Prof. Dr. Esam Najeh Qassim Abu-Shihab

Professor of Sports Training - Football | Faculty of Sports Sciences, Mutah University

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Professor of Sports Training in Football at Mutah University with extensive academic and administrative experience in university teaching, scientific research, postgraduate supervision, academic program evaluation and development, and peer review. He has held leadership roles within the Faculty of Sports Sciences and contributed to academic planning and program development, with substantial professional experience in football, swimming, sports medicine, sports injury rehabilitation, and sports media analysis. He is a member of the Medical Committee and the Doping Committee of the Jordan Football Association.

53	45	57	2
Research papers in journals and conferences	Master's theses supervised	Postgraduate thesis examinations	Published academic books

Education

- PhD in Physical Education – Football Specialization

University of Jordan | 2005–2009 | GPA 3.92, Excellent, ranked first in class

- Master's in Physical Education – Football Specialization

University of Jordan | 2000–2002 | Very Good

- Bachelor's in Physical Education – Football and Swimming

Mutah University | 1993–1997 | Very Good, ranked second in class

- 12 PhD Credit Hours in Curricula and Teaching Methods in Physical Education

Amman Arab University | 2003–2004 | GPA 3.83, Excellent

International Professional Qualifications – Canada

- Diploma, Medical Office Assistant

Academy of Learning Career and Business, Ontario, Canada | Sep 2009–Aug 2010 | 90.4%, Honors

- CMAP Certificate – Medical Assisting Professional Curriculum

Academy Launch Life International Inc., Ontario, Canada | Jan–Aug 2010 | 92.7%, Honors

Academic Ranks at Mutah University

- Professor – Football / Sports Training, promoted 9 Sep 2022.
- Associate Professor – Football / Sports Training, promoted 9 Sep 2017.
- Assistant Professor – Football / Sports Training, appointed 4 Nov 2013.
- Full-Time Lecturer – Football / Sports Training, from 9 Sep 2012.
- Part-Time Lecturer – Football and Swimming, 9 Sep 2010–9 Jun 2012.

Selected Academic & Administrative Leadership

- Head of the Department of Physical Education – Faculty of Sports Sciences, Mutah University.
- Served during several academic terms, including 2017–2018, 2021–2022, and 2022–2023.
- Chair, Graduate Studies Committee – Department of Physical Education | Several academic terms.
- Chair, Study Plan Committee – Department of Physical Education | Several academic terms.
- Chair, Sports Facilities Investment Committee, Faculty of Sports Sciences, 2022/2023.
- Chair, Committee for the Development and Evaluation of the Ph.D. Program in Physical Education – Mutah University | 2023.
- Member of the committee to open the Sports Training Program at the Faculty of Sports Sciences, Mutah University.
- Served on numerous academic and university councils and committees, including the Department of Physical Education Council, Faculty of Sports Sciences Council, and Mutah University Council, as well as committees for graduate studies, curriculum development, quality assurance, research ethics, recruitment and interviews, and academic promotion research evaluation.
- Chaired specialized academic and sports committees, including committees for Football Sports Excellence, Sports Activities at the Faculty of Sports Sciences, Student Investigations, and the Investment and Development of Sports Facilities.

University Teaching Experience

Faculty of Sports Sciences, Mutah University | 2010–Present
Extensive teaching experience at both undergraduate and graduate levels in:

Practical Courses

• Football I & II, Advanced Football, Football Training, Advanced Applications in Football Training.

• Physical Fitness, Swimming I & II, Advanced Swimming.

Theory & Postgraduate Courses

• Sports Training Science, Sports Injuries, Management and Organization in Physical Education, Leadership, Sports Facilities.

• Advanced Studies in Sports Training and Physical Fitness, Physiology of Sports Training, Fitness Programs, Measurement and Evaluation, Contemporary Issues in Physical Education.

Research & Scholarly Output

Published **53** research papers: **25** in refereed scientific journals and **28** in refereed scientific conferences.

Selected Recent Publications

- Rahal, Ali & Abu-Shihab, Esam Najeh (2025). The effect of a proposed training program using elastic ropes on developing selected physical and skill abilities among young football players. First International Scientific Conference, "Sport and Health in an Era of Change", Jadara University, 27–28 May 2025.
- Al-Khawaldeh, Ahmad & Abu-Shihab, Esam Najeh (2025). The effect of S.A.Q training on developing selected physical fitness and skill elements among young football players in Jordan. First International Scientific Conference, "Sport and Health in an Era of Change", Jadara University, 27–28 May 2025.
- Raf'at Ald'ily, R. O., Abu-Shihab, E. N., Ibrahim Abualtaieb, M. H., Alharahsha, Q. A., Abu Aloyoun, A. K., Altarawneh, O. D., & Mohammad Alyasen, Q. B. (2024). The kinematic analysis of the straight punch in two ways for amateur boxing players in Jordan. SPORT TK-EuroAmerican Journal of Sport Sciences, 13, 18. DOI: 10.6018/sportk.517831.
- Abu-Shihab, Esam Najeh; Al-Zghailat, Muhannad; Al-Battoush, Rannad (2024). Physical patterns and their relationship to sports injuries among players in the Jordanian Women's Professional Football League. *Mutah Journal for Research and Studies*, 39(2), 61–100.
- Al-Adaily, Raafat; Abu-Shihab, Esam; Harahsheh, Qutaiba; Diabat, Khalaf (2024). The level of use of educational aids by physical education teachers in public schools in the First Zarqa Directorate of Education in Jordan. Jordanian Journal of Applied Science, 40(1), 152–163.
- El-Saleh, M. S., Abu-Shihab, E. N., & Shaheen, W. M. (2023). *The Effect of Psychologist Absence During Sports Training on Some Psychological Aspects of Basketball Players*. Annals of Applied Sport Science, 11(S1).
- ALkhawaldeh, I., & Abu-Shihab, E. (2023). Effect of Plyometric Exercise Program on Kinetic Energy, Some Kinematic Variables, and Shooting Accuracy for Football Players Under the Age of 17. The Ibero-American Journal of Exercise and Sports Psychology, 18(2), 176–179.

Published Books

- Mahmoud Al-Atrash & Esam Abu-Shihab (2018). Foundations of Teaching Basic Football Skills. Dar Al-Shamil for Publishing and Distribution, 1st ed., Nablus, Palestine.
- Esam Najeh Abu-Shihab & Mahmoud Hosni Al-Atrash (2016). **Football Law 2014–2015** (clarification of the laws and instructions for referees and observers). Kunooz Al-Ma'rifa Publishing House, 1st ed., Amman, Jordan.
- Biorhythm and Sport (2009) – unpublished.

Conferences & Scholarly Achievements

- Second Place Winner at the Fourth International Scientific Conference on Sports Sciences and Health, Mutah University, 2024, among 85 submitted scientific papers.
- Member of the Scientific Committee and Session Chair at the First International Scientific Conference "Sport and Health in the Era of Change", Jadara University, 2025.
- Participation as session chair for the track on Models and Experiences for Inclusion in Adapted Physical Activity, and presentation of a research paper at the First Middle East and North Africa Conference on Adapted Physical Activity, Faculty of Physical Education and Sport Sciences, Hashemite University, April 21–23, 2024.
- Presented scientific research at international conferences hosted by Mutah University, Yarmouk University, The University of Jordan, The Hashemite University, University of Jeddah, and other institutions.
- Served as session chair, research discussant, and member of scientific and peer-review committees at several specialized scientific conferences.

Postgraduate Supervision, Examination & Academic Evaluation

- Supervised 45 master's theses in football, swimming, sports injuries, and physical fitness.
- Participated in the examination of **57 postgraduate theses** (Master's and PhD) across Jordanian universities.
- Evaluator of scientific research for academic promotion at a number of Arab universities in the field of sports training.
- External and lead evaluator for the development and establishment of academic programs in physical education and sports training at Arab universities.
- Peer reviewer for scientific publications in local, Arab, and international journals.

Academic Program Evaluation & Peer Review

- External Evaluator, Bachelor of Physical Education Program Quality Improvement, University of Bahrain / Education & Training Quality Authority, 2019/2020.
- Lead Evaluator, establishment of the Bachelor of Sports Training Program, Hebron University, Palestine, 2019/2020.
- Lead Evaluator, establishment of the Bachelor of Physical Education – Sports Training Program, An-Najah National University, Palestine, 2013/2014.
- Lead Evaluator, establishment of the Bachelor of Physical Education Program, University College of Applied Sciences, Palestine, 2013/2014.
- Reviewer for academic journals including Mutah Journal for Research and Studies, the Jordanian Educational Journal, Jerash Journal for Research and Studies, and other specialized sports science journals.

Specialized Professional Certifications & Licenses

Selected Football Qualifications

- Technical Performance Analyst Diploma, 31 hours – Jordan Football Association, 13–14 May 2025 and 28–29 May 2025.
- FIFA Diploma in Football Medicine – 22 Apr 2020.
- AFC Football Coaching License, Level 3 (C) – Jordan Football Association / Asian Football Confederation, 2019.
- First-Class Football Coach License – Youth Leadership Preparation Center, 29 May 2012.
- Football Coaching Diploma and Coaching License – Canadian Soccer Association, Ontario, 2010.
- Specialized courses in training planning, talent identification and selection, sports injuries, and modern coaching methodologies.
- Coach, Faculty of Sports Sciences football team, Mutah University, 2010–present.
- Coach, Al-Quds Sports Club, Mississauga, Canada, 2009/2010.
- Player and captain, Mutah University football team, 1993–1997; also represented Jordanian universities and played at youth and club levels.

Selected Sports Media Experience

- Sports Analyst, Jordan Sports Channel, 2014–2026, covering the Jordanian Pro League, Jordan Cup, Jordan Shield, and sports programs.
- Sports analyst for Roya News Channel, analyzing matches and events for the 2026 World Cup (San Francisco – Dallas – Toronto).
- Sports analyst and critic in coverage related to the FIFA Arab Cup 2025, AFC Asian Cup Qatar 2023, FIFA World Cup Qatar 2022, and FIFA Arab Cup 2021.
- Guest analyst on local and Arab sports channels and programs, including Roya TV, Qatar TV, Saudi Sports Channels, Bein Sport News, Al Rai Kuwait, and other sports media outlets.

Selected Swimming Qualifications

- International swimming referee listed by FINA, the Asian swimming body, and the Jordan Swimming Federation; included in FINA Swimming Officials Lists SW #19 and SW #21.
- Competition Coach Certification – Canadian Swimming Coaches & Teachers Association (CSCTA) – 2019
- First-Degree Swimming Coach License
- Advanced international courses in swimming coaching and officiating through FINA
- Internationally Certified FINA Official
- Internationally Certified Asian Swimming Federation Official
- Internationally Certified Jordan Swimming Federation Official
- Swimming officiating experience in Jordan Swimming Federation competitions since 2002
- Completed advanced international swimming coaching and officiating courses, with additional experience in swimming instruction, lifesaving, and specialist lecturing.

Selected ports Medicine, Sports Injuries & Anti-Doping Experience

- Member, Medical Committee – Jordan Football Association
- Member, Anti-Doping Committee – Jordan Football Association
- Research Team Member, Mutah University / Military Wing, investigating the causes of stress fractures among new recruits in the Jordanian Armed Forces and Public Security Directorate.
- FIFA Soccer Medicine Webinar – 2024
- AFC Anti-Doping Webinar – 2024
- FIFA Concussion Awareness Program – 2024
- Medical Workshop: Sports Nutrition, Anti-Doping, and Pre-Competition Medical Assessment – 2024
- International Course in Sports Medicine and Sports Injury Rehabilitation
- Basic First Aid and CPR/AED – Level C – Canadian Red Cross
- Clinical Training in Sports Injury Rehabilitation – 240 hours

Selected Professional Memberships

International Federation of Sport Sciences – Level A • International Association of Scientific Researchers • Jordanian Commission for Sports Academics • Coaches Association of Canada • Coaches Association of Ontario • Canadian Swimming Coaches and Teacher Association • Canadian Academy of Sport Medicine • International Federation of Sport Medicine

Languages & Digital Skills

Languages

- Arabic: Native.
- English: Speaking, writing, and reading.

Digital Skills

- MUCDL Computer Driving License – Mutah University, 2013.
- Specialized Diploma in Computer and Office Work Skills, 450 hours – Ontario, Canada, 2009–2010.

Note: This is a focused professional version prepared from the supplied source CV. It prioritizes the strongest verified qualifications and achievements while preserving the essential figures and factual content of the original record.