

Mo'ath F. Bataineh

Associate Professor – Nutrition

I hold a PhD with wide experience in human nutrition, clinical nutrition, basic nutrition, exercise and nutrition, and academic accreditation and certification. I am considered creative and innovative hard worker with a gift for learning, training and adopting new scientific techniques to developments and an outstanding team player willing to take new challenges.

Nutrition, Human Nutrition, Sports Nutrition, Research

Date of Birth: Oct. 20th, 1976

Place of Birth: Jordan

Nationality: Jordanian

Mailing address: PO Box 330127- 13133 Zarqa-Jordan

Email: mfbataineh@hu.edu.jo; mfbataineh@gmail.com

Phone: 00962 79 509-3222 (HKJ)

Education

PhD. April 2008: Awarded Doctor of Philosophy in Nutrition and Food Science, Wayne State University, Detroit, MI (48202), USA.

Major: Nutrition and Food Science; Concentration: Nutrition and Exercise Physiology

MSc. June 2002: Master of Science in Nutrition and Food Science, University of Jordan, Amman-Jordan.

BSc. June 1998: Bachelor of Science in Nutrition and Food Technology, Jordan University of Science and Technology, Irbid-Jordan.

Teaching Experience

2008-Present: Faculty member (Associate Professor of Nutrition), Hashemite University, Zarqa-Jordan

Courses taught:

- Sports Nutrition: Developed this course in 2011
- Practical Applications in Sports Nutrition: Developed this course in 2012
- Exercise and Hormones: Developed this course in 2012
- Exercise Gene Interaction: Developed this course in 2014
- Sports Biochemistry: Developed this course in 2010
- Nutrition and Body Composition
- Fitness and Health

Graduate Students: Co-supervisor for three master and two PhD students from the University of Jordan.

2017- 2018: Visiting Faculty of Human Nutrition, Department of Nutrition and Health, United Arab Emirates University, Al Ain-UAE

Contribution: Participated in the accreditation process and the file (Standard 7) submitted to ACEND, supervised senior students research projects, taught graduate and undergraduate courses, participated in several professional and academic workshops held by the department, collaborated with colleagues from other departments within the UAEU.

Courses taught:

- Course leader for **Immunology and Nutrition** (NUTR360), Spring 2018
- Course leader for **Introductory Physiology** (PHYL101), Spring 2018
- Course leader for **Advanced Macronutrient Metabolism** (NUTR810), Spring 2018
- Course leader for **Human Nutrition in Various Age Stages-CPD** (NUTR362), Fall 2017, Spring 2018
- Course leader for **Human Nutrition in Various Age Stages-NSP** (NUTR352), Fall 2017, Spring 2018

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- Course leader for **Human Nutrition** (NUTR301i), Fall 2017
- Course leader for **Cell Biology in Health and Disease** (NUTR730), Fall 2017
- Course contributor for **Contemporary Food Science and Nutrition** (FDSC250), Fall 2017, Spring 2018
- Course contributor for **Food Sustainability and Health** (AGRB395), Fall 2017

April 2008-Present: Sports Nutrition, the Higher Council of Youth, Leaders Training Center, Amman-Jordan.

September 2006- December 2008: Part-time Faculty, Dept. of Nutrition and Food Science, Wayne State University, Detroit, MI (48202), USA

Courses taught:

- Food Chemistry
- Statistics and Experimental Design

Publications (peer-reviewed journals)

<https://pubmed.ncbi.nlm.nih.gov/?term=Bataineh+mf&sort=date>

- Kilani HA, **Bataineh MF**, Al-Nawayseh A, Atiyat K, Obeid O, Abu-Hilal MM, Mansi T, Al-Kilani M, Al-Kitani M, El-Saleh M, Jaber RM, Sweidan A, Himsi M, Yousef I, Alzeer F, Nasrallah M, Al Dhaheri AS, Al-Za'abi A, Allala O, Al-Kilani L, Alhasan AM, Ghieda M, Najah Y, Alsheekhly S, Alhaifi A, Shukri R, Al Adwani J, Waly M, Kilani L, Kilani LH, Al Shareef AS, Kilani A. **(2020)** Healthy lifestyle behaviors are major predictors of mental wellbeing during COVID-19 pandemic confinement: A study on adult Arabs in higher educational institutions. PLoS One. 2020 Dec 14;15(12):e0243524. doi: 10.1371/journal.pone.0243524. PMID: 33315880.
- Saad Al-Sheikhly, Hashem Al-Kilani, Yasser Najah, **Mo'ath Bataineh**, Ali Alnawaiseh. **(2020)** The level of physical activity and its relationship to the state of mind during the Corona pandemic in Iraq. The International Sports Science Journal, 2 (8), pp. 5-12
- Jarrah MI, Mhaidat NM, Alzoubi KH, Alrabadi N, Alsatari E, Khader Y, **Bataineh MF**. **(2018)** The association between the serum level of vitamin D and ischemic heart disease: a study from Jordan. Vasc Health Risk Manag. 14:119-127. doi: 10.2147/VHRM.S167024.

- **Bataineh MF**, Al-Nawaiseh AM, Abu Altaieb MH, Bellar DM, Hindawi OS, Judge LW. (2018) Impact of carbohydrate mouth rinsing on time to exhaustion during Ramadan: A randomized controlled trial in Jordanian men. *European Journal of Sport Science* 18 (3), 357-366, doi: 10.1080/17461391.2017.1420236.
- **Mo'ath F. Bataineh.** (2018) Delay in Interval Time between Water Intake and Iftar Meal Consumption improves Energy, Nutrients Recovery and physical performance during Ramadan Fasting. *The European Journal for Sport Sciences Technology*, 9 (18), pp. 185-197
- **Mo'ath F. Bataineh**, Ali M. Al-Nawaiseh, Akef M. Taifour, Aman M. Khasawneh, Mohammad H. Abualtaieb. (2017) The effect of combined Carbohydrate-Caffeine Mouth Rinse on Anaerobic Power in a Reduced Glycogen State. *International Scientific Journal of Kinesiology*, 10 (2), pp.74-80.
- Mohammad Hassan Abu Altaieb, Khitam Mousa Ay, Mohammad Fayez Al Dabaseh, **Mo'ath Fakhri Bataineh**, Ali M. Al-Nawaiseh, Akef Taifour. (2017) The impact of an educational course for swimming on free style swimming performance and life skills for deaf students. *Journal of Human Sport and Exercise* 12 (4), pp. 1265-1277.
- **Bataineh M**, Al-Nawaiseh A, Taifour A, Judge L. (2017) Dead Sea Marathon-Induced Muscle Damage and Acute Oral Vitamin E Supplementation. *Journal of Exercise Physiology online* 20 (3), pp. 1-13.
- Al-Nawaiseh A, **Bataineh M**, Alnawayseh A, Alsud M. (2013) Physiological Responses of Distance Runners during Normal and Warm Conditions. *Journal of Exercise Physiology Online* 16 (2), pp. 1-11.
- Minas S. Masha'al, Waleed A. Alrahahleh, **Mo'ath F. Bataineh.** (2012) Cognitive Knowledge for: Nutritional Culture and Aerobic Fitness Level for the Students of the Faculty of Physical Education at the University of Jordan. *Dirasat: Educational Sciences* 39 (2), pp. 380-393.
- Ahmad A. Suleiman, Bayan A. Obeidat, Jafar M. El-Qudah, **Mo'ath F. Bataineh**, Nada Yasein and Omar K. Alboqai. (2009) Prevalence of and Factors Associated with Overweight and Obesity among Jordan University Students. *Journal of Biological Sciences* 9 (7), pp. 738-745.

Submitted Manuscripts for Publication

- “The Effect of Gum Arabic (Acacia Senegal) on cardiovascular risk factors and gastrointestinal symptoms in Adults at Risk of Metabolic Syndrome: Single blind randomized parallel study”
- “Impact of COVID-19 on Mental Health and Quality of Life: Is There Any Effect? A Cross-Sectional Study of the MENA Region”

- “Impact of the Coronavirus Pandemic (COVID-19) Lockdown on Mental Health and wellbeing in the United Arab Emirates”
- “Time-Restricted feeding and Aerobic Performance in elite runners: Ramadan Fasting as a model”
- “Lifestyle behaviors and mental wellbeing during COVID-19 pandemic confinement: A cross-sectional study on Jordanian adults”

Manuscripts in Process (expected to be submitted for publication in the next year) and ongoing research

- Carbohydrate Mouth Rinse Improves Peak Treadmill Speed and Time to Exhaustion in Overweight Adults. *Medicine and Science in Sports and Exercise*
- Level of Nutritional Knowledge and its Association with Vegetables and Fruits Consumption in College Students. *Public Health and Nutrition*
- Effects of Ramadan Intermittent Fasting on Aerobic Capacity in Highly Trained Athletes and non-Athletes.
- Effects of Ramadan Intermittent Fasting on strength, flexibility, endurance and energy intake in college students during and after Ramadan.
- Association of mental wellbeing with sleep pattern and quality among adults of the MENA Region.
- Impact of COVID-19 pandemic on Posttraumatic Stress Disorder Symptoms among pregnant Women.

Publications (conferences and abstracts)

- **MF Bataineh**, AS Al Dhaheri. (2018) Carbohydrate Mouth Rinse Improves Peak Treadmill Speed and Time to Exhaustion in Overweight Adults. *Medicine & Science in Sports & Exercise* 50 (5S), 724
- **MF Bataineh**, AM Taifour, FD Mansour (2017) Combined Carbohydrate and Caffeine Mouth Rinsing Enhance Anaerobic Power Output in a Reduced Glycogen State. *Medicine & Science in Sports & Exercise* 49 (5S), 294
- AM Al-Nawaiseh, **MF Bataineh**, AM Taifour (2017) Myplate Enhances Physical Activity Along with Nutritional Knowledge in College Students: A Pilot Study. *Medicine & Science in Sports & Exercise* 49 (5S), 228

- Ali M. Al-Nawaiseh, **Mo'ath F. Bataineh**. (2013) Manipulation of Training Regiment and Dietary Pattern Enhanced Submaximal Performance in Ramadan Fasting Distance Runners. *Medicine & Science in Sports & Exercise* 45 (5), 163-163.
- AM Al Nawaiseh, **MF Bataineh**, M Green. (2012) Manipulation of Training Regiment and Dietary Pattern Enhanced Submaximal Performance in Ramadan Fasting Distance Runners. *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE* 44, 358-358.
- **Mo'ath Bataineh**, Naomi Yamada, and Pramod Khosla. (2007) L-lactate decreases calcium uptake in SH-SY5Y cells with defective ATP production. *The FASEB Journal* 21 (5), A691-A691.
- Naomi Yamada, Deepinder Kaur, Arvind Goja, **Mo'ath Bataineh**, Ryan H Saab, Susan M Irtenkauf, Scott E Bowen, Smiti V Gupta, and Pramod Khosla. (2007) Multi-functional approach for assessing diet-induced hypercholesterolemia on brain cholesterol metabolism in aged Brown Norway rats – a possible model for Alzheimer's disease. *The FASEB Journal* 21 (5), A109-A110.
- Marina Rakhkovskaya, Naomi Yamada, Deepinder Kaur, Janice Whinter, **Mo'ath Bataineh**, and Pramod Khosla. (2007) A high ratio of dietary palmitic/linoleic acid increases post-prandial NF- κ B, small LDL and large HDL particles in normolipidemic females. *The FASEB Journal* 21 (5), A157-A157.
- Rakhkovskaya, M., Yamada, N., Kaur, D., Whinter, J., **Bataineh, M** and Khosla, P. (2005) Post-prandial effects of a dietary fat challenge on lipoprotein subfractions measured by NMR spectroscopy. In *Proceedings of Nutraceutical, Nutrition and Functional Food Conference. MPOB International Palm Oil Congress, PIPOC 2005. Technological Breakthroughs and Commercialization – The Way Forward*, pp 124-131.

Professional Experience

October 2018-2019: Scientific Advisory Committee, Olympic Preparation Center- Jordan Olympic Committee, Amman-Jordan

Revise and supervise implementation of athletic conditioning plans for elite Jordanian athletes in preparation for Tokyo 2020 Olympic Games.

August 2018-2019: Director of Sports Nutrition Program, Olympic Preparation Center-Jordan Olympic Committee, Amman-Jordan

Supervise implementation of dietary plans for elite athletes

2010-Present: Head of Nutrition Clinic, Health Center, Hashemite University, Zarqa-Jordan

Worked first hand in enhancement and development of nutritional strategies and interventions for different groups of clients.

- Created individual profiles, which included anthropometrics data, health and injuries history, medication and supplementation list, biochemical results, exercise logs, and dietary records and results.
- Identified metabolic, nutritional, weight, and psychological disturbances.
- Devised and supervised implementation of dietary plans (dietary trends, nutritional periodization, and nutrient timing) to improve health status.
- Played a critical role in multiple sport achievements including gold and silver medals in regional, continental, and/or world competitions, such as Olympic Games 2016.

2012-2017: Library Director, Hashemite University, Zarqa-Jordan

Directing the development of library services and reorienting the strategic goal of the library to serve and support the accreditation needs for different university's academic departments and the library itself (national and international levels).

2014-2017: Executive Board Member, Sports Medicine Strategy, HRH Crown Prince Office, Amman-Jordan

Developing a feasible national level strategy to direct and guide the field of sports medicine in Jordan into future.

2013- 2014: Academic Consultant, Ministry of Higher Education, Amman-Jordan

Directed introduction of academic Jordanian journals into different international indexing services (e.g. Scopus, Thomson Reuters ...etc).

2012-2017: Executive Board Member, Center of Excellence, Yarmouk University, Irbid-Jordan

**2010- 2012: Sports Nutrition Consultant, Jordan Paralympics Committee,
Amman-Jordan**

I supervised enhancement and development of athletic performance for the disabled athletes in multiple games.

- Hand-selected for position to help on athletic achievements.
- Created individual profiles, which included anthropometric information, health and injuries history, medication and supplementation list, biochemical results, exercise logs, and dietary records.
- One of the athletes that I worked in close contact with set the world record in his event three times.

**2010-2012: Department Chair, Dept. of Sport Rehabilitation, Hashemite University,
Zarqa-Jordan**

Developed curriculum and study plan to fulfill criteria and competencies suggested by National Athletic Training Association (NATA). In Addition, worked in close contact with the vice president of World Federation of Athletic Training and Therapy (WFATT) to accredit the program.

**2008- 2010: Assistant Dean, College of Physical Education and Sport Sciences,
Hashemite University, Zarqa-Jordan**

September 2004- January 2008: Part-time Faculty and Project Manager, Arab American Tobacco Use, Center for Health research, Wayne State University, Detroit, MI (48202), USA

**2003-2004: Health Assistant, Mort Harris Recreation and Fitness Center, 5210
Gullen Mall, Detroit, MI (48202), USA**

Helping personal trainers to work with customers in achieving health and performance goals.

- Carried out nutritional assessments.
- Devised simple and effective nutritional solutions.

1999- 2003: Statistician and Project Manager, Amman-Jordan

Research Interests and Background

My research is in the field of human nutrition and how to improve and optimize health and physical performance through nutrition and nutritional modifications with special emphasis on the role of dietary manipulation on promoting wellness and physical performance.

Grants and funding proposals

- Lifestyle and Mental Wellbeing during COVID-19 Pandemic (2020). The project is funded by the Jordanian Scientific Research Support Fund.
- Health Effects of Water Pipe and Cigarette Smoking: International Research, National Institute on Drug Abuse (NIDA), (2009). The project was funded by \$135,000 to carry out a pilot study.

Committees: an active member in the following boards and committees

- Community: Advisory board member in electronic library of medicine (ELM) (provides academic Databases-National Level).
- University: University Board (May 2012- Present), Staff Committee (May 2012- Present), Subscriptions Committee (May 2012- Present).
- College: representative of the department in the college council.
- Department: a member in the curriculum committee.

Nutrition Practice

Sports Nutrition Practitioner and Consultant for the following Teams:

- Olympic Preparation Committee, (2018-2020)
- Special Royal Guard: Annual Warrior Competition (2016-2018)-Jordan.
- Jordanian Swimming Team: helped in qualifying a male swimmer to Olympic Games.

- Iraqi Swimming Team.
- Brazilian Swimming Team
- Jordanian Wrestling team: helped two of their wrestlers in matters related to rehabilitation and weight management to achieve qualification to Olympic Games.
- Jordanian Taekwondo: worked with the entire national team, and helped one particular athlete in coming back from injury to win a gold medal in Asian Taekwondo Championship and Olympic Games.
- Track and Field: helped three distance runners win and achieve first ranks in Dead Sea Ultra-marathon and/or Marathon starting from 2009 to present.

Teaching and Research Skills

- Preparing teaching material (lectures, presentations, activities) and tests using PPT, Keynote, Word, Excel, Smart Board and Blackboard, and Microsoft Teams.
- Highly experienced in using and running statistical analyses (SPSS, SAS)
- Prepare and maintain cell cultures
- Highly experienced and qualified to run research with human participants
- Bilingual (Arabic and English)
- Excellent communication and interpersonal skills

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