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Faculty of Physical Education and Sport Science, Department of Rehabilitation and sports Therapy

Chairman of physical education department Hashemite University

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I earned my B.Sc. in Physical Education from University of Hellwan, (UH), Egypt, 1980 and my Master degree in Health and Sports Coaching from the **Tsukuba University (TU), JAPAN** in 1990. I joined the Institute of Sport Science at Tskuba University as a research student during the period 1986-1988 where I graduated with Honor degree in muscle conditioning by using a modified technique in electrical simulation. Professor Yushinory, Takeuchi the institute director and the research supervisor considered my research as one of the pioneers in this field. I earned my **PhD from Jordan University of Philosophy Degree in Physical Education**. Furthermore, I'm a national coach for the Weightlifting and Judo events for many years, and a sixth Dan black belt holder in Judo.

I was born in Zarqa on March 15th, 1957, married, and have five children.

Title of the Master thesis: **The Effects of Electrical Stimulation Training Using 2Hz and 70Hz Frequency on Judo players, Strength level and Skill Performance.**

Title of the Doctoral dissertation: **Validation of Bioelectrical Impedance Analysis Method To Assess Body Composition In Healthy Adults by Hydrostatic Weighing as a Reference Criterion.**

Relevant Course Work:

- Test & measurement in sport science
- Diagnosis & applied physiology Test in sport science
- Method of fitness training and Martial Arts
- Sport Coaching and Strength Conditioning
- Theory of physical fitness training and body composition Assessment.
- Theory and principles of coaching and Physical fitness
- Theory of power training and Weight lifting

Short Courses:

- Lecturer in Jordan Sport for all Federation for physical fitness training courses which was held in the Ministry of Youth in Jordan. During 13th-17th Nov 1991. 2nd-24th Jun 1992. 6th-28th Jul 1993. 1995, 1996 and 1997
- Attended the international JAPAN FOUNDATION program for Judo athletic instructors. 13th October to 9th November 1992
- Lecturer in Jordan Judo Federation (JJF) for coaches level 1, 2 and national coaches. 1990-Present
- Part time lecturer in YARMOUK University. Weight lifting theory and practice. Four semesters; 1991-1993
- Lecturer in YARMOUK University. Weight lifting theory and practice. 1993-1994
- Lecturer in the scientific conference in Amman, 20th-22nd May 2003.

- Lecturer and attended the third Jordanian and second Arab congress in physical medicine, arthritis and rehabilitation which was held in Amman. 30th March to 1st April 2002.

Awards and Organizations:

- Full Academic Scholarship, 1986-1990, Monboshu, Tsukuba University Japan.
- Ministry of Education Scholarship, 1976-1980, Hellwan University Egypt.

Research & Publications:

- Taifour, Akef et al. 2013 Journal of Physical education and sport. 13(3), Art 64, pp. 400-408. Isokinetic and isometric strength after electrical stimulation on Judo players.
- Taifour, Akef et al 2015. The Editorial Board of International Education Studies Canadian Center of Science and Education. The Effect of 8-weeks Aerobic Exercise program on blood lipids and cholesterol profile of smokers VS non smokers.
- Taifour, Akef. And Mismar, Bassam. The Validation of Bioelectrical impedance analysis method, to assess body composition in healthy adults by hydrostatic weighting as a referenced criterion
- Taifour, Akef, and Tetsunoto, Taira. Smoking effects as a limiting factor on physical fitness benefits and health in middle aged sedentary Jordanian males.
- Ahmed M. Adel, Akef M. Taifour Air Pollution and Sport's Performance, Arab Journal of Food & Nutrition. Vol-23 pp 80-104. 2010 Albahreen. ISSN 1608-8352 .
- Zohair Al zuobi, Ghazi El-Kailani, Akef Taifour . Self Concept for the Jordanian National Teams. Dirasat :Educational Sciences, Vol 36 (2009). ISSN 1026-3713.
- Khaled Atiyat, Akef Taifor. Kinematical Limitation for Youth Long Jumper . An-Najah University Journal for Research - Humanities, Volume 25, Issue 8, 2011. ISSN: 1727-8449
- Khaled Atiyat, Akef Taifor, Tsutomo Taira . Physical and Body Composition for Fencing Players in World Championship, A Comparative Study . An-Najah University Journal for Research - Humanities, Volume 25, Issue 8, 2011 ISSN: 1727-8449.
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Projects (Unpublished):

- Taifour, Akef. The effects of polymeric training program using a combination of complex training “weight training and polymeric on the explosive strength on physical education student group”.
- Taifour, Akef. The effects of differentiate interval time on the percentage of cholesterol profile (Total Cholesterol (TC, HDL, LDL and T.G)) in a circuit training program for a sedentary group.
- Taifour, Akef. Shimojo, Hitoshi and Takeuchi, Yshinori. Effect of electrical stimulation on quadriceps strength and girth after reconstruction surgery of the anterior cruciate ligament. 1988.
- Taifour, Akef, Shimojo, Hitoshi, and Takeuchi, Yshinori. The effects of electrical stimulation on the quadriceps (range of movement, strength and girth) during postoperative knee immobilization. 1989
- Taifour, Akef, and Taira, Tetsunoto. A study on risk factors in a middle aged sedentary Jordanian
- Taifour, Akef, and Taleb, Nezar, and Al-Shishani, Ahmed. The Effects of the Program of the College of Physical Education and Sport Science at the Hashemite University on Students' Attitudes toward Physical Activity. 2002.

Teaching Positions and Academic experiences :

- **Lecturer**, The Jordanian University and The Hashemite University, JORDAN, 1990-present
 - *Courses taught:*

- Free weights and machine weights instructor and administrator
 - Special topics in weight training and weight lifting
 - Training periodization in sports
 - Principle of training theories
 - Diagnosis and test, diagnosis and measurements in sport rehabilitation
 - Health behavior and hygiene education
 - Judo and Martial Arts instructor and administrator
- **Lecturer, The University of Jordan, Health and Coaching Department, 4/1990 9/1998**
 - *Courses taught:*
 - Advanced fitness studies and programs
 - Practical Physical fitness
 - Minor games and principle of exercise
 - Olympic weight lifting
 - Weight training and power lifting
 - Judo and Martial Arts instructor and administrator
 - Principle of Judo coaching
- **Teaching Assistant, Practical Sports Department, University of Jordan, Amman, 1980-1986**
 - *Courses taught:*
 - Self defense sports
 - Fitness training practicum
 - Fitness training and weight lifting
 - General exercise and exercise therapy

Academic and Professional Committees

- Member in the Descente and ISHIMOTO memorial foundation for the promotion of sports science 1992-present
- Member in the Jordan Judo Federation (JJF) from 1982-1985, 1990-1994, 2008-Present.
- Jordanian handicapped federation coach for Para Olympic Judo (Blind Judo) 2000-2003 supervisor 1990-1997
- Director of technical community Jordan Judo Federation (JJF) 1990-1994, 2008-Present.
- Jordan national team Coach for Judo 1990-1994
- Jordan national team for Takwando, strength and fitness coach 1980-1986
- Member, Council of Department of Rehabilitation and Exercise Therapy, the Hashemite University. 9/2002-
- Jordanian national team head coach for Olympic weight lifting 1993-1999
- Head of Jordanian weight lifting technical committee 1999-2002
- Member of Jordanian weight lifting federation and competition committee console
- Hashemite University weigh training, weight lifting and power lifting head coach, instructor and lecturer
- Orthodox Club basketball and all team weight trainer and fitness conditioner 1990-1994
- Jordan Swimming Federation , Swimming Team (Male & Female) Physical fitness and conditioning trainer 2007-2008
- Membership for the higher technical committee for Jordanian coach (sports and youth ministry) 1996-1998
- Jordan national team member 1973-1978 in weight lifting middle class weight (75 Kg) represent Jordan in many international competitions

- Arab Universities Championship in Khartoum- Sudan in 1977 representing my Hellwan University in Egypt
- University championship in power lifting in 1979 Cairo-Egypt

Research Interest:

- Physical fitness and power ability
- Test and measurements in sports science
- Body composition and physical Fitness Assessment
- Physical fitness and female sports.

Languages:

Very Good command in English and Japanese Languages

References:

- Dr Ali Al-Nawaiseh. The Hashemite University-Jordan. Tel 962 796012260
- Prof. Mohamad K. Mamser. Ex Dean of Physical education Faculty. The Jordan University-Jordan. Tel 962 795533953
- Prof. Bassam A. Mismar. Vice Dean of Physical education Faculty. The Jordan University-Jordan. Tel 962 776 677 282