



Amr Hassan Tammam

Professor of Sports Science.

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Summary

Professor Tammam is a highly experienced professor of sports science with a strong background in academia and curriculum development. He has held important positions such as advisor to the vice-rector of the Northern Border University for Academic Affairs and director of the curriculum and study plans unit. Amr's experience lies in the field of sports training and sports science, in addition to his experience in the field of quality assurance and academic accreditation in the Arab Republic of Egypt and Saudi Arabia, and his long experience in building and developing curricula and study plans, and he has many contributions in this field, he has developed nearly 50 academic programs at the diploma, bachelor and master levels in various disciplines, with the reference of the National Qualifications Framework and the standards of the National Center for academic assessment and accreditation in the kingdom of Saudi Arabia. He also chaired the teaching and Learning Standards team of the University's institutional accreditation. He participated in many committees and task forces for institutional and programmatic accreditation at the university level, and attended many training programs, seminars, conferences and scientific forums in the field of designing study plans and academic programs, as well as in the field of quality and academic accreditation, and in the field of specialization, Prof. Tammam has a lot of publications in the field of specialization.

Work experience

- **Consultant to the vice president of Northern Border University for Academic Affairs.**
Northern Border University (NBU), KSA, 01/ 12/ 2018 - Up to date
- **Director of the curriculum and study plans Unit.**
Northern Border University (NBU), KSA, 15/ 10/ 2015 - Up to date
- **Professor, Department of General Courses, Faculty of Humanities and Social Sciences.**
Northern Border University (NBU), KSA, 15/ 09/ 2015 - Up to date
- **Associate Professor, Department of General Courses, Faculty of Education and Arts.**
Northern Border University (NBU), KSA, 08/ 12/ 2010 - 14/ 09/ 2015
- **Associate Professor of Sports Training, Department of sports training, Faculty of Physical Education.**
Tanta University, Egypt, 23/ 01/ 2010 - 07/ 12/ 2010.
- **Visiting Professor, Department of sports and Exercise Sciences, Faculty of Health Sciences.**
University of Sydney, Australia, 22/ 08/ 2008 - 21/ 08/ 2009

- **Assistant Professor of Sports Training, Department of sports training, Faculty of Physical Education.**
Tanta University, Egypt, 29/ 06/ 2004 - 22/ 01/ 2010
- **Lecturer of Sports Training, Faculty of Physical Education.**
Sabha University· Libya. 08/ 10/ 2002 - 31/ 08/ 2003.
- **Lecturer of Sports Training, Faculty of Physical Education.**
Tanta University, Egypt, 30/ 05/ 2000 - 07/ 10/ 2002
- **Demonstrator, Department of sports training, Faculty of Physical Education**
Tanta University, Egypt, 04/ 01/ 1997 - 29/ 05/ 2000

Education

- **PhD of Physical Education (sports training), 2004, Faculty of Physical Education, Tanta University, Egypt,** the title of the thesis is "The Effect of a training program on the development rates of energy fitness of basketball players".
- **Master of Physical Education (sports training), 2000, Faculty of Physical Education, Tanta University, Egypt,** the title of the thesis "The Effect of a training program using plyometric exercises on the development of muscular ability and the level of shooting performance for basketball players".
- **Bachelor of Physical Education, 1996, Faculty of Physical Education, Tanta University, Egypt,** The first batch with grade "very good".

Experiences in the field of Curriculum Development, study plans, quality, and academic accreditation

- Review, develop and create 50 academic programs at Northern Border University
- (diploma – bachelor’s – master’s). Head of the community college program development team (Business Administration Diploma – Accounting Diploma – Computer Technology Diploma – Network Management Diploma) at Northern Border University.
- Member of the team developing the Sports Sciences and Physical Activity Program at Northern Border University. Participation in developing the Bachelor of Physical Education program, Faculty of Physical Education, Tanta University, Egypt.
- Member of the team developing the preparatory year list at Northern Border University.
- Member of the academic structuring team at Northern Border University in cooperation with King Abdulaziz University. Participate in conducting studies on the development of academic departments and programs at Northern Border University. Head of the team to develop a bachelor’s program in early childhood education at Northern Border University.
- Presentation of the project to establish the Teaching and Learning Center at Northern Border University. Member of the Standing Committee for Study Systems and Plans at Northern Border University.
- Member of the Standing Committee for Quality and Academic Accreditation at Northern Border University. Member of the Standing Committee for Contracting at Northern Border University.
- Member of the Standing Committee for Student Activities at Northern Border University.
- Member from abroad of the Systems and Study Plans Committee at the Faculty of Medicine at Northern Border University. Member from abroad of the Systems and Study Plans Committee at the College of Business Administration at Northern Border University.
- Member from abroad of the Systems and Study Plans Committee at the College of Business Administration at Northern Border University
- Member from abroad of the Programs and Study Plans Committee at the Applied College at Northern Border University
- Member of the Supreme Supervisory Committee of Applied Colleges

- at Northern Border University.
- Member of the Supervisory Committee for the restructuring of the Faculty of Home Economics at Northern Border University. Head of the fourth standard team (learning and teaching) in the initial self-evaluation project at Northern Border University, 1436 AH.
- An external auditor for quality in pre-university education institutions in the Arab Republic of Egypt.
- Coordinator of the Teaching and Learning Standards Team for Institutional Accreditation at Northern Border University. Quality reviewer at the NCAAA in the Kingdom of Saudi Arabia.

Other experiences

- A reviewer of many scientific journals and periodicals in the field of sports science.
- Within the list of arbitrators to examine the scientific production of applicants for the positions of professors and assistant professors – physical education sector – Ministry of higher education from 5/10/2015 to date.
- External examiner for the promotion of faculty members in the field of sports science and physical activity at Al-Hussein University in Jordan.
- Member of the Egyptian Association of fitness and sports sciences ESHFESS. Member of the European College of Sports Sciences ECSS.
- Certified trainer in the FLDP faculty capacity development project.
- Trainer for many training programs in the field of faculty development, quality, and academic accreditation, and designing curricula and study plans.
- On the list of arbitrators to examine the scientific production of applicants for promotion to Rank of Professor and associate professor – physical education sector – Ministry of higher education from 5/10/2015 to date.

Publications

Ibrahim Mohammed Jabr, **Amr Hassan Tammam** (2005). Dynamics of the development of some coordination abilities and their relationship with the level of performance of some offensive skills among mini-basketball juniors, scientific journal of Physical Education Sciences, issue 5, Faculty of physical education, Tanta University, Egypt.

Atef Rashad Khalil, Wael Mohammed Tawfik, **Amr Hassan Tammam**, Mushira Ibrahim al-Ajmi (2006). Comparison of two different methods of muscle stretching on the rates of improvement in motor range and muscle strength, scientific journal theories and applications, No. 62, Faculty of physical education for boys in Abikir, Alexandria University.

Osama Ahmed Abdul Aziz, **Amr Hassan Tammam** (2007). The impact of a program to develop the sprint on the rates of improvement in the transitional speed of basketball, scientific journal of Physical Education Sciences, issue 10, faculty of physical education, Tanta University.

Amr Hassan Tammam (2008). Rates of improvement in strength endurance, aerobic endurance and some body components in football players during the foundation period, the first international conference of physical education, sports and health, College of Education, Kuwait.

Amr Hassan Tamam (2008). The rates of decrease in Muscle Fitness and energy fitness after periods of interruption from training during the transition period, Faculty of physical education for girls, Helwan University.

Stuart A. Best, **Amr H. Tammam**, Martin W. Thompson, C. Caillaud (2009), The effect of age on

skin blood flow and sweating responses during upright and supine cycling in the heat, the 14th annual congress of the European College of Sport Science– ECSS, 24–27 June 2009, Oslo, Norway.

Amr H. Tammam, Martin W. Thompson, Julian D. Périard (2011), The effect of moderate dehydration on strength and fatigue of skeletal muscle, the 16th annual congress of the European College of Sport Science– ECSS, 6–9 July 2011, Liverpool, UK.

Amr H. Tammam, Enas M. Hashem (2011), The effect of different rest interval lengths on the sustainability of repetitions during resistance training for lower limb, the 16th annual congress of the European College of Sport Science– ECSS, 6–9 July 2011, Liverpool, UK.

Julian D. Périard, **Amr H. Tammam**, Martin W. Thompson (2012), Skeletal muscle strength and endurance are maintained during moderate dehydration, *International Journal of Sports Medicine*, 2012; 33 (08): 607– 612© George Thieme Verlag KG Stuttgart. New York ISSN 0172–4622 / E-ISSN 1439–3964

Amr H. Tammam, Enas M. Hashem (2013), The effect of rest interval length on sustainability of repetitions during resistance training for front Femoris muscles, *Assiut Journal of Sport Science and Arts*, 2013; 2 (01): 253–269. Assiut ISSN 2314–7105

Amr H. Tammam, Enas M. Hashem (2013), Changes in muscular strength and body composition in response to resistance training and detraining in untrained adults, *The 11th International Scientific conference for Physical Education and movement Sciences, Sport in Theory& Practice, Alexandria*, 23–25 October 2013; special edition (04):151–164, ISSN 2090–5262

Stuart Best, Martin Thompson, Corinne Caillaud, Liv Holvik, George fatseas, **Amr Tammam** (2014), Exercise– Heat acclimation in young and older trained cyclists, *Journal of Science and Medicine in Sport*, 2014; 17 (06): 677–682© Elsevier B.V. ISSN 1440–2440

Amr H. Tammam, Enas M. Hashem (2014), Comparison between daily and weekly undulating periodized resistance training to increase muscular strength for volleyball players, *Theories and Application, The International Edition*, 2014; 4 (03), Alexandria ISSN 2090–5262

Amr H. Tammam, Enas M. Hashem (2015), Effect of linear and Biweekly non–linear periodized resistance training on maximal strength and vertical jump for volleyball players, *Journal of Applied Sports Science*, 2016; 6 (01), Alexandria ISSN: 2357–0059

Amr H. Tammam, Enas M. Hashem (2016), Effect of concurrent strength and endurance training sequence on muscular and aerobic fitness for volleyball players, *Journal of Applied Sports Science*, 2016; 6 (01), Alexandria ISSN: 2357–0059

Ehab S. Mohamed, **Amr H. Tammam** (2020). The Effect of Creatine Supplementation on the CPK Enzyme in Blood Serum and Some Physical Abilities for Wrestlers during the Competition Period, *Amazonia Investiga*, 9(34), 76–84. <https://doi.org/10.34069/AI/2020.34.10.8>.

Amr H. Tammam, Enas M. Hashem (2020). The individual and combined effects of PNF stretching and plyometric training on muscular power and flexibility for volleyball players, Amazonia Investiga, 9(36), 73– 82. <https://doi.org/10.34069/AI/2020.36.12.6>.

ES Gad, **AH Tammam**, MS Ghoraba (2022). The effect of bridge exercises on the postural deviations and spinal cervical vertebrae deformities among wrestlers, International Journal of ADVANCED AND APPLIED SCIENCES 9(8):21–27 DOI: 10.21833/ijaas.2022.08.003

Skills

- English language skills (speaking, writing, listening, and reading). Computer skills (Windows – Office).
- Communication skills.
- Teamwork skills.
- Creating academic programs on the Banner system.

Personal Information

- Nationality: Egyptian.
- Religion: Islam
- Date of Birth: 20/ 04/ 1974.
- Marital Status: Married.
- Number of Children: 3
- Language: Arabic (mother language) & English (very good speaking and writing).