



**Bashar Fawzi Abed AlJawad  
Saleh**



#### **Personal Info**



#### **Work Experience**



#### **Other Professional Experience**

is an accomplished Assistant Professor of Physical Education with a PhD from The University of Jordan. With a robust academic background, I made significant contributions to the field through his extensive research, including studies on the physiological effects of different training environments and innovative teaching methods. Dr. Abed AlJawad has held several key positions, including Dean and Higher Education Coordinator at An-Najah National University and President of the Palestinian Taekwondo Federation. As a seasoned taekwondo coach and referee, I earned multiple international medals and have been a key figure in developing sports education and taekwondo in Palestine and beyond. My leadership, research, and teaching have earned me a distinguished reputation in the fields of physical education and sports management.

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- Professor Assistant, lecturer, Physical Education Department, An-Najah National University, 2014- Present.
- Head of, Physical Education Department, An-Najah National University, 2018-2021
- Higher Education Coordinator, An-Najah National University, 2018-2021
- Acting Head of the Physical Education Department at Al-Quds University, 2013.
- lecturer, Physical Education Department, Al-Quds University.
- Research and Teaching Assistant in the College of Physical Education at the University of Jordan, 2004-2005.

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- President of the Palestinian Taekwondo Federation, 2017-2024.
  - Technical Director of the Palestinian Taekwondo Federation, 2006-2016.
  - Lecturer in coaching preparation courses for the Palestinian Football Federation, 2011-2019.
  - Instructor at Al-Quds University, 2005-2014.
  - Taekwondo and Fitness, Jordan, 2003-2004.
  - Coach of the Hashemi Center team (Jordan) participating in the Al-Hassan International Championship, Jordan 2004.
  - Taekwondo and Fitness Coach in Jordan, 2004-2005.
  - Coach for Persons with special needs, Jordan 2004.
  - Coach of the Palestinian team participating in the Second Jordan River International Championship, Jordan 2005.
  - Coach of the Palestinian team participating in the Korea Open Championship, Korea 2001.
  - Coach of the Arab Covenant team participating in the Port Said International Championship, Egypt 2000.
  - Coach of the Palestinian team participating in the First Aqaba International Championship, Jordan 2003.



## Education

- Coach of the Asia Center (Amman) Taekwondo team participating in the First Jordan River International Championship, Jordan 2004.
- Referee in the Sixth Jerusalem Taekwondo Championship, Jerusalem 2000.

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- PhD, Physical Education, [The University of Jordan](#), 2013  
Thesis: "The upper limits of heart measurements and dimensions in the Palestinian national football team players."
  - Masters Physical Education, [The University of Jordan](#), 2005  
Thesis: "The effect of training on sandy beaches on Taekwondo athletes and some physiological changes."
  - Bachelor's degree in physical education, [An-Najah National University](#), Palestine, 2002



## Scientific Research

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- "Physiological and Physical Changes During Training on Sandy Beaches and Indoor Halls Among Taekwondo Players," Research Journal of the University of Jordan, 2005.
  - "The Impact of Multilevel Teaching Methods on Improving Creative Thinking and the Cognitive and Practical Outcome of the Volleyball Serve Skill," An-Najah University Journal, 2013.
  - Insomnia Severity Index and the relationship to nutritional and physical status in light of e-learning among the physical education faculty students of An-Najah National University.
  - "Upper Limits of Heart Measurements and Dimensions Among Players of the Palestinian Men's Football Team," University of Jordan Journal, 2014.
  - "The Effect of Cross-Training on Some Physiological Variables Among Gym-goers in Hebron Governorate," 2020.
  - "The Impact of Using Different Time-Based Programs for Stationary Bike Training on Some Physiological Variables Among Members of the Tri-Fitness Center," 2020.
  - "Analysis of the Reality of Jordanian Olympic Sports Federations," 2017.
  - "The Relative Importance of Taekwondo Kicks in the World Championship: Russia," 2015.
  - "The Effect of a Physical Rehabilitation Program on the Range of Motion of the Ankle Joint Affected by Sprain Among Handball and Taekwondo Players," 2020.
  - "Heart Measurements and Dimensions and the Level of Left Ventricular Ejection Ability Among Elite Palestinian Taekwondo Players," 2024.
  - Knowledge and attitudes toward the use of anabolic-androgenic steroids among physical education university students: a cross-sectional study from Palestine " 2024
  - FAVORITE TEACHING METHODS AND THEIR RELATIONSHIP WITH THE MIND HABITS AMONG PHYSICAL EDUCATION TEACHERS IN PALESTINE 2022
  - follow -up the level of blood lactate and oxygen saturation after 90 minutes of passive recovery after 800 meters running
  - COMPARISON OF PHYSICAL AND PHYSIOLOGICAL INDICATORS IN HANDBALL PLAYERS OF VARIOUS TRAINING GROUPS, 2020
  - The Efficiency of Taekwondo Training Program by Using Free Weights on Some Physical Abilities 2019
  - The Most Common Taekwondo Kicks using the shield at the 23rd Asian Taekwondo Championships, Vietnam 2018.
  - Effect of Cross-Fit Training on Body Composition, Bone Mineral Content and Maximum Muscle Strength in Athletes 2024.



### **Certificates:**

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- Certified Taekwondo trainer, 2004
  - Certified Taekwondo referee, 2000
  - Human Rights Training, Amnesty International, 2005
  - Yuk dan, sixth-degree black belt, Korea
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### **Memberships**

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- Member of the Development Committee in the International Taekwondo Federation, 2014-2015.
  - Member of the Arab Taekwondo Federation, 2017-2020.
  - Member of the International Martial Arts Games Committee, 2018-2020.
  - Member of the Regulations and Rules Drafting Committee in the Palestinian Taekwondo Federation.
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### **International Awards**

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- Silver medal, the Second Jordan River International Championship, Jordan 2005.
  - Gold medal, the First Aqaba International Championship, Jordan 2003.
  - Gold medal: the Jordanian Universities Championship 2003.
  - Bronze medal: the Saddam International Championship, Iraq 2001.
  - Bronze medal: the Port Said International Championship, Egypt 2000.
  - Champion of Palestine: from 1999 to 2005.
  - Gold medal: the Jordanian Universities Championship 2004.
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### **Participations**

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- Participant in the Third Student Meeting under the patronage of the Ministry of Youth and Sports, Nablus 2000.
  - Member of the Palestinian National Taekwondo Team, 1999-2005.
  - Participant in the Second Jordan River International Championship, Jordan 2005.
  - Participant in the First Islamic Solidarity Championship, Saudi Arabia 2005.
  - Participant in the First UAE International Championship, UAE 2004.
  - Participant in the 10th Arab Sports Tournament, Algeria 2005.
  - Participant in the 8th World University Taekwondo Championship, Greece 2004.
  - Participant in the World University Taekwondo Championship, Korea 2003.
  - Participant in the First Aqaba International Championship, Jordan 2003.
  - Participant in the Jordanian Universities Championship, 2003.
  - Participant in the Asian Games, Korea 2002.
  - Participant in the 2nd Korea International Open Championship, Korea 2001.
  - Participant in the Saddam International Championship, Iraq 2001.
  - Participant in the Port Said International Championship, Egypt 2000.
  - Participant in the 9th Arab Tournament, Jordan 1999.
  - Participant in the Egypt International Championship, Egypt 1999.
  - Participant in the 2nd Amman International Championship, Jordan 1999.
  - Participant in the World Junior Championship, Sharm El Sheikh 2012.
  - Participant in the Asian Championship, Vietnam 2012.
  - Participant in the Arab Junior Championship, UAE 2012.

- Participant in the Arab Games, Qatar 2012.
- Participant in the West Asian Championship, Iraq 2010.
- Participant in the Olympic Qualifying Tournament, Azerbaijan 2010.
- Participant in the World Championship, Denmark 2009.
- Participant in the World University Championships, Egypt 2008-2009-2010.
- Participant in the Asian Junior Championship, Jordan 2007.
- Participant in the Arab Games, Port Said 2007.
- Participant in the West Asian Championship, Jordan 2008.
- Participant in the Al-Hassan International Championship, Jordan 2008-2010.
- Participant in the Arab Junior Championship, Jordan 2013.
- Participant in the Asian Junior Championship, Indonesia 2013.
- Participant in the Fujairah International Championship, UAE 2013.
- Participant in the Elite International Championship, Jordan 2013.
- Participant in the Islamic Solidarity Games, Indonesia 2013.
- Participant in the Asian Men's Championship, Uzbekistan 2014.
- Participant in the Asian Games, Korea 2014.