian Kickboxing Federation / Jordan
2	Member of the Teachers' Union	Jordanian Teachers' Union
3	Member of the Accreditation, Quality Assurance, and Strategic Planning Committee	Faculty of Educational Sciences / Zarqa University
4	Member of the Curriculum, Equivalency, and Guidance Committee	Faculty of Educational Sciences / Zarqa University
5	Member of the Faculty Guide, Computing, and Website Committee	Faculty of Educational Sciences / Zarqa University
6	Member of the Social Committee	Faculty of Educational Sciences / Zarqa University
7	Rapporteur of the Curriculum and Guidance Committee	Department of Physical Education / Zarqa University
8	Rapporteur of the Qualification Preparation, Design, or Review Committee	Department of Physical Education / Zarqa University
9	Rapporteur of the Alignment Level and Framework Hours Committee	Department of Physical Education / Zarqa University
10	Rapporteur of the Scientific Committee	Department of Physical Education / Zarqa University
11	Rapporteur of the Exams and Schedules Committee	Department of Physical Education / Zarqa University
12	Member of the Course Equivalency Committee	Department of Physical Education / Zarqa University
13	Member of the Quality Committee	Department of Physical Education / Zarqa University
14	Member of the Website Committee	Department of Physical Education / Zarqa University
15	Member of the Qualification Alignment Committee	Department of Physical Education / Zarqa University
16	Member of the National Qualification Framework Hours Committee	Department of Physical Education / Zarqa University



Professional Goals:

1. Professional and academic development.
2. Conducting scientific research, publishing papers, and participating in conferences and seminars.
3. Enhancing the quality of university and academic teaching methods.
4. Guiding and mentoring students.
5. Contributing to serving the local and academic community.
6. Staying updated with advancements in the scientific and educational fields.

Teaching and practical experiences:

No.	From	To	Position	Workplace
1	2014	2023	Fitness and Kickboxing Trainer	Various sports clubs and centers
2	2019	2021	Extracurricular and Recreational Activities Instructor	International Relief Organization
3	2021	2023	Assistant Professor / Part-Time Lecturer	The Hashemite University
4	2016	2024	Physical Education Teacher	Ministry of Education
5	2024	Present	Assistant Professor and Head of Physical Education Department	Zarqa University

40

Published and accepted peer-reviewed research:

No.	Research Title	Journal Classification	Journal Name	Acceptance Date	Issue
1	The Relationship Between Some Anthropometric Measurements and Physical Abilities with the Level of Skill Performance Among Kickboxing Players	ISSN Classification	Journal of Research and Development in Sports Science Activities (DRAASA)	2020	Vol. 5, Issue 2
2	The Impact of a Proposed Training Program to Develop Selected Anthropometric Variables Among Kickboxing Players	Q2 in the Arab Region	Al-Manara Journal for Research and Studies	2021	Vol. 28
3	The Impact of a Proposed Training Program to Develop Selected Physical Abilities Among Kickboxing Players	Scopus Q2	International Journal of Innovation, Creativity and Change	2021	Vol. 15, Issue 2
4	The Effect of Training Using the Competition Method on the Development of Muscle Strength Among Students Enrolled in the Physical Fitness Course	Scopus Q2	Migration Letters Journal	2023	Vol. 21, Issue 3
5	The Effect of a Proposed Training Program to Develop the Element of Flexibility Among Students of the Faculty of Physical Education and Sports Sciences	Scopus Q2	Migration Letters Journal	2023	Vol. 21, Issue 3
6	The Effect of a Diversified Training Program on the Technical Combat Skills of the Jordanian National Kickboxing Team Players	Scopus Q1	Journal of Athletic Training	2023	Vol. 58, Issue 11
7	Sources of Anxiety Among Students Enrolled in Swimming Courses in the Faculty of Physical Education and Sports Sciences	Scopus Q1	Journal of Sport and Health Science	2023	Vol. 12, Issue 6
8	The Effect of a Proposed Training Program Using Weights to Improve the Muscular Strength of the Lower Part and the Back Kick Skill of Jumping	Scopus Q1	Journal of Positive School Psychology	2023	Vol. 6, Issue 6
9	Psychological Stress and Its Relationship with Academic Achievement Among Students Enrolled in Sports Psychology Courses	Scopus Q3	International Journal of Religion	2024	Vol. 5, Issue 5
10	The Phenomenon of Sexual Harassment of Women Who Frequent Mixed-Gender Fitness Centers	Scopus Q1	Journal Pragmatics	2024	Vol. 34, Issue 3

Scientific conferences:

No.	Conference Name	Organizing Entity	Research Title	Year
1	The Third International Conference on Sports Sciences: "Healthy Lifestyle and Physical Activity Amid the COVID-19 Pandemic"	The University of Jordan	The Effect of a Proposed Training Program on Improving Skill Performance Among Kickboxing Players	2021
2	The Third Conference of the Faculty of Physical Education and Sports Sciences: "Sports and the Centennial of the Jordanian State"	The Hashemite University	The Relationship Between Some Anthropometric Measurements and the Skill Performance Level Among Jordanian Taekwondo National Team Players	2022

Achievements on Personal and Institutional Levels:

- Recipient of the International Award for Tolerance and Sports Media at the International Conference on Creativity, Innovation, and Excellence / United Arab Emirates.
- Published over 12 research papers, most indexed in the global database (Scopus) with classifications (Q1, Q2 & Q3), and actively participated in local and international scientific conferences.
- Crowned as the National Champion and represented the Jordanian National Team in Kickboxing.
- Winner of several gold, silver, and bronze medals in national and club championships.
- Holder of the Black Belt (5th Dan) awarded by the Arab Kickboxing Federation.
- Recognized as an elite athlete by the Jordanian Kickboxing Federation.
- Certified as an International Trainer by the International Kickboxing Federation.
- Lecturer and trainer in various initiatives and international humanitarian organizations.
- Organized, managed, and officiated celebrations, competitions, and championships at the university and school levels.
- Supervised several youth and sports programs across different sectors.
- Honored with numerous shields, certificates of appreciation, and commendations in physical education and sports sciences from various civil and military sectors.



Training courses:

Course Name	Organizing Entity	Year
Black Belt (5th Dan)	Arab Kickboxing Federation	2022
Assistant Scout Unit Leader	Ministry of Education	2022
Awareness of Professional Standards for Teacher Development and Teacher Rank System	Ministry of Education	2021
Remedial Education for Assisting Children and High School Students	International Relief Organization	2021
Reducing Violence and School Bullying	International Relief Organization	2020
Cyberbullying	International Relief Organization	2020
Life Skills (21st Century Skills, Career Guidance, and Extracurricular Activities)	International Relief Organization	2020
Training of Trainers (TOT)	Crown Prince Foundation	2020
Mental Health for Refugees	Jordan University of Science and Technology	2020
Managing Anxiety and Psychological Trauma	Arab Investigative Journalism	2020
Basics of Exercising at Home and in the Gym	Queen Rania Foundation	2020
Basic First Aid Skills	Queen Rania Foundation	2020
Principles of Scientific Research	Amman Arab University	2020
Life Skills and Social Cohesion	Generations for Peace and UNICEF	2020
International Trainer in Kickboxing	International Kickboxing Federation	2019
Volleyball Refereeing	Jordan Volleyball Federation	2019
International Computer Driving License (ICDL)	Talal Abu-Ghazaleh Organization	2018
New Teachers Program	Ministry of Education	2018
Personal Trainer	The Hashemite University	2015
Aerobics Trainer Preparation	The Hashemite University	2013



Personal Information

Name	Omar Mustafa Naser AL-Omer		
Place and Date of Birth	Amman 06 / 02 / 1992		
Nationality	Jordanian		
Marital Status	Married		
Address	Zarqa - Hashemite		
Work Tel No.	053821100	1607	
Mobile:	077619597		
Postal Address	Box: 5468, Zip: 131.11		