

# Full name: Nagla Amin Rezk Eltanahi

## Personal information

Nationality: Egyptian

Birthday date: 4/2/1974

Section | Combat Sports

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Professional work email: neltanahy@zu.edu.eg

## Educational qualifications and certificates (starting with the most recent)

Date	Academic certificate	Place of issue	Address
13/05/2006	Ph.D	Zagazig University, Faculty of Physical Education for Girls	Zagazig - Egypt
30/11/2000	Master's	Zagazig University, Faculty of Physical Education for Girls	Zagazig - Egypt
May 1995	Bachelor's	Zagazig University, Faculty of Physical Education for Girls	Zagazig - Egypt

## The title of the Ph.D, master's and fellowship research

Ph.D	The effect of using various exercises on improving the level of strength characterized by speed and speed of motor response and its relationship to the effectiveness of the attack during karate matches.
Master's	The effect of plyometric exercises on the development of strength characterized by speed and its relationship to the effectiveness of kata performance among junior karatekas.

### Professional record (starting with the most recent)

Job rank	Place and address of the employer	Date
1) Professor Doctor	Faculty of Physical Education for Girls, Zagazig University	30/12/2016
2) Associate Professor	Deanship of the Preparatory Year and Supporting Studies, University of Dammam	30/09/2012
3) Assistant Professor	Faculty of Physical Education for Girls, Zagazig University	29/11/2011
4) Teacher	Faculty of Physical Education for Girls, Zagazig University	23/05/2006
5) Assistant teacher	Faculty of Physical Education for Girls, Zagazig University	15/07/2002
6) Sports specialist in a fitness unit	Directorate of Youth and Sports in Sharkia Governorate	02/05/1996

### Administrative positions (starting with most recent)

Administrative position	Office	Date
Coordinator of female student affairs and examinations in scientific tracks in Rakah	Deanship of the Preparatory Year in Rakah	2023-2024
Supervisor of the preparatory year program at Qatif Community College	Qatif Community College	01/09/2013 to 15/01/2016
Supervisor of the preparatory year program at Community College in Qatif and Dammam	Community College in Dammam and Qatif	01/09/2013
Coordinator of student activities at the Deanship of the Preparatory Year	Deanship of the preparatory year	30/09/2012 to 15/01/2015
Physical and health education course coordinator	Deanship of the preparatory year	30/09/2012 to 15/01/2016

### Scientific achievements

#### Published scientific research

#	Names of researchers	Research Title	Publisher and date of publication
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1	Dr. Naglaa Eltanahi	The effect of developing specific visual skills on some physical variables and chemical vectors and their relationship to the effectiveness of tactical activity during kumite matches (Arabic)	Theories and applications - a specialized scientific journal for research and studies of physical education and sports - Faculty of Physical Education for Boys - Alexandria University 2009
2	Dr. Naglaa Eltanahi Dr. Samira Khalil	APPLICATION OF THE GAP TECHNIQUE IN MEASURING SERVICE QUALITY IN EGYPTION FEDERATION KARATE	Citius Altius Fortius - Journal of Physical Education and Sport, University of Pitesti 2010
3	Dr. Naglaa Eltanahi	The effect of a neuro-linguistic programming program on mental toughness and its relationship to the level of motor sentence performance (kata)  (Arabic)	Theories and Applications - a specialized scientific journal for research and studies of physical education and sports - Faculty of Physical Education for Boys - Alexandria University 2010
4	Dr. Naglaa Eltanahi Dr. Nashwa Nafaa	EFFECT OF CARDIO KARATE ON SOME OF TENSION AND PSYCHOLOGICAL SECURITY INDICATIONS AND ITS RELATIONSHIP WITH THE ASPIRATION LEVEL TO THE ORPHANS	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH 2011
5	Dr. Naglaa Eltanahi	EFFECT OF SWISS BALL EXERCISES ON SOME PHYSICAL AND PHYSIOLOGICAL VARIABLES AND THEIR RELATIONSHIP WITH KATA PERFORMANCE LEVEL	Citius Altius Fortius - Journal of Physical Education and Sport, University of Pitesti 2011
6	Dr. Naglaa Eltanahi Dr. Amal Youssef	THE EFFECT OF PSYCHOLOGICAL COUNSELLING PROGRAM ON DEVELOPING THE POSITIVE AND SPORT CONFIDENCE AND ITS RELATIONSHIP WITH THE PERFORMANCE LEVEL OF KARATE STUDENTS	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH  2011
7	Dr. Naglaa Eltanahi Dr. Kawsar Alsayed	THE EFFECT OF RECREATIONAL ACTIVITIES ON INTELLIGENCE AND EMOTIONAL PSYCHOLOGICAL SECURITY LEVEL AND THEIR RELATIONSHIP TO THE LEVEL OF ACADEMIC ACHIEVEMENT OF THE JUVENILE CRIME IN	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH

		THE EASTERN REGION (DAMMAM) IN SAUDI ARABIA	2014
8	Dr. Naglaa Eltanahi Dr. Kawsar Alsayed	EFFECTS OF ELECTRONICALLY SUPPORTED ANIMATED STORIES ON EDUCATION AND EDUCATIONAL VALUES FOR ORPHANS IN THE EASTERN PROVINCE (SAUDI ARABIA)	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND 2014HEALTH
9	Dr. Naglaa Eltanahi Dr. Ahmed Farouk	EVALUATION OF MUSCLE BALANCE RATIOS WITH USING ISO KINETIC DEVICE ACCORDING TO THE LEVEL OF SPORTS ACHIEVEMENT COMPETITION FOR PLAYERS OF THE PLAYERS CONTEST THE ACTUAL FIGHTING " KUMITE" SPORT KARATE INDICATOR FOR DIRECTING THE TRAINING PROGRAMS	Theories and applications, scientific journal specialized research and studies physical education and sports, Faculty of Physical Education, University of 2014Alexandria
10	<b>Dr. Naglaa Eltanahi</b>	The effectiveness of differentiated training on the level of some special motor abilities and determinants of offensive activity among players in the actual fighting competition "kumite" in karate .(Arabic)	Scientific Journal (Applications of Sports Sciences), Faculty of Physical Education for Boys, Alexandria University. 2014
11	Dr. Naglaa Eltanahi	IMPACT OF USING SOME OF MENTAL STRATEGIES ON THE PSYCHOLOGICAL HESITATION AND EFFECTIVENESS OF TACTICAL ACTIVITY OF JUNIORS KUMITE	Journal of Physical Education and Sport * (JPES), 15(1), Art 6, pp. 32 - 39, 2015
12	<b>Dr. Naglaa Eltanahi</b>	The effect of using a method of combining visual and practical presentation of kata exercises on the level of some special motor abilities and the skill performance of kata players in karate .(Arabic)	International Scientific Journal of Sports Sciences and Arts College of Physical Education for Girls in Gezira, Helwan University 2015
13	Dr. Naglaa Eltanahi	Electrical activity Curves Path Of Neuromuscular Electrical Signals For Some Of The Muscles Of The Upper Extremity As a Criterion For The Selection And Training For Players of Contest the Actual Fighting "Kumite " On The Sport Of Karate	The International Scientific Journal Of Physical Education And Sport Sciences, Physical Faculty Of Education- Men, Helwan University 2015

14	Dr. Naglaa Eltanahi	The Changes in the wave of electrical activity of the brain Using a device (EEG ) as an indicator for the selection and training for Players of Contest The Actual Fighting "Kumite" on the sport of karate	The Third International Scientific Conference, (Challenges of Sports in the Arab World - Making an Olympic Champion), Faculty of Physical Education, Suez Canal University 2016
15	Dr. Naglaa Eltanahi	Physiological determinants for the selection of karate junior (Kumite) according to the level sporting achievement	The Third International Scientific Conference, entitled (Challenges of Sports in the Arab World - Making an Olympic Champion), Faculty of Physical Education, Suez Canal University 2016
16	Dr. Naglaa Eltanahi Dr. Kawsar Alsayed	The Effect of the activities of multiple intelligences on social, motor competences and the quality of life for Educable Intellectual disabled students	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH,2019
17	Dr. Naglaa Eltanahi Dr. Kawsar Alsayed	Use of total contact and its effectiveness in improving the results of educational content and emotional intelligence for deaf-mute children in the eastern province	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH,2019
18	Dr. Naglaa Eltanahi Dr. Heba Ibrahim	The Effects of Repeated Sprint Training with Blood Flow Restriction on Strength, Anaerobic and Aerobic Performance in Basketball	International Journal of Human Movement and Sports Sciences 8(6): 462-468, 2020
19	Dr. Naglaa Eltanahi Dr. Saaed Alashqar	Adiposity and Cardiometabolic Risk Assessment among University Students in Saudi Arabia	Science Progress 2021, Vol. 104(1) 1–14 ,2021

20	Dr. Naglaa Eltanahi Dr. Abeer Al Rasheed	The Effect of Using Objective Games on Motor Fitness and Some Behavioral Problems for Preschool Children	Systematic Reviews in Pharmacy (SRP) 2021
21	Dr. Naglaa Eltanahi Dr. Malek Algadawy Dr. Marwa Khalif Dr. Noor Taha	Enhancing Individual with Disability Citizenship through participation in sport Activities	International Journal of Human Movement and Sports Sciences9(6):(1427-1434,2021
22	Dr. Naglaa Eltanahi Dr. Heba Ali Dr. Ghada Alsayed Dr. Taghreed Alsayed	'Promoting students 'Health awareness and higher order thinking skills using - E-projects strategy in learning physical and health education.	Journal of Education and Health Promotion 2023
23	Dr.Yousef Alrashed Dr.Abeer Rasheed Dr.Mohamed Gohari Dr.Najla Eltanahi Dr.Samah Ramzy Dr.Rania Abduljawad	Factors Affecting Students' Willingness to Use Gamification in University Settings	International Journal of Information and Education Technology, Vol. 13, No. 8, August 2023
24	Dr.Nagla El-Tanahi Dr.Mona Abdelmoneim Dr.Marwa Torki Dr.Noha Hamoudah	The Effectiveness of Gamification in Physical Education: A Systematic Review".	International Journal of Education in Mathematics, Science and Technology (IJEMST) [ISSN: 2147-611X],2024
25	Dr.Mohammad Alzahrani Dr.Nagla El-Tanahi Dr.Mona Abdelmoneim Dr.Nahed Nasr	The Impact of Cardio Karate Training on psychological Stress Reduction and Enhancement of psychological Security among widowed women,An Experimental Research study	International Journal of Human Movement and Sports Sciences,vol12, No3,2024
26	Dr.Ahmed K.Hassan Dr.Hussam K.Aldawsari Dr.Nagla Eltanahi Et. all	Enhancing entrepreneurial strategy Skills in Saudi universities. Employees: The impact of psychological capital	Journal of Infrastructure, Policy and Development 2024, 8(3),3715

### Completed research projects.

#	Researcher's names	Research Title	Research date
1	Dr. Nagla Eltanahi Dr. kawsar Alsayed	THE EFFECT OF RECREATIONAL ACTIVITIES ON INTELLIGENCE AND PSYCHOLOGICAL EMOTIONAL SECURITY LEVEL AND THEIR RELATIONSHIP TO THE LEVEL OF ACADEMIC ACHIEVEMENT OF JUVENILE CRIME IN THE EASTERN REGION (DAMMAM) IN SAUDI ARABIA	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH 2014
2	Dr. Nagla Eltanahi Dr. kawsar Alsayed	EFFECTS OF ELECTRONICALLY SUPPORTED ANIMATED STORIES ON EDUCATION AND EDUCATIONAL VALUES FOR ORPHANS IN THE EASTERN PROVINCE (SAUDI ARABIA)	Ovidius University Annals, Journal of Series Physical Education and Sport

			/ SCIENCE, MOVEMENT AND 2014HEALTH
3	Dr. Nagla Eltanahi Dr. kawsar Alsayed	The Effect of the activities of multiple intelligences on social, motor competences and the quality of life for Educable Intellectual disabled students	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH,2019
4	Dr. Nagla Eltanahi Dr. kawsar Alsayed	Use of total contact and its effectiveness in improving the results of educational content and emotional intelligence for deaf-mute children in the eastern province	Ovidius University Annals, Journal of Series Physical Education and Sport / SCIENCE, MOVEMENT AND HEALTH,2019
5	Dr. Nagla Eltanahi Dr. Abeer Rasheed	The Effect of Using Objective Games on Motor Fitness and Some Behavioral Problems for Preschool Children	Systematic Reviews in Pharmacy (SRP)

## EITanahi, Nagla

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### Contributions to scientific conferences and seminars

#	Name	Place	Date
1	Steps for preparing scientific research and methods of writing it	Library Affairs Department	06/09/2023
2	Academic research support tools for faculty members and students	Library Affairs Department	05/09/2023
3	Electronic signature	Deanship of Communications and Information Technology	23/03/2023
4	The Pursuit of Excellence in Mentoring in Higher Education	Deanship of University Education Development	15/03/2023
5	PowerPoint and mini-lessons	Deanship of the preparatory year	09/03/2023
6	Educational games	Deanship of the preparatory year	08/03/2023
7	Questionnaire programme	Deanship of Communications and Information Technology	30/01/2023

8	Cloud computing	Deanship of Communications and Information Technology	31/01/2023
9	Building a scheduled list in Blackboard	Deanship of E-Learning and Distance Learning	31/01/2023
10	Using report preparation tools in Ms Excel	Deanship of Communications and Information Technology	24/01/2023
11	Financial security	College of Applied Studies and Community Service	23/01/2023
12	Characteristics of a good research paper	Learning and Research Resources Unit	06/12/2022
13	Microsoft stream	Deanship of Communications and Information Technology	29/11/2022
14	Building networks of researchers in order to promote research	Learning and Research Resources Unit	15/11/2022
15	Blackboard interaction tool	Deanship of E-Learning and Distance Learning - Imam Abdul Rahman bin Faisal University	22/02/2022
16	How to use E-portfolio	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	08/03/2022
17	Usage of an electronic wallet	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	01/03/2022
18	Kahoot interactive educational competitions platform	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	24/02/2022
19	University teaching in light of development requirements, the labor market, and twenty-first century skills	Deanship of University Development - Imam Abdul Rahman bin Faisal University	08/02/2022
20	Preparing and managing electronic tests	Agency for Development and Quality - Academic Development Unit - Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	03/02/2022
21	Introduction to electronic spreadsheet software	Agency for Development and Quality - Academic Development Unit - Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	02/02/2022
22	Deep learning: designing educational content and media according to memory strategies	Agency for Development and Quality - Academic Development Unit - Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	01/02/2022
23	Creative and active teaching strategies Confirmation	Deanship of University Development - Imam Abdul Rahman bin Faisal University	29/12/2021
24	Effective methods for evaluating students	Deanship of University Development - Imam Abdul Rahman bin Faisal University	28/12/2021



25	Scientific arbitration methodology and scientific publishing requirements	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	20/12/2021
26	Statistical Analysis of the Exams	Deanship of University Development - Imam Abdul Rahman bin Faisal University	07/12/2021
27	Basics in analyzing tests and benefiting from reading their results	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	07/12/2021
28	Academic supervision of a faculty member	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	01/12/2021
29	Psychological guidance for a faculty member	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	30/11/2021
30	Social responsibility of the faculty member	Vice Deanship of Academic Affairs - Imam Abdul Rahman bin Faisal University	29/11/2021
31	Leading effective work teams	Deanship of Quality and Academic Accreditation - Imam Abdul Rahman bin Faisal University	21/11/2021
32	Close the circle of quality and performance improvement	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	21/11/2021
33	Formulating and measuring graduate attributes at the programmatic and institutional levels	Deanship of Quality and Academic Accreditation - Imam Abdul Rahman bin Faisal University	18/11/2021
34	EndNote online	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	16/11/2021
35	Digital research tools in publishing and scientific research	Academic Researchers Platform (IFAD) in cooperation with the Department of Curriculum and Teaching Methods at the College of Sciences and Humanities - Imam Abdul Rahman bin Faisal University	13/11/2021
36	Building communication networks among researchers in order to promote scientific research	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	09/11/2021
37	Formulate multiple choice questions to measure higher order thinking skills	Deanship of University Development - Imam Abdul Rahman bin Faisal University	01/11/2021
38	Tools for building electronic content in the Blackboard system	Deanship of E-Learning and Distance Learning - Imam Abdul Rahman bin Faisal University	28/10/2021
39	Uploading courses and preparing assignments and tests on the Blackboard system	Deanship of the Preparatory Year - Imam Abdul Rahman bin Faisal University	19/10/2021
40	Planning and preparing for the initial self-evaluation for academic program accreditation - for undergraduate and graduate programs	Deanship of Quality and Academic Accreditation - Imam Abdul Rahman bin Faisal University	19/10/2021

41	Symposium on developing scientific publishing in the Arab world - proposed realistic solutions	A platform for researchers and academics, IFAD and the International Foundation for Academic Development	06/05/2021
42	Characteristics and skills of scientific writing in Arabic	A platform for researchers and academics, IFAD and the International Foundation for Academic Development	04/05/2021
43	Scientific research challenges and solutions	A platform for researchers and academics, IFAD and the International Foundation for Academic Development	30/04/2021
44	Application of augmented and virtual reality in education	A platform for researchers and academics, IFAD and the International Foundation for Academic Development	28/04/2021
45	International Conference on Sports Tourism: Horizons and (Ambitions (Aswan is Sweeter	Faculty of Physical Education, Aswan University, Egypt	Attendance Period from 18 - 20 March 2021
46	Foundations of spreading the culture of sports tourism	Faculty of Physical Education, Aswan University, Egypt	Period from 18-20 March 2021
47	The media and its role in spreading culture and sports tourism	Faculty of Physical Education, Aswan University, Egypt	Period from 18-20 March 2021
48	The future of Egypt organizing African and Arab swimming championships	Faculty of Physical Education, Aswan University, Egypt	Period from 18-20 March 2021
49	The future of canoe and kayak competitions in Aswan	Faculty of Physical Education, Aswan University, Egypt	Period from 18-20 March 2021
50	Quality of sports life in Aswan	Faculty of Physical Education, Aswan University, Egypt	Period from 18-20 March 2021
51	Designing nutrition programs for athletes	Faculty of Physical Education, Aswan University, Egypt	Period from 18-20 March 2021
52	Designing aerobic training programs	Faculty of Physical Education, Aswan University, Egypt	Period from 18-20 March 2021
53	The Second International Conference "Applied Sports Psychology", Kingdom of Saudi Arabia - Saudi Group for Applied Sports Psychology	Asala University	Daily attendance 7-8/3/2021
54	International Conference towards a better future for martial arts sports	Faculty of Physical Education for Girls, Helwan University, in cooperation with the Institute of Martial Arts and Sciences in Egypt	Daily attendance 27- 28/2/2021

55	The International Scientific Conference entitled "Electronic Education and Evaluation Systems in the Sports Field (Opportunities – Challenges	Faculty of Physical Education for Girls, Zagazig University, in cooperation with the Arab Society for Measurement and Evaluation	20/02/2021
56	Strategies to empower students with self-learning skills	Deanship of University Development - Imam Abdul Rahman bin Faisal University	25/01/2022
57	Action research in teaching and learning in university education	Deanship of University Development - Imam Abdul Rahman bin Faisal University	24/01/2022
58	Assignments for teaching and assessment projects	Imam Abdul Rahman bin Faisal University - Deanship of the Preparatory Year	07/01/2021
59	Project-based learning	Imam Abdul Rahman bin Faisal University - Deanship of the Preparatory Year	05/01/2021
60	Competency-based learning	Imam Abdul Rahman bin Faisal University - Deanship of the Preparatory Year	05/01/2021
61	Dedicated applications to increase interaction with students in e-learning	Imam Abdul Rahman bin Faisal University - Deanship of the Preparatory Year	03/01/2021
62	Using Blackboard to prepare tests	Imam Abdul Rahman bin Faisal University - Deanship of the Preparatory Year	26/08/2020
63	Evaluation and testing policy	Imam Abdul Rahman bin Faisal University - Deanship of the Preparatory Year	26/08/2020

### Memberships and committees participated in –

- **Academic Follow-up Committee**
- **Student Activities Committee**
- **Academic guidance committee**
- **Studies and research committee**
- **Examinations Conduct Committee**
- **Quality Committee**

### University teaching activities

#	Course	Area of contribution
1	Physical and health education course	Teaching
2	Learning and research skills course	Teaching
3	Karate course	Teaching
4	Fitness and health course	Teaching
5	Sports training course	Teaching
6	Psychology course	Teaching
7	Sports injuries course	Teaching
8	Sports management	Teaching
9	Sports Marketing	

10	Recreation course	Teaching
11	Physiology course	Teaching

A brief description of the undergraduate courses taught (course title - course number: course explanation)

1	Physical and health education course PHEDU162
2	Learning and communication skills course LRSK101
3	Judo and Karate course for the bachelor's level, Zagazig University
4	A course on sports training, psychology, sport management, Sports Marketing, recreation, physiology, and sports injuries for the bachelor's level for students at the Higher Technological Institute for Engineering and Business Administration

Supervising master's and doctoral theses

#	Academic degree	Title	Place	Date
1	Master's	The effect of using visual exercises on improving the accuracy of scoring points and focusing attention among female Kumite athletes	Faculty of Physical Education for Girls, Zagazig University	2005
2	Ph.D.	The effect of teaching basic skills using multiple intelligence activities on developing some psychological and visual perceptual skills among beginners in karate	Faculty of Physical Education for Girls, Zagazig University	2010
3	Master's	The effect of speed rings on the reflexive reactions of karate players	Faculty of Physical Education for Girls, Zagazig University	2011

Personal competencies and skills (computer, information technology, technology, etc.)

1	ICDL
2	Diploma in human development
3	Experience in the field of sports performances
4	First place in the Eastern Championship, first class, for women in judo in 1994.
5	Obtaining the 3rd Dan Black Belt degree from the Egyptian Karate Federation
6	Obtaining a brown belt degree in judo in 1994
7	To obtain the best doctoral thesis in physical education sciences at the Zagazig University level for the year University 2006/2007
8	Advanced course for external auditors of higher education at the National Authority for Quality Assurance and Accreditation

