

Biography

Personal data:

- Name: Dr. Mohammed Faisal Alkatan
- Location: Kuwait
- Gender: Male
- Nationality: Kuwaiti
- College: Faculty of Basic Education • Department: Physical Education and Sports
- Date of appointment: 4/2024 – as a Professor
- E-mail: M.alkatan@paaet.edu.kw

Home address:

- Area Name: Musharraf Block: 6 Street: 6 Building: 29
- Telephone: 25386279, Mobile: +965 98700098

work address:

- Area Name: Al Ardiya Plot: 4 Street: Ghareeb Al Jassar Building: 21 Office: 34 First Floor
- Work phone: 22212666, internal 7049

EDUCATIONAL BACKGROUND:

Ph.D.	2015	The University of Texas at Austin, Austin, TX, U.S.A. Kinesiology Mentor: Hirofumi Tanaka, Ph.D. GPA: 3.61
M.S.	2010	Old Dominion University, Norfolk, VA, U.S.A. Exercise Science/ Exercise Physiology Mentor: Liz Dowling , Ph.D. GPA: 4:00
B.S.	2004	The Public Authority for Applied Education, Kuwait Physical Education and Sports GPA: 3.81

Professional experience

- ❖ 2004-2007, Physical Education teacher, Kuwait.
- ❖ 2003-2023, Swimming Official/referee, Kuwait.
- ❖ 2021-2023, Head Couch at Lose and Gain training center. Kuwait

PROFESSIONAL EXPERIENCE, PREVIOUS AWARD and HONORS:

- 2012-2015, Graduate Teaching Assistant, Department of Kinesiology and Health

Education, The University of Texas at Austin, Austin, TX. U.S.A.

- 2010, Intern/volunteer Strength and Conditioning Coach, Old Dominion University, Norfolk, VA. U.S.A
- 2004-2007, Physical Education teacher, Kuwait.
- 2003-2007, Swimming Official/referee, Kuwait.
- 2001, 2002, 2003, 2004, Honor's List (Dean's List), The Public Authority for Applied Education and Training, Kuwait.
- 2013, Manuscript Award Winner for The National Union of Kuwait Students annual meeting, San Diego, CA.
- 2014-2015, Joe R. & Teresa Lozano Long Graduate Fellowship, The University of Texas at Austin, Austin, TX.
- 2014-2015, Mary Buice Alderson Scholarship, The University of Texas at Austin, Austin, TX.
- 2015, Manuscript Award Winner for American College of Sports Medicine Texas Chapter annual meeting, Austin, TX.
- 2019. Awarded the highest scientific production of researcher (H-Index) at the level of the College of Basic Education, the Public Authority for Applied Education and Training, Kuwait.
- 2019. Hold the 1st place in the Quotations rate for the last five years at the level of the College of Basic Education, the Public Authority for Applied Education and Training, Kuwait.
- Received the Volunteer Work Award from the General Secretariat of the Gulf Cooperation Council and the Qatar Red Crescent Authority. Doha. 2024

PUBLICATION (PEER-REVIEWED JOURNALS):

1. Hunter S.D, Dhindsa M.S, Cunningham E, Tarumi T, **Alkatan M**, Tanaka H. Improvements in glucose tolerance with Bikram yoga in older obese adults: A pilot study. *Journal of Bodywork and Movement Therapies*, 404-407 .2013 (Q1)
2. Hunter S.D, Dhindsa M.S, Cunningham E, Tarumi T, **Alkatan M**, Nualnim N, Tanaka H. The Effect of Bikram Yoga on Arterial Stiffness in Young and Older Adults. *Journal of Alternative and Complementary Medicine*, 930-934 .2013 (Q1)

3. Steward K, Pasha E, Goudarzi K, Elmenshawy A, **Alkatan M**, Villalpando A, Tanaka H and Haley A. Midlife Arterial Stiffness and Brain Activation During Working Memory Task. *Open Hypertension Journal*.3-9 .2014 (Q4)
4. Machin, D.R., W. Park, **Alkatan M**, M. Mouton, and H. Tanaka. Hypotensive effects of solitary addition of conventional non-fat dairy products to the routine diet: a randomized controlled trial. *American Journal of Clinical Nutrition*. 80-87 .2014 (Q1)
5. Machin, D.R., W. Park, **Alkatan M**, M. Mouton, and H. Tanaka. Effects of Non-Fat Dairy Products Added to the Routine Diet on Vascular Function: A Randomized Controlled Trial. *Nutrition, Metabolism and Cardiovascular Diseases*. 369-369 .2015 (Q1)
6. Kraus, A.S., E. Pasha, D.R. Machin, **Alkatan M**, R.A. Kloner, and H. Tanaka. *Bilateral upper limb remote ischemic preconditioning improves anaerobic power*. *Open Sports Medicine Journal*. 889 .2015
7. Lim J, Pearman M, Park W, **Alkatan M**, Machin DR, and Tanaka H. Impact of Blood Pressure Perturbations on Arterial Stiffness. *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, R1540-R1545 .2015 (Q1)
8. **Alkatan M**, Machin DR, Baker J, Akkari AS, Park W, and Tanaka H. Effects of Swimming vs. Cycling Exercise Interventions on Vascular Function and Inflammation in Middle-Aged and Older Adults with Osteoarthritis. *American Journal of Cardiology*. 141-145. 2016 (Q1)
9. **Alkatan M**, Baker J, Machin RD, Park W, Akkari AS; Pasha EP, and Tanaka H. Improved Functional Capacity and Pain after Swimming and Cycling Training in Patients with Osteoarthritis. *Journal of Rheumatology*, 666-672 .2016 (Q1)
10. Kaur S, Gonzales MM, Tarumi T, Villalpando A, **Alkatan M**, Tanaka H, Haley AP. Serum Brain-Derived Neurotrophic Factor Mediates the Relationship between Abdominal Obesity and Executive Function in Middle Age. *Journal of the International Neuropsychological Society*. 493-500 .2016 (Q1)
11. Lim J, Pearman M, Park W, **Alkatan M**, and Tanaka H. Interrelationships among Various Measures of Central Artery Stiffness. *American Journal of Hypertension* 1024-1028 .2016 (Q1)
12. Hunter SD, Dhindsa MS, Cunningham E, Tarumi T, **Alkatan M**, Nualnim N, Elmanshawy A, and Tanaka H. The Effect of Bikram Yoga on Endothelial Function in Young and Older Adults. *Journal of Bodywork and Movement Therapies*. 30-34 .2016 (Q1)
13. Hunter SD, Dhindsa MS, Cunningham E, Tarumi T, **Alkatan M**, Nualnim N, and Tanaka

- H. Impact of Hot Yoga on Arterial Stiffness and Quality of Life in Normal and Overweight/Obese Adults. *Journal of Physical Activity & Health*. 1360-1363 .2016 (Q1)
14. Oleson S, Eagan D, Kaur S, William J. Hertzling, **Alkatan M**, Jaimie N. Davis, Hirofumi Tanaka, Andreana P. Haley. Apolipoprotein E genotype moderates the association between dietary polyunsaturated fat and brain function: An exploration of cerebral glutamate and cognitive performance. *Nutritional Neuroscience*. 696-705 .2018 (Q1)
 15. Khaled E. Alsharji, Sanabel B. Alkhalaf, **Mohammad F. Alkattan**, Abdullah A. Akbar, Amal H. Alshareefi, and Kholoud A. Alabduljader. Dietary Habits among Kuwaiti Physical Education College Students. *The International Scientific Journal of Physical Education and Sport Sciences*.44-48. 2018
 16. Khaled E Alsharji, **Mohammed F Alkatan**, Abdullah A Akbar, Hasan A Ahmad. The Relative Age Effect in Handball: Its Existence and Influence on Playing Position for Youth and Junior Asian National Teams. *Dirasat-Educational Sciences*. 587-594 .2019
 17. **Mohammed Alkatan**, Abdullah Al Mahmeed, and Khaled Alsharji. Physical Activity Levels, Swimming Ability, and Smoking Status among Kuwaiti Physical Education College Students. *Journal of Applied Sport Science- Alexandria University*. 88-92 .2019
 18. **Mohammed Alkatan**. Anthropometric Profile and Vertical Jump Score in Kuwaiti Male Swimmers: a comparative study. *Assiut Journal of Science and Arts of Physical Education*. 272-279.2019
 19. **Mohammed Alkatan**, and Mohammed Bader Hasan. Physical Activity Levels, Related Energy Expenditure and Body Mass Index During COVID-19 Quarantine Among the Kuwaiti Male Swimmers and Water Polo Players. *Journal of the Gulf and Arabian Peninsula Studies- Kuwait University*. 33-40.2020
 20. Brandon G. Fico, **Mohammed Alkatan**, and Hirofumi Tanaka. No Changes in Appetite Regulating Hormones Following Swimming and Cycling Exercise Interventions. *International Journal of Exercise Science*.1819. 2020 (Q2)
 21. **Mohammed Alkatan**, Khaled Alsharji, Abdullah AlMahmeed, Amal Alshareefi, Sanabel khalaf, Kholoud Alabduljader, and Hazzaa M. Al-Hazzaa. Physical Activity and Sedentary Behaviors Among Active College Students in Kuwait Relative to Gender Status. *The Journal of Preventive Medicine and Hygiene*, 407. 2021 (Q2)
 22. Taha Abdulrahman Aljaser. **Mohammed Alkatan**. Abdulrahman Aljaser. The Effect of Sucking Dry Dates on Walking/Running on Treadmill of some Physiological Variables of Kuwaiti JiuJitsu Players. *Assiut Journal of Physical Education Sciences and Arts*. 2021
 23. عبدالله أكبر، محمد بدر، خالد الشرجي، محمد القطان. دراسة تحليلية لتأثير عاملي العمر والخبرة الرياضية على كلية التربية الرياضية-أبو قير-جامعة. تصور لاعبي التنس وكرة الطاولة بفعالية المدرب في دولة الكويت الإسكندرية. ٤٢٠-٤٤٥. ٢٠٢١

24. الاستراتيجيات الميكانيكية. محمد بدر حسن، عبدالله عبدالعزيز اكبر، طه عبدالرحمن الجاسر، محمد فيصل القطان
مجلة لحركة الوقوف من الجلوس بين الأشخاص الاصحاء و من لديهم آلام اسفل الظهر لدى لاعبي لعبة التنس
أسبوط لعلوم وفنون التربية الرياضية. ٢٨٩-٣٠٧. ٢٠٢٣
25. **Mohammed Alkatan**, Dhari Alown, Ahmed Alsarraf. The relationship between physical activity levels and metabolic syndrome in Kuwaiti adults. Global Journal of Health Science 15 (7), 27-34. 2023
26. Taha A. Aljaser, **Mohammed F Alkatan**, Salman H Mohammad. The Effect of Mouth Rinsing of Carbohydrate Solution on Physical Performance and Some Physiological Variables. Journal of Theories and Applications of Physical Education Sport Sciences.11 (1), 55-71. 2024
27. *Anwar B. Almutairi, Abdullah Alabdulwahab, Maraheb Alkhalidi, Saleh Alnouri, Mohammed Alkatan. The Effect of Fatigue on Static and Dynamic Balance in Healthy Young Male Athletes. BMC Sports Science, Medicine and Rehabilitation 2025. (Q1)*

List of Conference Papers:

1. No Changes In Appetite Stimulating Hormones Following Swimming And Cycling Exercise Interventions: . BG Fico, M Alkatan, Y Zhang, H Tanaka. Medicine & Science in Sports & Exercise 52 (7S), 1070
2. Effect of Caffeine on Maximum Strength and Rate of Force Development in Male Weight Lifters. MF Alkatan, EA Dowling, JD Branch, C Grieco, RO Kollock, MH Williams. Medicine & Science in Sports & Exercise 43 (5), 639 2011
3. Improvements in Vascular Function with Swimming vs. Cycling Training in Patients with Osteoarthritis: 279 Board# 130 May 27, 9: 30 AM-11: 00 AM. M Alkatan, DR Machin, JR Baker, AS Akkari, W Park, EP Pasha, A Sweat. Medicine & Science in Sports & Exercise 47 (5S), 65. 2015
4. Changes in Arterial Stiffness and Blood Pressure during Various Vascular Reactivity Tests. J Lim, M Pearman, M Alkatan, D Machin, W Park, H Tanaka. The FASEB Journal 29, 994.23. 2015
5. Differential responses in brachial and ankle blood pressure during blood pressure reactivity tests. M Pearman, JS Lim, W Park, M Alkatan, D Machin, H Tanaka. The FASEB Journal 29, 1041.6. 2015
6. Effects of Unilateral Remote Ischemic Preconditioning on Anaerobic Exercise Performance in Recreationally Active Adults: E Pasha, A Kraus, DR Machin, M Alkatan, RM Kloner, H Tanaka. Medicine & Science in Sports & Exercise 46 (5S), 191-192. 2014

7. The addition of non-fat dairy products to the regular diet reduces central blood pressure and improves vascular function (272.5) D Machin, W Park, M Alkatan, M Mouton, H Tanaka. The FASEB Journal 28, 272.5. 2014
8. Relative and Absolute Reliability of Balance Measures In Individuals Under Hemodialysis. B Frih, W Mkacher, A Bouzguenda, M Belkhiria, M Alkatan. Acts of the Congress, 231. 2021

Research funded:

- ❖ Research project funded by the General Authority for Applied and Applied Education and Training (Project number: BE-17-14) under the title "Effect of one-night loss on the performance of physical and cognitive tasks in Kuwaiti college students" Principal researcher: Dr. Mohammed Faisal Alkatan.
- ❖ Research project funded by the General Authority for Applied and Applied Education and Training (Project number: BE-19-15) under the title "The Assessment of Physical Activity Levels, Dietary Habits, and Smoking Status among College of Basic Education Students" Principal researcher: Dr. Mohammed Faisal Alkatan.

List of Conference Papers:

1. Lim J, Pearman M, **Alkatan M**, Machin D.R, Park W, and Tanaka H. Changes in Arterial Stiffness and Blood Pressure during Various Vascular Reactivity Tests. Accepted for *Experimental Biology* annual meeting, Boston, MA, 2015.
2. **Alkatan M.**, D.R. Machin, J.R. Baker, A.S. Akkari, W. Park, E. Pasha, A. Sweat, and H. Tanaka. Improvements in Vascular Function with Swimming vs. Cycling Training in Patients with Osteoarthritis. Accepted for *American College of Sports Medicine* annual meeting, San Diego, CA, 2015.
3. Hunter SD, Dhindsa MS, Cunningham E, Tarumi T, **Alkatan M**, Nualnim N, Ahmed A and Tanaka H. Effects of Bikram (Hot) Yoga on Endothelium-Dependent Vasodilation in Young and Older Adults. Accepted for *American College of Sports Medicine* annual meeting, Boston, MA, 2016.
4. **Alkatan M.**, D.R. Machin, J.R. Baker, A.S. Akkari, W. Park, E. Pasha, A. Sweat, and H. Tanaka. Improving upper and lower body strength after Swimming and Cycling Training in Patients with Osteoarthritis. Accepted for *International Conference on Anatomy and Physiology* annual meeting, Birmingham, UK, 2016.

5. **Alkatan M.** Daily Protein Intake with and without Protein Supplementation in Kuwaiti Male Bodybuilders. Accepted for 26th *World Nursing Education Conference*. Prague, Czech Republic, 2017.
6. **Alkatan M,** Abdullah AlMahmeed, Kholoud Alabduljader, Amal Alshereefi, Sanabel khalaf, Khaled Alsharji, and Hazzaa M. Al-Hazzaa. Physical Activity Levels, Swimming and Smoking Status Physical Education Kuwaiti College Students. Accepted for 5th International Conference of The College of Education. Muscat , Oman, 2018(Poster presentation).

Link to the labor market and community service:

- ❖ Lecturer of the first aid course in the General Authority for the Environment on 5-6 / 1/2016
- ❖ Lecture on "Sports and coarse joints" at the Faculty of Science at the University of Kuwait on the date of 21/12/2016.
- ❖ Lecture on "The Effect of Sport on Joint Arthritis" in the Faculty of Health Sciences at the Public Authority for Applied Education and Training on 7/3/2016.
- ❖ Lecturer on the program "Young Volunteer" in Kuwait by the Kuwait Red Crescent Society in 2016
- ❖ Representative of the Kuwaiti Red Crescent Society in assisting the Syrian refugees in the State of Lebanon in 2016.
- ❖ Lecturer in the program "Young Volunteer" in Kuwait by the Kuwait Red Crescent Society in 2017
- ❖ Representative of the Kuwaiti Red Crescent Society in helping the needy families in the State of Algeria in 2017.
- ❖ Lecture "nutrition athletes" to the administrative body of the Kuwaiti Football Federation on 16/12/2017.
- ❖ Lecture on "The importance of sport for people with coarse joints" of the Kuwait Oil Company on 20/2/2018.
- ❖ Lecturer in the program "Young Volunteer" in Kuwait by the Kuwait Red Crescent Society in 2018
- ❖ Attend the "Effective Disaster Response" course held in Jordan from 29/7/2018 to 2/8/2018 by the International Federation of Red Cross and Red Crescent Societies.
- ❖ Presenting the "The Good Home" social TV program, which deals with family and community problems, showed in the KTV2 channel.
- ❖ Presenting the "Medical Walk" a medical TV program, showed in the KTV2 channel.

PROFESSIONAL AFFILIATION:

Name of Professional Body	Year of Membership
American College of Sports Medicine	Since 2008
National Strength and Conditioning Association	Since 2009
Kuwait Red Crescent Society	Since 2001

