

## **Ramzi Ahmad Al-horani**

### **Education:**

B.Sc. in Physical Education from Yarmouk University, Jordan, with an exceptional rating.

Master's degree in Movement Science/Exercise Physiology, ranking first, from Yarmouk University.

Ph.D. in Exercise Physiology from the University of Alabama, U.S.

### **Current Position:**

Associate Professor in the Department of Sports Sciences at Yarmouk University.

### **Teaching Experience:**

Instructor for various courses including Exercise Physiology, Human Functional Anatomy, Sports Injury Prevention, Resistance training, Foundation of strength training, and ACSM's Guidelines for Exercise Testing and Prescription, among others

### **Research and Publications**

Contributed to multiple research publications covering topics such as physiological responses to exercise, environmental exercise physiology, exercise effects on the diabetic heart, exercise intervention in the people with obesity, sleep physiology and physical activity, and the effects of COVID-19 on physical activity, sleep, lifestyle behaviors and mental health.

Served as a reviewer for esteemed peer-reviewed journals and received research grants for various projects.

### **Professional Experience:**

Extensive experience as a Strength and Conditioning Trainer for sports teams, swimming national team, and fitness and health centers.

Presented at numerous international conferences and congresses, such as the ACSM and BASES.