

CURRICULUM VITAE

Saad Al-Nassan, PT, PhD

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Education:

- 2012 - 2015 PhD. Rehabilitation Sciences
Graduate School of Health Science, Kobe University, Japan
Thesis title: “Endurance Exercise Training Attenuates Expression of
Muscle Atrophic Mediators During Hindlimb Unloading”
- 2010 - 2012 MSc. Rehabilitation Sciences
Graduate School of Health Science, Kobe University, Japan
Thesis title: “Chronic exercise training down-regulates TNF- α and
Atrogin-1/MAFbx in mouse gastrocnemius muscle atrophy induced by
hindlimb unloading”
- 2001 - 2005 BSc. Physical Therapy
Faculty of Rehabilitation Sciences, Jordan University, Jordan

Current position:

Assistant Professor in Physical Therapy
Department of Physical and Occupational Therapy
Faculty of Applied Health Sciences
The Hashemite University
Zarqa, Jordan

Research areas of interest:

Exercise physiology, Cancer rehabilitation, and muscle physiology in rehabilitation

Ongoing Projects and Research Funds:

No.	Project title	Period	Funding Institution	Amount of Fund
1	Effects of Irisin supplementation combined with exercise training on two models of muscle atrophy in mice	July 2019 – June 2021	The Hashemite University	45,700 JOD
2	Establishment of Clinical Rehabilitation Sciences Master's Program in Jordan. <i>An Erasmus+ funded project in collaboration with Jordan University of Science and Technology</i>	October 2016 – April 2021	Erasmus+	50,000 Euros

Academic Experience:

- January 2018 – September 2019: **Head of Physical and Occupational Therapy Department.** Faculty of Applied Health Sciences.
The Hashemite University
- January 2017 – Present time: **Assistant professor**
Department of Physical and Occupational Therapy
Faculty of Applied Health Sciences
The Hashemite University
- May 2015 – January 2017: **Full-Time Lecturer**
Department of Physical and Occupational Therapy
Faculty of Applied Health Sciences
The Hashemite University
- April 2011 – March 2014: **Teaching Assistant**
Graduate School of Health Sciences
Kobe University. Japan

Peer-Reviewed Publications:

1. Foad Alzoughoul, Mohammad Borhan Al-Zghoul, **Saad Al-Nassan**, Loai Alanagreh, Dana Mufleh, Manar Atoum. The Optimal Therapeutic Irisin Dose Intervention in Animal Model: A Systematic Review. *Veterinary World.* 2020 13(10): 2191-2196
2. Mohammad Qatamesh, **Saad Al-Nassan**, Hiroyo Kondo, Hidemi Fujino. Protective Effects of Low-Intensity Exercise on Metabolic Oxidative Capacity

- and Capillarization in Skeletal Muscle of Non-Obese Diabetic Rats. *Biomed Res (Tokyo)*. 2020 Jul. 41(5): 227-236
3. **Saad Al-Nassan**, Noor Al-Bitar, Dhuha Saad, Amani Zahran, Felasteen Elayyan, Shereen Al-Awadi, Kawther Khaleifeh, Anwar Al-Nassan. Health-Related Quality of Life Among Jordanian Adolescent Cancer Patients Receiving Active Treatment. *Asian Pac J Cancer Prev*. 2019 Oct 1;20(10):3107-3111
 4. Mohannad Hawamdeh, Zaid Modhi Mansour, **Saad Al-Nassan**, Ziad Hawamdeh, Mohmmad Etoom, Faris Alshammari, Abdul-Majeed R. Almalty, Shaden Albustanji. The effects of whole body vibration energy on bone mineral density in post-menopausal women: A systematic review. *Fizjoterapia Polska*. 2019; 19(1); 46-50
 5. Mohannad Hawamdeh, Zaid Modhi Mansour, **Saad Al-Nassan**, Ziad Hawamdeh, Mohmmad Etoom, Faris Alshammari, Abdul-Majeed R. Almalty, Mohmmad Abo-Kabar. 4th year physical therapy students' satisfaction in Jordanian universities: A survey study. *Fizjoterapia Polska* 2018; 18(4); 34-37
 6. **Saad Al-Nassan**, Faris Alshammari, Shaden Al-Bostanji, Zaid Modhi Mansour, Mohannad Hawamdeh. Physical therapy practice in intensive care units in Jordanian hospitals: A national survey. *Physiother Res int*. 2018 Sep; e1749
 7. **Saad Al-Nassan**, Hidemi Fujino. Exercise preconditioning attenuates atrophic mediators and preserves muscle mass in acute sepsis. *Gen Physiol Biophys*. 2018 Jan; 37, 433-441
 8. Kanazashi M, Okumura Y, **Al-Nassan Saad**, Murakami S, Kondo H, Nagatomo F, Fujita N, Ishihara A, Roy RR, Fujino H. Protective effects of astaxanthin on capillary regression in atrophied soleus muscle of rats. *Acta Physiol (Oxf)*. 2013 Feb; 207(2):405-15
 9. **Al-Nassan Saad**, Fujita N, Kondo H, Murakami S, Fujino H. Chronic exercise training down-regulates TNF- α and Atrogin-1/MAFbx in mouse gastrocnemius muscle atrophy induced by hindlimb unloading. *Acta Histochem Cytochem*. 2012 Dec 26;45(6):343-9

Professional Presentations:

- Physical therapy in intensive care units. Presentation at the 1st International Physical Therapy Conference in Al-Isra'a University. October, 2019
- Role of exercises in attenuating muscle atrophy in acute sepsis. Presentation at the 3rd international conference of physiotherapy services enhancement in the MENA region. January 2017, Dead sea, Jordan
- Skeletal Muscle Adaptations in Microgravity Environments. Presentation at the 2nd conference for rehabilitation sciences in Jordanian universities, November,

2016

- Poster Presentation. Japanese Physical Therapy Association Conference, May 2012, Kobe-Japan.
- Poster presentation, World Confederation of Physical Therapy Congress, June 2011, Amsterdam-Netherlands.
- “Cachexia and The Role of Rehabilitation Exercises”. Seminar for Rehabilitation Sciences graduate students, Kobe University, September 2014, Kobe-Japan.
- “Physical Therapy: An Expanding Profession”. Lecture for Physical Therapy undergrad students, Faculty of Rehabilitation Sciences, University of Jordan, April 2012, Amman-Jordan.
- “Safety in lifting and handling patients”. Regular educational lectures for newly employed nursing staff at King Hussein Cancer Center, 2007-2008, Amman-Jordan.

Clinical Experience:

December 2012 – February 2015: Part-time Rehabilitation assistant – Priere Rehabilitation and Day-care Center (介護老人保健施設 プリエール), Kobe- Japan

August 2007 – March 2009: Physiotherapist – King Hussein Cancer Center, Amman-Jordan.

June 2007– August 2007: Physiotherapist – Med-Care physiotherapy clinic, Amman-Jordan.

November 2006 – May 2007: Physiotherapy volunteer in the Jordanian society of multiple sclerosis, Amman-Jordan.

December 2005 – May 2006: Physiotherapy trainee at Al -Isra’a Hospital – Physical Therapy Department, Amman-Jordan.

July 2005 – September 2005: Physiotherapy Trainee-King Hussein Cancer Center – Rehabilitation Unit, Amman-Jordan

Professional Society Memberships and activities:

President of the Jordanian Physiotherapy Society: May 2016-April 2017

Active member of the Jordanian physiotherapy society since 2006

Scientific memberships, honors and awards:

- Member of the steering committee of the National Strategic Plan of Rehabilitation Services. Higher Council of Health-Jordan.
- Member of the scientific committee of the 1st International Physical Therapy Conference at Al-Isra'a University. 22-24 October, 2019
- Member of the scientific and IRB committees at Al-Hussein Society/Jordan Center for Training and Inclusion
- Member of the scientific committee for the 1st international conference of Community Based Inclusive Development (CBID). Dec. 2018, Amman-Jordan
- Enhancement of Physiotherapy Services in Conflict Affected Areas: A project funded by the USAID in collaboration with Al-Hussein Society. Representative of The Jordanian Physiotherapy Society.
- Japanese MONBUKAGAKUSHO Scholarship awardee (2009~2015)
- Member of the administrative council of Jordanian Physical Therapy Society – Head of the social committee (2008~2009)

Languages:

- Mother Tongue: Arabic
- English
- Japanese

References contact information:

1. Prof. Hidemi Fujino:

Department of Rehabilitation Sciences

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2. Prof. Akinori Miki:

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3. Dr. Rei Ono:

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4. Dr. Naoto Fujita:

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