










ASMAA HASSAN ABD EL-AZIM AHMED





Personal

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-  **Phone number**
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-  **Email**
dr_moaa84@yahoo.com
-  **Date of birth**
22-06-1984
-  **Place of birth**
Egypt - Menoufia - El-Bagour
-  **Gender**
Female
-  **Nationality**
Egyptian
-  **Marital status**
Married
-  **LinkedIn**
<https://www.linkedin.com/in/drasmaa-hasan-86959a191>

Languages

- Arabic**
- English**

Interests

-  General reading
-  Specialized reading in nutrition and food science
-  Kitchen and cooking arts
-  Embroidery

Current Position

- Consultant of the Department of Nutrition and Food Sciences at the Faculty of Home Economics - Arar - Northern Border University - Saudi Arabia.
- Assistant Professor of Nutrition and Food Sciences - Menoufia University - Egypt.

Education and Qualifications

- Assistant Professor of Nutrition and Food Science**

Nov 2016 - Present

Northern Border University // Al-Menoufia University, Saudi Arabia - Arar // Egypt - Menoufia

Assistant Professor of Nutrition and Food Science
- PhD in home economics in the field of nutrition and food sciences**

Jun 2014 - Nov 2016

Al-Menoufia University, Egypt

PhD in home economics in the field of nutrition and food sciences
- Master's degree in home economics in the field of nutrition and food sciences**

Apr 2010 - Jun 2014

Al-Menoufia University, Egypt

Master's degree in home economics in the field of nutrition and food sciences
- Bachelor of Home Economics and Education**

Jul 2005 - Apr 2010

Al-Menoufia University, Egypt

Bachelor of Home Economics and Education

Career progression at Northern Border University

- Consultant of the Department of Nutrition and Food Sciences - College of Home Economics in Arar - Northern Border University from 05/1444 until now
- Supervisor of the Department of Nutrition and Food Sciences - College of Home Economics in Arar - Northern Border University from 5/16/1438 to 05/1444
- Assistant Professor at the Faculty of Home Economics - Department of Nutrition and Food Sciences - Arar - Northern Border University 2/8/1438

Work experience

- Assistant Professor**

Nov 2022 - Present

Assistant Professor, Egypt

Assistant Professor, College of Specific Education, Menoufia University.
- Assistant Professor**

Nov 2016 - Present

Assistant Professor, ARAR

Assistant Professor, College of Home Economics, Northern Border University, Saudi Arabia.
- Lecturer**

Aug 2014 - Nov 2016

Lecturer, Egypt

Lecturer, Department of Home Economics (Nutrition and Food Science), College of Specific Education, menoufia University, Egypt.
- Assistant Lecturer**

May 2010 - Nov 2016

Assistant Lecturer, Egypt

Assistant Lecturer, Department of Home Economics (Nutrition and Food Sciences), College of Specific Education, menoufia University, Egypt.
- Teaching Assistant**

Mar 2006 - May 2010

Teaching Assistant, Egypt

Teaching Assistant, Department of Home Economics (Nutrition and Food Sciences), College of

Publications

1. **Phytogenic treatments for hyperglycemia And its side effects in sprague- d2awley male albino rats.** AENSI Journals,Advances in Environmental Biology,ISSN-1995-0756 EISSN-1998-1066. Journal home page: <http://www.aensiweb.com/AEB/>
2. The Effect of Water Extracts of Phyllanthus emblica and Costus speciosus on Reducing Obesity in Albino Rats. Alexandria Science Exchange. J., 3.)38(: 463-473. 2017. ISSN: 1110-0176.
3. Study The Effect of Tribulus terrestris and Phoenix sylvestris powder on Infertility in Male Rats. The 6th international- 20th Arabic conference for Home Economics Home Economics and Educational quality assurance 23rd -24th . Home Econ. J., menoufia University, 28 (4): 251-266.2018. ISSN:1110-2578.
4. Supplementations Dietary of Quinoa seeds powder and their Effect on Hypercholesteremia & Oxidation in Albino Rats. The 6th international- 20th Arabic conference for Home Economics Home Economics and Educational quality assurance December 23rd - 24th.pag:1-19. Home Econ. J., menoufia University, 28 (4):1-19. 2018. ISSN:1110-2578.
5. Effect of Bioactive Compounds of Avocado (Persea Americana) Fruit Powder on Hypercholesterolemic Rats: Biological and Biochemical Studies. Alexandria Science Exchange. J.,3 (40): 550-559.2019. ISSN: 1110-0176.
6. The Effect of Teucrium Polium Extract on Diabetic Nephropathy in Rats. Specific Education and Technology (Scientific and applied research). J., Kafr-Elsheikh University. 493-502.2019. ISSN:2314-7458 (print). ISSN:2314-7466 (online).
7. Effect of Mixture of Chia, Flax and Milk thistle Seeds on Carbon Tetrachloride (CCl4) Induced Hepatotoxicity in Female Albino Rats. Nutrition and Health.J,2(16).2021. ISSN:1687-7950.
8. Potential Ameliorative Effects of Spirulina Using Multiple Biomarkers Toward Lead Acetate Toxicity in Albino Rats. Journal of Research in the fields of Specific Education, Minia University: 7 (37): 1715-1737. November 2021.
9. Preventable Effects of *Aloe Vera*, *Nigella sativa*, *Moringa oleifera* oils and Mixture of them on Aspirin Induced Acute Gastric Ulcer in Experimental Rats. Nutrition and Health,2(17).2022. ISSN:1687-7950.
10. Phytogenic treatments for hyper-glycemia and its side effects in sprague- d2awley male albino rats. AENSI Journals,Advances in Environmental Biology,2016. ISSN-1995-0756 EISSN-1998-1066.

The courses that I teach

- Readings in English on food
- Nutritional advice
- Food quality control
- Developments in food and nutrition
- Nutrition education
- individual health
- Sensory evaluation of foods
- Advanced Nutrition
- applied research
- Food preservation
- Food health
- Meal planning
- Biochemistry
- Therapeutic feeding
- Advanced Nutrition (1)
- advanced nutrition (2)
- Preserving foods
- Feeding sensitive groups
- Meal planning
- Food Science
- human nutrition

- Basics of food and nutrition
- General microbiology
- Human physiology
- Therapeutic feeding
- Food analysis
- Food chemistry
- Nutritional advice
- Food health
- food contaminants
- Food rationing
- Food evaluation
- Biochemistry
- individual health
- Food quality control
- Sensory evaluation of foods
- Readings in English on food and nutrition
- Nutrition education
- Advances in Food and Nutrition
- Advanced Nutrition
- applied research
- Food preservation

Courses

Practical training on using the Saudi Digital Library Northern Border University Practical training on using the Saudi Digital Library	Dec 2016 - Dec 2016
How to use the Blackboard e-learning system Northern Border University How to use the Blackboard e-learning system	Apr 2017 - Apr 2017
Developing the creative thinking of the university student Northern Border University Developing the creative thinking of the university student	Apr 2017 - Apr 2017
Building educational values in the educational environment Northern Border University Building educational values in the educational environment	Oct 2017 - Oct 2017
Preparing new faculty members Northern Border University Preparing new faculty members	Oct 2017 - Oct 2017
Designing electronic tests on the Blackboard system Northern Border University Designing electronic tests on the Blackboard system	Nov 2017 - Nov 2017
Modern classroom management Northern Border University Modern classroom management	Jan 2019 - Jan 2019
Description and development (course - program - field experience) Northern Border University Description and development (course - program - field experience)	Mar 2019 - Mar 2019
Strategies for effective university teaching Northern Border University Strategies for effective university teaching	Sep 2019 - Sep 2019

Learning Outcomes and Curriculum Maps - Higher Education Sep 2011 - Sep 2011
Egypt - The National Authority for Quality Assurance of Education Accreditation

Learning Outcomes and Curriculum Maps - Higher Education

External review of higher education institutions Sep 2011 - Sep 2011
Egypt - The National Authority for Quality Assurance of Education Accreditation

External review of higher education institutions

ICDL Jan 2010 - Jan 2010
UNESCO

International Computer Driving License (ICDL).

Scientific research methods Dec 2006 - Dec 2006
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Scientific research methods

thinking skills Feb 2007 - Feb 2007
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

thinking skills

The use of technology in teaching Sep 2007 - Sep 2007
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

The use of technology in teaching

Scientific publishing Aug 2008 - Aug 2008
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Scientific publishing

Profession behaviour Aug 2008 - Aug 2008
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Profession behaviour

Quality standards in the teaching process Sep 2008 - Sep 2008
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Quality standards in the teaching process

Scientific research ethics Jan 2011 - Jan 2011
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Scientific research ethics

Examination systems and student calendar Jan 2011 - Jan 2011
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Examination systems and student calendar

Financial and legal aspects of university business Jul 2011 - Jul 2011
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Financial and legal aspects of university business

Credit hours Jul 2011 - Jul 2011
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Credit hours

Communication skills in different educational styles Aug 2011 - Aug 2011
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Communication skills in different educational styles

Effective presentation skills Aug 2011 - Aug 2011
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Effective presentation skills

Local and international competitive research projects Feb 2015 - Feb 2015
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Local and international competitive research projects

Make decisions and solve problems Apr 2015 - Apr 2015
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Make decisions and solve problems

Strategic Planning Jan 2016 - Jan 2016
Center for Strategic Studies and Capacity Development of Faculty Members and Leaders at Menoufia Uni

Strategic Planning

Skills

Time management	● ● ● ● ●
Team leadership	● ● ● ● ●
Self motivated	● ● ● ● ●
Projected management	● ● ● ● ●

Participate in committees within the university

Participation in committees within the Northern Border University:

- Student Advisory Council for Nutrition and Food Science Program
- Committee for the transformation of academic programs from the two-semester system to the three-semester system (the international quarterly system)
- Arar - Rafha
- The scientific committee for the standard test of the Department of Nutrition and Food Sciences (Arar-Rafha)
- Examination Committee at the Faculty of Home Economics
- Registration and schedule committee in all departments of the Faculty of Home Economics
- Training and scholarship committee in all departments of the Faculty of Home Economics
- Excuses Committee of the College of Home Economics
- Committee for the development of a scientific bachelor's program entitled (Designs)
- Faculty of Home Economics.
- Quality and program accreditation committee
- Executive Committee for Quality at the College of Home Economics
- Student Committee, Department of Nutrition and Food Science
- Committee for the preparation and follow-up of operational plans for the Department of Nutrition and Food Sciences
- Academic Affairs Committee of the Department of Nutrition and Food Science
- Committee on Study Plans and Systems, Department of Nutrition and Food Science
- Nutrition and Food Science Program Development Committee, Faculty of Home Economics and Faculty of Arts and Sciences in Rafha.
- Student Advisory Council Committee for the Nutrition and Food Science Program
- Crisis Management Committee, Faculty of Home Economics
- Executive Committee for Quality at the College of Home Economics

- Academic Guidance Committee
- Faculty Affairs Committee and the like
- Curriculum Committee
- Committee for conducting final exams for the first semester 1440/1441
- Excuses Committee of the College of Home Economics
- Field Training Committee, first semester 1440/1441, Faculty of Home Economics
- Course Equivalency Committee at the College of Home Economics
- Quality Committee (Nutrition and Food Science Program)
- Committee for conducting final exams for the academic year 1439/1440
- Restructuring Committee, Faculty of Home Economics
- Reformation of the Study Plans Committee at the College of Home Economics
- Plans Committee, College of Home Economics

Community participation

- Attend the "Design and Development of Programs and Courses" training
- Member of: National Society for Human Rights
- Member of the Arab Society for Clinical Nutrition and Complementary Medicine
- Giving a lecture entitled Lecture: Quality Standards for Food Products
- Holding a workshop: technical applications in food
- Participate in the (Breast Cancer) Campaign
- Participation in (International Civil Defense Day)
- Giving a lecture entitled (Food Card and Healthy Purchase of Food) at the Fourteenth Elementary School
- Implementation of the program (Healthy Purchasing and Understanding the Food Label) at the Seventeenth Elementary School
- Giving a lecture entitled (Healthy Purchasing of Food and Understanding the Food Label) at Twenty-Second Elementary School
- Holding a course in the field of school healthy nutrition in the third elementary school
- Conducting the effectiveness of the program (prevention of modern diseases related to nutrition) at the ninth intermediate school in Arar
- Giving a lecture on (food card and healthy food purchase) at Fourteen Elementary School
- Nutrition Education Initiative: (Wrong healthy eating habits and how to change wrong behavior)
- Educational program on (food allergy) in the ninth intermediate school
- An educational program on (Nutrition Education... Bulimia Nervosa... Problem and Treatment) at Seventh Secondary School
- Developing the educational and administrative process at the Faculty of Home Economics in Arar
- Active participation in the National Day (89 missions up to the summit)
- Activating a workshop entitled "Technical Applications in Food" at the Faculty of Home Economics - Northern Border University