

Curriculum Vitae

Name: Shaea A. Alkahtani

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@ShaeaAlkahtani

Background: Saudi Arabian
Married, 3 children
DOB: 15/08/1974
Type 1 diabetic

Duty Assistant Professor of Exercise Physiology
King Saud University



Education

2008 – 2012 PhD, School of Exercise and Nutrition Sciences, QUT, Australia

Thesis title The role of intensity of interval training on fat oxidation and eating behaviour in overweight and obese men

Supervisory team:
Professor: Nuala Byrne [n.byrne@qut.edu.au]
Professor: Neil King [n.king@qut.edu.au]
Professor: Andrew Hills [a.hills@qut.edu.au]

2001-2004 MSc. in Exercise Physiology, King Saud University, Saudi Arabia. GPA 4.78 out of 5
Supervisor:
Professor: Khalid Almuzaini
kmuzaini@ksu.edu.sa
<http://faculty.ksu.edu.sa/almuzaini>

1994-1997 Bachelor of Physical Education (with second class honour). GPA 4.23 out of 5

Occupations

- 1998- 2003 Demonstrator at Dammam Teachers College
- 2004-2012 Lecturer at Dammam Teachers College
- 2013-2015 Assistant Professor of Exercise Physiology at University of Dammam.
- 2015 till now Assistant Professor of Exercise Physiology at King Saud University.

Course teaching

- 2015 – Exercise Physiology, Bachelor Program at College of Sport Sciences and Physical Activity (CSSPA) at King Saud University (KSU).
- 2015 – Seminar: Contemporary Issues in Physical Activity & Health, Bachelor Program at College of Sport Sciences and Physical Activity (CSSPA) at King Saud University (KSU).
- 2015 – Exercise Prescription for Health and Fitness, Bachelor Program at College of Sport Sciences and Physical Activity (CSSPA) at King Saud University (KSU).
- 2014-2015 - Health and Physical Fitness, college of Education, University of Dammam.
- 2014-2015 - Scientific Research Skills for Postgraduate Male and Female students, College of Education, University of Dammam.
- 2013 – Health and Physical Education, Preparatory Year Deanship, University of Dammam.
- 2003-2005 - Paediatric Physical Education, Teachers College, Dammam.
- 2003-2005 - Principles and Programs of Physical Education, Teachers College, Dammam.

Administrative works:

- 2015 – Chair of Internship Training Committee, Department of Exercise Physiology, CSSPA, KSU.
- 2015 – Member of Faculty Committee, Department of Exercise Physiology, CSSPA, KSU.
- 2015 – Member of Quality & Academic Accreditation Committee, Department of Exercise Physiology, CSSPA, KSU.
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Memberships

- An ambassador of European Society of Lifestyle Medicine (ESLM) in Saudi Arabia, 2015.
- The European Society of Lifestyle Medicine (ESLM), Since July 2015.
- The Global Energy Balance Network (GEBN), Since January 2015.
- Clinical Exercise Physiology Association (CEPA), since September 2012.
- American College of Sport Medicine (ACSM), since September 2012.
- European College of Sport Science (ECSS), since January 2011.
- The Australian and New Zealand Obesity Society (ANZOS), February 2008 – February 2012.
- International Association for Study of Obesity (IASO), since February 2008
- International Society for the Study of Fatty Acids and Lipids (ISSFAL), March 2008 – March 2009.
- Sports and Exercise Science New Zealand (SESNZ), November 2010 – November 2012.
- Australian Association for Exercise and Sports Science, July 2009 – July 2012.
- The Saudi Federation for Sport Medicine, Saudi Arabia, 2000-2006.
- The Saudi Federation for Physical Education and Sports, Saudi Arabia, 2000-2006.

Oral presentation

- The relationship between objectively measured physical activity and the Metabolic Syndrome in obese men. The 1st scientific meeting of sport sciences and physical education. Faculty of Sport Sciences and Physical Activity. King Saudi University. Riyadh, 28-29 April 2015.

- ANZOS 2013. The effect of intensity of interval training on fat oxidation, blood lactate and rating of perceived exertion in obese men. *Melbourne 21-23 October 2013.*
- A nominated student to present an overview of the objective and strategies of Energy Metabolism Group. The presentation included 4 different topics, including interval training, resistance to overconsumption in the obesogenic environment, the role of exercise on appetite and gastric empty and diet-induced thermogenesis. QUT Exercise and Nutrition Conference. Brisbane, Australia, 17 February 2012.
- A comparison between the effect of 4-week moderate- and high-intensity training on fat oxidation and insulin sensitivity in obese men. QUT Exercise and Nutrition Conference. Brisbane, Australia, 17 February 2012.
- A comparison between the effect of moderate- and high-intensity interval training on appetite and food intake in obese men. IHBI Inspire Post graduate Students Conference. Brisbane, Australia, 24-26 November 2011
- An overview of the differences between a graded exercise test and a moderate-intensity interval training session in substrate oxidation and physiological variables in obese men. IHBI Inspire Post graduate Students Conference. Gold Coast, Australia, 24-26 November 2010.
- Mechanical work and metabolic stress in response to high- and low-intensity interval exercise among obese men. 2010 Asics Conference of Science and Medicine in Sport. Sports Medicine Australia. Port Douglas, Australia, 3-6 November 2010.
- Comparison of energy expenditure and fat oxidation from a graded exercise test with a moderate-intensity interval training session in obese men. International Sports Science and Sports Medicine Conference. Newcastle Upon Tyne, England, 19-21 August 2010.
- The association/disassociation between physiological variables during different doses of interval exercise among overweight/obese men. The 10th scientific meeting of Straddie Conference. Brisbane, North Stradbroke Island, Australia, 6-8 April 2010.
- Presenting a study conducting on soccer players and inactive children, incorporate with Professor Hazzaa M. Al-Hazzaa. The 2nd Arabian Congress on Obesity and Physical Activity, Centre for Biological Research, Kingdom of Bahrain's Nutrition Centre, Manama, Kingdom of Bahrain. 13-15 December 2005.

Poster presentation

- Validity of Leeds Food Preferences Questionnaire in Arabs. International Sport + Exercise Nutrition Conference held on 16-18 December 2014 in Newcastle upon Tyne, UK.
- The effect of moderate- and high-intensity interval training on substrate oxidation and nutrient preferences in obese men. International Society of Sports Nutrition 11th Annual Conference and Expo, Clearwater Beach FL, June 20-21, 2014.
- Prevalence and relationships between habitual daily activity, BMI and physical fitness for first-year College students in Saudi Arabia. 5th International Congress on Physical Activity and Public Health, Rio de Janeiro, Brazil, 8-11 April, 2014.
- The compensations of eating behaviour were greater after moderate- than high-intensity interval training in obese men. *ACSM's 60th Annual Meeting and 4th World Congress on Exercise is Medicine. Indianapolis, Indiana, USA, 28 May – 1 June 2013.*
- Nutrient preferences and appetite sensations in responses to high- and moderate-intensity interval exercise in obese men. ANZOS Annual Scientific Meeting. Sydney, Australia, 21-23 October 2010.

Co-author Conference Presentation

- Al-Fuhaid, Abdullah, Yer, Talay, Alsunni, Ahmed & Alkahtani, Shaea. Effect of different work/rest periods of high intensity interval exercise on heart rate variability in obese men. The 1st scientific meeting of sport sciences and physical education. Faculty of Sport Sciences and Physical Activity. King Saudi University. Riyadh, 28-29 April 2015.
- Al-Shahrani, Abdullah, Yer, Talay, Alsunni, Ahmed & Alkahtani, Shaea. Effect of isometric and isokinetic exercise on baroreflex sensitivity in obese men. The 1st scientific meeting of sport sciences and physical education. Faculty of Sport Sciences and Physical Activity. King Saudi University. Riyadh, 28-29 April 2015.

Published conference Abstracts and proceedings

- Alkahtani, S; Dalton, M; Abuzaid, O; Finlayson, G. Validation of the Leeds Food Preferences Questionnaire in Arabs. Abstracts from the International Sport and Exercise Nutrition Conference 14, International Journal of Sport Nutrition and Exercise Metabolism, 2015, 25, S1-S12.
- S. Alkahtani, A. Hills, King N and N. Byrne. The effect of intensity of interval training on fat oxidation, blood lactate and rating of perceived exertion in obese men. *Obesity Research & Clinical Practice*. 7 (2), 2013, p. e34.
- Shaea A Alkahtani, Nuala M Byrne, Andrew P Hills, Neil A King. Interval training intensity affects energy intake compensation in obese men. *Medicine & Science in Sports & Exercise*: May 2013, 45 (5S); P 334-339. Doi: 10.1249/01.mss.0000433689.04820.0c
- S. Alkahtani, A. Hills, N. Byrne and King N. Nutrient preferences and appetite sensations in responses to high- and moderate-intensity interval exercise in obese men. *Obesity Research & Clinical Practice*. 4 (1), 2010, p. S5.
- S. Alkahtani, A. Hills, N. Byrne and King N. Mechanical work and metabolic stress in response to high- and low-intensity interval exercise among obese men. *Journal of Science and Medicine in Sport*, 13 (6) Supplement December 2010, pp. 24-25.
- S. Alkahtani, A. Hills, N. King and N. Byrne. Comparison of energy expenditure and fat oxidation from a graded exercise test with a moderate-intensity interval training session in obese men. *British Journal of Sport Medicine*. 44 (14), November 2010.
- Almuzaini, K. S, Idrees, S. Ibraheem, F. And Fagieh, M. Classification of Athletes into Sports Based On Physical and Physiological Variables. The 12th annual congress of the European College of Sport Science, July 11-14, 2007, Jyvaskyla, Finland. Abstract is published in Book of Abstracts edited by J. Kallio et al. printed by Otavan Kivjapaino OK, Keuruu, 2007.

Peer-reviewed papers

- Mohammed Al-hariri, Shaea Alkahtani and Ahmed Abdelgayed. Impact of life behaviour on students physical fitness at University of Dammam in Saudi Arabia. *Academic Research International*, 5 (3), May 2014.
- Alkahtani, S., Byrne, N., Hills, A., King, N. Acute interval exercise intensity does not affect appetite and nutrient preferences in overweight and obese males. *Asia Pac J Clin Nutr*; 2014;23(2). doi: 10.6133/apjcn.2014.23.2.07
- Shaea A. Alkahtani, Nuala M. Byrne, Andrew P. Hills, Neil A. King. Interval training intensity affects energy intake compensation in obese men. *Int J Sport Nutr Exerc Metab*. 2014 Mar 25.
- Shaea A. Alkahtani. Comparing fat oxidation in an exercise test with moderate-intensity interval exercise. *J Sports Sci Med*. Jan 2014; 13(1): 51-58.

- Shaea A. Alkahtani, Neil A. King, Andrew P. Hills, Nuala M. Byrne. Effect of interval training intensity on fat oxidation, blood lactate and the rate of perceived exertion in obese men. *SpringerPlus*, 2013 Oct 17;2;532. doi: 10. 1186/2193-1801-2-532.
- Alkahtani, S. and K. Almuzaini. Physical and physiological characteristics in relation to performance in Saudi Youth Table Tennis players. *The Saudi Journal of Sports Medicine*, 7 (2): 15A-32A, 2003 (In Arabic).

Invited reviewer/reviewing board:

- Member of reviewing board of Current Research in Nutrition and Food Science, since June 2015.
- Current Research in Nutrition and Food Science, invitation date 10 June 2015 (accepted)
- Medicine & Science in Sports & Exercise, invitation date 26 March 2015 (accepted)
- Nutrition and Medicine (NUME), invitation date 04 February 2014.
- Appetite, invitation date 02 June 2014.
- Medicine & Science in Sports & Exercise, 2 articles, invitation date 9 July 2014 (accepted)
- SciTechnol, invitation date 14 July 2014
- Journal of Food and Nutrition, to join the editorial board, 18 July 2014

Post-Graduate supervision

- Co-supervisor: Physiology Department, Faculty of Medicine, University of Dammam, MSc. Candidate: Abdullah Alfuhaid; dissertation title: Effect of interval training on heart rate variability and baroreflex sensitivity, 2014.

Honorarium and paid Consultations, research assistance and research funds

- Running 4 research within 2013 and 2014, with total budget of USD 100 K.
- Appointment of Casual professional Staff, Clinic Assistant and Instructor Group Classes/QAS testing and Indoor Cycling, Higher Education Worker Level HEW3 at Health Clinic – Exercise Department at QUT from 31/09/2011 till 31/12/2011. (Average payment \$28 per hour). Staff ID S00707667. This contract was renewed (with higher payment - \$32 per hour) from 01/01/2012 to 31/07/2012.
- AU\$ 4000 as external funds for the PhD project from Ministry Of Higher Education in Saudi Arabia.
- AU\$ 3000 honorarium from IHBI for working in Postgraduate Committee, 2010, expended to the project.
- ANZOS Student Travel Grant to assist with travel to the 2010 ANZOS conference in Sydney 21-23 October 2010.
- Provision of consultations regarding training programs and periodically newsletter to a health club entitled Allaith Health club in Al Khobar, Saudi Arabia. Period of 3 months with payment of US\$ 2000, 2005.
- Establishing a scientific library and arranging public lectures regarding nutrition and physical activity for Prince Sultan Rehabilitation Centre in Dammam, Saudi Arabia. Period of 6 months with total payment of US\$ 5000, 2005.
- A thankful letter and an honorarium US\$ 700 from the principal researcher for the assistance in IPAQ study, Riyadh, Saudi Arabia, 1 June 2003.

Invited scientific visits

- 15 December 2014: University of Leeds accepting the invitation from Professor Graham Finlayson, and presenting a seminar on my work in related to High Intensity Interval Training.

Volunteering work related to sport science, and public health presentation and publication

- 2013: A certificate from Psychology and Education Department at Faculty of Education at University of Dammam for the participation in the Psychological and Behavioural Program of prisoners in Dammam Prison.
- A member of Institute of Health and Biomedical Innovation Postgraduate Committee 2010, and Health and Wellbeing Domain Student representative 2010, QUT, Australia, 2010.
- Isotope Methodology in Body Composition and Energy Expenditure. International Atomic Energy Agency. Keynote presenter: Professor Tom Preston from Scotland. 23 November -4 December 2009, Brisbane, Australia.
- Isotope Methodology in Body Composition and Energy Expenditure and Objective Measurement of Physical Activity. International Atomic Energy Agency. Keynote presenter: Professor Michael Goren from USA. 27-31 October 2008, Brisbane, Australia.
- Acknowledged for the assistance in data collection. K. Almuzaini. The less bias physical fitness tests in obese compared with non-obese children. *The Arabic Journal of Nutrition*, 18: 57-73, 2007 (In Arabic).
- Coordinator of lecture of nutrition and health, presented by Professor Abdurrahman Musaigure, organized by Teachers College in Dammam in collaboration with Al Qadessiah Club in Al Khobar, The lecture was sponsored by commercial agency with total of US\$ 3000, 2005.
- Coordinator of lecture of nutrition and health, presented by Professor Abdurrahman Musaigure, organized by Prince Sultan Centre for rehabilitation in Dammam, 2005.
- Establishing and coordinating a committee of Human Movement specialists in Eastern Province in Saudi Arabia, 2004 and 2005. The Saudi Federation for Physical Education and Sport supported this idea, and appointed a coordinator in 2006.
- Attending and supporting all lectures and workshops held by Physical Education Department in Education Ministry – Eastern Branch.
- Presented a lecture of Physical Activity and Energy Metabolism at King Fahad College for Naval Military Science, and received a trophy from the College, 2005.
- Nominated by The Federation for Physical Education and Sport, and presented a lecture at Education Ministry – Al Ahsa Branch, 2006.
- Coordinator of a workshop "How to design a program for the purpose of weight loss" and participated by a paper entitled "The concept of energy balance in the human body,"

hosted by the Center for Training and Community Service at Teachers College in Dammam, Dammam, Saudi Arabia, 13 December 2004.

- Research assistant in data collection in the study of the level of physical activity in Saudis IPAQ, Riyadh, Saudi Arabia, 15 April – 30 May 2003
- Presenting a lecture of Basic Knowledge of Energy Metabolism, Al Ragi Health club, Riyadh, Saudi Arabia, 14 January 2003.
- Presenting a lecture of Basic Knowledge of aerobic training for health, Al laith Health club, Al Khobar, Saudi Arabia, 18 November 2002.
- Published 15 articles entitled "Health and physical activity" in periodically bimonthly magazine "Sahha alkhaliy - Gulf Health", an official journal of the Executive Office of the Council of Health Ministers of the Gulf Cooperation Council for the Arab Gulf Countries, Riyadh, Saudi Arabia, 2002 – 2006.
- An article entitled "the consideration of your health and physical activity," in corporation with Annual Charity Running in Al Khobar, Dar Alyawm, Dammam, Saudi Arabia, 22 March 2004.
- Two articles entitled "The scientific perspective of obesity, and physical activity: important Facts for safe training," in a special issue entitled "your health is your life," published by Dar Alyawm, Dammam, Saudi Arabia, 23 March 2003.
- An article entitled "water content of the human body" in Alrriady newspaper, Dammam, Saudi Arabia, 3 November 2002.

Conferences and workshops attendance

- 20 January 2015: ACSM CEC Certificate of a Webinar Course entitled 'Individual Exercise Programming for those with Claudication: A guide for Clinical Exercise Professionals. Presented by Dr. Mark A. Patterson. Continuing Education of Clinical Exercise Physiology Association.
- 16 November 2014: Certificate of completion of the computer-based Clinical Research Training Course, introduced by NIH Office of Clinical Research Training and Medical Education.
- Australian First Aid Certificate included CPR, basic emergency life support and first aid, Brisbane, Australia. 21 July 2011.
- The Indoor Cycling Training Course; this course was offered to four students who were nominated to lead cycling indoor classes in the Human Movement Studies Clinics on Semester 2, 2011. (This is not transferable to other institution or facilities); 7 July 2011.
- Exercise & blood pressure. Exercise and sport Science Association / Sports Dietitians Association. Gold Cost 8 April 2010.
- Biomechanical considerations in exercise design for the overweight client. Exercise and sport Science Association / Sports Dietitians Association. Gold Cost 7 April 2010.
- Science & Nutrition in Exercise & Sport. Exercise and sport Science Association / Sports Dietitians Association. Gold Cost April 2010.
- Anthropometry workshop conducting ISAK procedure of landmarks/skinfolds and circumferences measurements delivered by an ISAK constructor Masaharu Kagawa, Queensland university of Technology, Brisbane, Australia. 19-21 May 2009.
- Heart in focus – celebration, collaboration and challenges organised by Heart Foundation, Brisbane, Australia. 14-16 May 2009.

- CPR for adults First Response training course, Brisbane, Australia. 29 January 2009.
- Work closely with the organiser of Parvo System (Gas Analysis Exchange System) Pat Yeh to assembly and set a system at QUT, Brisbane, Australia. 1-2 December 2008.
- ANZOS Annual Scientific Meeting in Brisbane November 20-22 2008.
- Perspectives on Childhood Obesity and Eating Disorders: from Prevention to Treatment. Children's Nutrition Research Centre (CNRC), Brisbane, Australia. 10 – 11 October 2008.
- The 2nd Arab Conference for obesity and physical activity equivalent to 17 hours Continuing Medical Education (CME), The Kingdom of Bahrain, 13-15 December 2005.
- The 7th meeting of the School Health and the 3rd meeting of health-promoting schools, organized by the General Administration of Medical Services at the Ministry of Education, Dammam, Saudi Arabia, 21-23 March 2005.
- Scientific Workshop equivalent to 9 hours Continuing Medical Education (CME). Organized by the Saudi Federation of Sports Medicine in collaboration with the International Olympic Committee, Riyadh, Saudi Arabia, 18-22 December 2004.
- First Aid Workshop. Saudi Red Crescent Society, Dammam, Saudi Arabia, 11 August 2004.
- A panel discussion on "physical education in schools from an international perspective" presented by Professor Ken Hardman. Organized by the Saudi Federation for Physical Education and Sports, Riyadh, Saudi Arabia, 13 June 2004.
- Workshop on "Health-related physical activity for students." Hosted by the Saudi Federation for Physical Education and Sports in cooperation with the Exercise Physiology Laboratory at King Saud University, Riyadh, Saudi Arabia, 13 April 2004.
- Workshop on "Promoting physical activity and sports at school students and young people in the countries of the Gulf Cooperation Council. Sponsored by the Bahrain Center for Studies and Research and the Arab Center for Nutrition, The Kingdom of Bahrain, 7-8 January 2004.
- The 16th symposium of the patients' friends committees in Saudi Arabia, hosted by the Chamber of Commerce and Industry, Riyadh, Saudi Arabia, 15-16 April 2003.
- The 14th scientific session of the Saudi Heart Association. Al-Khobar, Saudi Arabia, 21–23 January 2003.
- The scientific symposium "Towards a healthy environment for children". Organised by Ministry of Health Saudi Arabia, Riyadh, Saudi Arabia, 7-8 April 2003.
- The 1st Arab Conference on Primary Health Care in the Arab World "family medicine health and social necessity." Organised by the Bahrain Medical Society and the Association of Family Physicians Bahrain, Kingdom of Bahrain, 25-27 February 2003.
- Health awareness seminar "... the goal of health education and development", organised by King Khalid Eye Specialist Hospital in collaboration with the Executive Office of the Council of Health Ministers of the Gulf Cooperation Council for the Arab Gulf states, Riyadh, 30-31 December 2002.
- The 1st Arabian Congress on Obesity and Physical Activity, 24-26 December, 2002. Centre for Biological Research, Kingdom of Bahrain's Nutrition Centre, Manama, Kingdom of Bahrain.
- The 13th training workshop of sport medicine, The Saudi Federation for Sport Medicine, Riyadh, Saudi Arabia, 11-14 February 2001.

General Scientific Workshops

- Intensive Training Course of Essential Teaching Needs for University's Faculty. The Deanship of Academic Development at the University of Dammam. Dammam. 26-29 January 2015.
- Teaching for creativity and innovation. The Deanship of Academic Development at the University of Dammam in corporation with Buffalo State. Mr. Paul Reali, the trainer at State University of New York in the USA. 19-20 November 2014.
- 'Conflict Management Workshop', organised by the Academic Leadership Center, Ministry of Higher Education, held at Le Meridien Hotel, Al Khobar, on 11 December 2013.
- Research writing workshop delivered by Vivian Mawson. Institute of Health and Biomedical Innovation. Brisbane. 7-8 June 2010.
- Research methods workshop: ANOVAs and regression – basic. Research Methods Group; IHBI, QUT, Australia, 2010.
- Research methods workshop: Linear Regression Models – Intermediate. Research Methods Group; IHBI, QUT, Australia, 2010.
- 10 skills for successful person," equivalent to 3 hours of training. Teachers College in Dammam, Dammam, Saudi Arabia, 9 February 2005.
- Open communication of some education concepts related to Children and schools, equivalent to 16 hours of training, organized by the Department of Educational Training, General Department of Education in the Eastern Province, Dammam, Saudi Arabia, 16-19 September 2004.
- Workshop "thinking skills and the influence on children motor skills characteristics," equivalent to 20 hours of training, organized by the Education Department for Education and management education in the Eastern Province, Dammam, Saudi Arabia, 22 - 25 March 2004.
- Seminar on "The development of financial resources for sports clubs". The 7th International Friendship Championship, Abha, Saudi Arabia, 5-8 August 2003.
- Workshop "e-learning." The Prince Sultan College for Tourism and Hotel Sciences – Abha, Saudi Arabia, 5 July 2003.
- Workshops "The ideal thinking, how to face and win Life's challenges, and transformational leadership." The Prince Sultan College for Tourism and Hospitality Sciences in cooperation with Saudi Arabian Airlines, Abha, Saudi Arabia, 20-22 July 2002.
- Workshop (statistical software package in the Social Sciences - SPSS \ PC), hosted by the Research Center, College of Education, King Saud University, Riyadh, Saudi Arabia, 17-19 March 2002.
- Football Referee Course, organised by Saudi Referee Committee, and held at the Office of the General Presidency for Youth Welfare - Abha., Saudi Arabia, 14-27 July 1996.

English Preparation Courses

- Academic English Course at Centre of English Language Teaching at University of Western Australia, Perth, Australia, 4 January – 29 June 2007.
- Achieved overall score 6 in Academic IELTS, Perth, Australia, 18 November 2006.
- English Course at Institute of Public Administration, Level 1 and 2, Riyadh, Saudi Arabia, 15 July – 15 December 2005.

- English Course at Direct English Institute – Level 2, Dammam, Saudi Arabia, 27 September – 22 December 2004.
- English Course at King Fahad University – Level 3, Dhahran, Saudi Arabia, 27 March – 18 May 2004.

Administration work at Teachers College in Dammam, Saudi Arabia

- Administrative person in charge of Sport Teams participated in Teachers Colleges Champion, Riyadh - Saudi Arabia, 2005.
- Administrative person in charge of Sport Teams participated in Teachers Colleges Champion, Hail - Saudi Arabia, 2005.
- Secretary of Community Service and Training Centre, 1999.
- Chair of Student Graduation Committee in 2005.
- Head of School of Physical Education, 2005.
- Deputy of Student Affair, 2004.
- A member of Student Graduation Committee in 2004.

- Note: Certificates and letter of attendees are available.
- Shaea Alkahtani, updated on 09 April 2015.