



KASHEF N H ZAYED

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MISSION

- Effective and meaningful teaching of undergraduate and graduate students, supervision research works of graduate students.
- Engagement in substantial scholarly activities emphasizing on research and publication.
- Work to achieve quality requirements in academic programs specialized in the field of physical education and sports sciences and prepare for obtaining international academic accreditation and recognition.

EDUCATION

Ph.D. of Education. [University of Bucharest](#). Romania, 1996.

High Diploma (Counseling Psychology), [Jordan University](#), 1989.

Masters of Physical Education in Sports Psychology, [Helwan University](#),
Cairo, Egypt, 1983.

Bachelor of Education in Physical Education, [Baghdad University](#), Baghdad,
Iraq, 1979.

PROFISSIONAL EXPERIENCE

(2021-present): Professor, College of Education, Department of Physical Education & Sport Sciences.

(2011-2021): Associate Professor, College of Education, Department of Physical Education & Sport Sciences.

(4July-2016): Visiting professor, Faculty of Sport Sciences, University of Regensburg, Bavaria, Germany.

(2nd September, 2007-2nd September, 2011): Head, Department of Physical Education & Sport Sciences, SQU.

(2002-2011): Assistant Professor, Department of Physical Education & Sport Sciences, Faculty of Education, Sultan Qaboos University.

(1998-2002): Lecturer, Department of Physical Education & Sport Sciences, Faculty of Education, Sultan Qaboos University.

(1990-1998). Assistant Lecturer, Department of Physical Education & Sport Sciences, Faculty of Education, Sultan Qaboos University.

(1989-1990): Part-time Lecturer, Higher College of Qualifying Teachers, Ministry of Higher Education, Amman.

(1983-1988): Part-time Lecturer, Faculty of Physical Education, University of Jordan, Amman.

(1987-1990): Head, and Lecturer, Department of Physical Education, Al-Salt Teachers Community College, Al-Salt, Jordan.

INTERNATIONAL SCIENTIFIC AND ACADEMIC CONTRIBUTIONS

- (October 2017). External Evaluator and Head of the Academic Evaluating Committee. Education & Training Quality Authority, Kingdom of Bahrain. Task: Responsible for Evaluating Academic Undergraduate Program at Bahrain University.
- (2013- now). Authorized evaluator in Qatar National Research Fund –QNRF. Qatar
- (2011 – Now) Reviewer of several of peer reviewed international journals.
- Keynote Speaker in several International, regional, and local conferences and symposiums.
- (15 – 17 November, 2008) Member of the task force, Project of Global Strategy on Diet and Physical Activity (DPAS). World Health Organization (WHO). Dubai, UAE.

RESEARCH INTERESTS

Mental health and wellbeing
Active lifestyle Physical Activity
Attitudes and motives in PE and Sport field
Motor learning

COURSES (Undergraduate level)

Introduction to Sports Psychology, Sultan Qaboos University (SQU), and Regensburg University (RU).
Psychology of Coaching & Training, SQU
Motor Learning, SQU
Sport & Health, SQU
Introduction and History of Physical Education, SQU
Physical Fitness: Theory & practice, SQU
Adapted Physical Education, SQU

COURSES (Graduate level)

Exercise & Sport Psychology, SQU
Motor Learning & Control, SQU

RESEARCH

Google Scholar: https://scholar.google.com/citations?user=68AkC_4AAAAJ&hl=en

Research Gate: https://www.researchgate.net/profile/Kashef_Zayed

Scopus: <https://www.scopus.com/authid/detail.uri?authorId=55175347400>

ACADEMIC COMMITTEES over the past 5 years (College and Department levels):

Accreditation and Quality Assurance Committee
Research Committee
Graduate Studies Committees
Academic Programs Evaluation Committee
Academic Promotions Committee
College of Education Board
Undergraduate Studies Committee

PEER REVIEWED JOURNALS EDITORIAL BOARD MEMBER:

Journal of Exercise, Sports & Orthopedics,

<http://www.symbiosisonlinepublishing.com/exercise-sports-orthopedics/>

DOI: <http://dx.doi.org/10.15226/2374-6904/>, ISSN Online: 2374-6904

Journal of Movement and Nutrition in Health and Disease. <https://www.movement-nutrition.de/> ISSN: 2512-0751.

RESEARCH & PUBLICATIONS

A: Research published in refereed journals

- Muslem Khalfan Al-Droushi, A., Mubarak Masaad Al-Jadeedi, K., & Zayed, K. (Accepted/In press). Factors Affecting the Satisfaction of Sultan Qaboos University Students with Remote Academic Supervision. *International Journal for Research in Education (IJRE)*.
- Omara, E., **Zayed, K.**, al-Busafi M., al-Attiyah A., al-Rawahi, N., al-Haramleh A., al-Shamli, A., al-Jadidi, K., & al-Qaiedi, A. (2022). Basic Psychological Needs Satisfaction and its Impact on the Mental Health among Undergraduate Students in Selected GCC Universities. *accepted for publication in Dirasat Journal: Educational Sciences*, 49(1): 363 - 376. **(In Arabic)**
- **Zayed, K.** N., Omara, E. N., Al-Rawahi, N. Y., Al-Shamli, A. K., Al-Attiyah, A. K., Al-Haramleh, A. A., ... & Hassan, M. A. (2021). Psychometric properties of the Arabic version of the Basic Psychological Needs Satisfaction-Frustration Scale (BPNSFS). *BMC psychology*, 9(1), 1-11.
- Petra Jansen, Markus Siebertz, Philipp Hofmann, Kashef Zayed, Dalia Zayed, Faisal Abdelfattah, Laura M. Fernández-Méndez & Meneghetti C. (2021). Does self-compassion relate to the fear of the future during the 2020 coronavirus pandemic? A cross-cultural study, *Cogent Psychology*, 8:1, DOI: <https://doi.org/10.1080/23311908.2021.1976438>
- Jansen, P., **Zayed, K.**, & Kittsteiner, J. (2020). Body image and the relation to mindfulness and self-compassion in physical education students: a cross-cultural study. *Health Psychology Research*, 8(3).
Zayed, K., Al-Khasawneh, G., Amara, I., Al-Shamli, A., Azab, M., Al-Haramleh A., Hassan, M., Al-Rawahi, N., and Al-Attiyah, A.(2020). Leisure-time Exercise Enhances the Psychological Health of Undergraduate Arab Students. *accepted for publication in Dirasat Journal: Educational Sciences. University of Jordan*. August, 17th 2020. **(In Arabic)**
- Al-Shibli, M., **Zayed, K.** and Farouk, A. (2020). Finding Ways to Attract Fans to Attend the Professional Football League Matches in the Sultanate of Oman. *Journal of Sports Sciences and Physical Education, King Saud University*. Accepted for publication on 6/22/2020. **(In Arabic)**
- Suleiman, Souad., Zayed, Kashef., Al-Ani, Maha (2019). The Effect of Recreational Exercise Program on Reducing Depressive Symptoms and Improving Psychological Well-being: A Quasi-Experimental Study on an Undergraduate Female students at SQU. *Journal of the Federation of Arab Universities, Education and Psychology*. Accepted for publication on 7/29/2019. **(In Arabic)**
- Al-Riyami, E., **Zayed, K.**, and Ibrahim, A. (2018) The relationship between Omani School Principals' Attitudes towards Physical Education and Attitudes towards Physical Activities. *Journal of Sport Sciences and Physical Education, King Saud University*. 3(1): 35 – 52. **(In Arabic)**
- **Zayed, K.**, Jeyaseelan, L., Al-Adawi, S., Al-Haddabi, B., Al-Busafi, M., Al- Tauqi, M., Al-Rawahi, N., Wally, M., Thiyabat, F. (2019). Differences Among Self-Esteem in a Nationally Representative Sample of 15-17-Year-Old Omani Adolescents. *Psychology Research*, 9(4): 178-188.
- Al-Amri, D., **Zayed, K.**, and Al-Haddabi, B. (2019). The Effect of Sport Recreational Program on Psychological Adjustment for Juvenile Delinquents in the Sultanate of Oman. *Journal of Sport Sciences and Physical Education. King Saud University*. Accepted for Publication in 1st of May 2019. **(In Arabic)**
- Jansen, P., Scheer, C., & **Zayed, K.** (2019). Motor ability and working memory in Omani and German primary school-aged children. *Plos One*, 14(1), e0209848. doi.org/10.1371/journal.pone.0209848

- **Zayed, K., & Jensen P.** (2018). Gender differences and the relationship of motor, cognitive and academic achievement in primary schoolchildren in Oman. *Frontiers in Psychology: Educational Psychology* 9, 2477. doi.org/10.3389/fpsyg.2018.02477. **Awarded 2nd place at the Sheikh Faisal Bin Qassim Al Thani for Educational Research _ Academics Category. Awarded by Al Faisal Without Borders' Foundation.**
- **Zayed, K.,** Al Qaryouti, I., and Al Mamari, M. (2018). Factors Affecting Attitudes of Undergraduate Students. *International Journal for Research in Education*, 42(1): 264-277. Available at: <https://scholarworks.uaeu.ac.ae/ijre/vol42/iss1/9>. **(In Arabic)**
- Al-Busafi, M., **Zayed, K.,** Wally, M. (2018). Anthropometric Attributes and Dietary Practices of School aged Adolescents in Different Governorates of Oman. *Swedish Journal of Scientific Research*, 5(1):1-6.
- **Zayed, K. N.,** Ahmed, M. D., Van Niekerk, R. L., & Ho, W. K. Y. (2018). The mediating role of exercise behaviour on satisfaction with life, mental well-being and BMI among university employees. *Cogent Psychology*, 5(1), 1430716.
- Zayed K., Waly M., Al Haddabi B., Al-Busafi M., Al-Rawahi N., Al-Tauqi M., and Thiyabat F. (2017). Obesity, eating habits and sedentary behavior of Omani young adolescents: a cross-sectional study. *EC Nutrition*, 7, 03-10.
- Ahmed, M. D., Ho, W. K. Y., **Zayed, K.,** Van Niekerk, R. L., & Lee, J. Y. L. (2016). The adolescent age transition and the impact of physical activity on perceptions of success, self-esteem and well-being. *Journal of Physical Education and Sport*, 16(3), 776-784. DOI:10.7752/jpes.2016.03124.
- Jansen, P., **Zayed, K.,** & Osmann, R. (2016). Gender differences in mental rotation in Oman and Germany. *Learning and Individual Differences*, 51, 284-290. doi.org/10.1016/j.lindif.2016.08.033.
- Al-Busafi, M., **Zayed, K.,** Al-Haddabi, B. (2016) Attitudes of Early Childhood Educators in Oman towards Movement Education. *Journal of Educational & Psychological Studies, Sultan Qaboos University, Volume 10(3)*, 498-507. **(In Arabic)**
- **Zayed, K.** Al-Busafi, M., Al Haddabi, B., Al-Rawahi, N., Al-Tauqi, M., and Thiyabat, F. (2016). Gender Differences in Self-Esteem and its Relationship with Body Mass Index among Omani Adolescents. *The Canadian Journal of Clinical Nutrition*, 4(1), 18-24.
- **Zayed, K.,** Frieze, I. (2015). University Students' Motives to Exercise According to the Self-Determination Theory. *Journal of Educational & Psychological Studies, Sultan Qaboos University, Volume 9(2)*, 340-350. **(In Arabic)**
- Li, C., **Zayed, K.,** Muazzam, A., Li, A. Cheng, J. & Chen, A. (2015). Motives for Exercise in Undergraduate Muslim Women and Men in Oman and Pakistan Compared to the United States. *Sex Roles*. 72(1/2), 68-84
- **Zayed, K.,** & Al- Kilani (2014). Physical activity is associated with depression and self-esteem levels among Omani female children. *Canadian Journal of Clinical Nutrition Volume 2 (1)*, 15-28.
- Gillis, L., Tomkinson, G., Olds, T., Moreira, C., Christie, C., Claudio, N., Cerin, E., Sluijs, E., Stratton, G., Janssen, I., Dorovolomo, J., Reilly, J., Mota, J., **Zayed, K.,** Kawalski, K. Andersen, L., Carrizosa, M., Tremblay, M., Chi, M., Hamlin, M., Thomas, N., Maddison, R., Biddle, S., Gorely, T., Onywera, V., and Mechelen, V. (2013) Research priorities for child and adolescent physical activity and sedentary behaviors: an international perspective using a twin-panel Delphi procedure. *International Journal of Behavioral Nutrition and Physical Activity* 10:112. <http://www.ijbnpa.content.10/1/112>.

- Al-Kilani, H., Al-Yarobi, S., **Zayed, K.**, Alzakwani, I, Bererhi, H., Shukri, Alrasadi, K. (2013). Physical Fitness Attributes, Vitamin D, Depression, and BMD in Omani's Children. *European Scientific Journal*. 9(30), 156-173.
- Al-Rawahi, N., **Zayed, K.** (2013). A Comparative Study of Multiple Intelligences Types According to Gender and the University to which Physical Education Students Belong at Some Universities in Oman. *Al-Rafidain Sport Science Journal*. University of Mosul. Accepted for publishing. 8/9/2013. (In Arabic)
- Al-Busafi, M., **Zayed, K.**, and Al- Kitani, M. (2013). Evaluation of Talent Identification Methods for National Teams in The Sultanate of Oman: Current Models and Future Directions. *Gymnasium, Scientific Journal of Education, Sports, and Health*. 1(14), 106 – 119.
- **Zayed, K.**, Abu-Hilal, M., Al- Diabat, F. (2011). Attitudes of Omani PE Teachers and PE College Students Towards Teaching PE. *Scientific Journal of Physical Education & Sports, Helwan University*. 2(63), 269 – 279.
- Abu-Hilal, M., **Zayed, K.** (2011). Optimism and Pessimism of Physical Education and Non-Physical Education Students: Invariance of Structure. *Electronic Journal of Research in Educational Psychology*, 9(3), 1267-1284.
- **Zayed, K.** (2011). The Level of Self-Esteem of Omani Female Athletes and its Relationship to Attitudes towards Sport Activities. *The educational Journal, Academic Publication Council-University of Kuwait*. 25(99), 377 – 403. (In Arabic)
- Mohib, H., **Zayed, K.**, Al- Toqi, M., Al- Tawansi, M., Hamdi, W., Abdulmenim, E., Morsi, H., Fargali, N., and Al- Jadeedi, Kh. (2010). The Level of Selected Motor Abilities of Basic Education Students in Muscat Region. *Scientific Journal Physical Education and Sport Technology, Abdelhameed Bin Bades University, Mastghanem, Algeria*. (7), 1-19. (In Arabic)
- Mohib, H., Al- Tauqi, M., **Zayed, K.**, Morsi, H., Al- Tawansi, M., Hamdi, W., Abdulmenim, E., Fargali, N., and Al- Jadeedi, Kh. (2009). Motor Abilities of Female Students Age 6-9 in Muscat Region. *Scientific Journal of Physical Education and Sport, Helwan University* (9), 373-393. (In Arabic)
- Buabbas, Y.; Hassan, A.; and **Zayed, K.**, (2009). A comparative study of perceptual motor abilities of Omani and Kuwaiti primary school pupils. *Scientific Journal of Physical Education and Sport, Alexandria University*, 36, 11-32. (In Arabic)
- Al- Hayek, S., & **Zayed, K.**, (2008). The effect of learning swimming skills through the Internet on Physical Education students' perspectives. *An Najah University Journal for Research –B (Humanities)*, 22 (2), 411 – 436. (In Arabic)
- **Zayed, K.**, (2007). Omani Physical Educators' job satisfaction and its relationship with selected variables. *Journal of Educational & Psychological Sciences, Bahrain University*, 9 (4), 161 – 182. (In Arabic)
- Al- Mehrizi, R., & **Zayed, K.**, (2007). Prevalence of Depression Among Islamic Education and Physical Education Majors' New Students at SQU. *Journal of Educational Sciences, Qatar University*, 13, 355 – 378. (In Arabic)
- Al- Sarmi, A., & **Zayed, K.**, (2006). College of education students' satisfaction with and expectations from Academic Advising. *Magallat Kulliyat – Tarbiyat, United Arab Emirates University*. 23, 59 – 88. (In Arabic)

- **Zayed, K.**; Hassan, A.; and Seddeaq, S., (2005) Attitudes of Omani children (12 - 15 Yrs) towards sport activities. *Journal of the Service Center for Research. Monofia University, January Issue*, 1 – 20. (In Arabic)
- **Zayed, K.**; Al- Jebali, M.; Al- Shoaili, A., (2004). Attitudes of SQU students towards physical activities and their relationships with selected variables. *A Series of Psychological and Educational Studies, College of Education, Sultan Qaboos University*. 8, 48 – 77. (In Arabic)
- **Zayed, K.** (2004). The correlation between aptitude test scores and level of academic performance of physical education students at Sultan Qaboos University. *Journal of Physical Education and Sport Sciences. Alexandria University*. 53, 226 – 243. (In Arabic)
- **Zayed, K.**, (2004). Relationship between self-esteem and academic performance among pre-service physical educators at Sultan Qaboos University. *Journal of Jordan University (DERASAT). Special Issue*, 321 – 329. (In Arabic)
- **Zayed, K.** (2001). Critical thinking in the context of physical education: Review & applications. *Journal of Sport Sciences. Al-Minya University*. 13, 103 – 119. (In Arabic)

B: Research Grants:

- Al-Kilani, H., Al-Yarobi, S., **Zayed, K.**, Alzakwani, I, Bererhi, H., Shukri, Alrasadi, K. (2011). Physical Fitness Attributes, Vitamin D, Depression, and BMD in Omani’s Children. Faculty of Education Internal Funded. (7100 RO). Completed.
- **Zayed, K.**, M., Waly, M., Al Busafi, M., Al-Toqi, M., Al Haddabi, B., Al-Rawahi, N., and Thiyabat, F. (2013). Assessment of Life Style: Physical activity, Nutrition Status, Sleep Duration, and BMI among Schools’ Adolescents in Oman (14-18). Strategic Grants, funded by the Donation of HM. (45000 RO). Completed
- **Zayed, K.**, Al-Harhi, I, Al- Haddabi, B., Al- Kitani, M., Tekin, A., Al-Jadidi, Kh. (2017). Relationship between physical fitness, motor abilities, executive functions and mental rotation in childhood (7-9 years). Faculty of Education Internal Funded. (4975 RO). Under progress.

C: Research presented and published in refereed international & regional conference proceedings:

- **Zayed, K.**, Kalbani, Q. (2022). *Investigation of the Dominant Types of Multiple Intelligences among Omani Sports Practitioners*. Paper presented at the 18th Annual International Conference on Sport & Exercise Science, 25-28 July 2022, Athens, Greece.
- **Zayed, K.**, Al-Shemli, A., Al-Khasawneh, Gh., Al-Haramleh, A., Azab, M., Hassan, M., Amara, E., Al-Rawahi, N., and Al-Atiyah, Sh. (2019) *The Effect of Need Satisfaction and Need Frustration on Psychological Well-Being and Depressive Symptoms among Undergraduate Arab Students*. Paper presented at the “7th International Self-Determination Theory Conference” May 21 - 24, 2019 Amsterdam, The Netherlands.
- Jansen, P., **Zayed, K.**, and Kittsteiner, J. (2019). *Mindfulness and Self-Compassion and the Relation to Body Image in Omani and German Undergraduate Students*. Paper presented at the “International Conference on Mindfulness (ICM) Asia Pacific, Auckland University of Technology (AUT). 9 - 13 February, 2019 Auckland, New Zealand.
- **Zayed, K.**, Jensen, P., Al-Harhi, I., Al-Jadidi, Kh., Tekin, A., Al-Haddabi, P., Al-Kitani, M. (2018). *The Relationship between Motor Abilities and Academic*

- Performance among Omani Children (7-9 years)*. Paper presented at the 5th International Conference of the Collage of Education “Sports and Sustainable Development of Individuals and the Society” 8-9 October, 2018. SQU, Oman.
- **Zayed, k.**, Lehmann, J., Jansen, P., Lehmann, J., Al-Harhi, I. Al-Haddabi, P., Al-Busafi, M. Lehmann, J., Al-Kitani, M., Al-Jadidi, Kh., and Tekin, A. (2018). *Understanding the relationship between Mental Rotation, and Motor Abilities among Omani Children*. Paper presented at the “7th International Conference on Spatial Cognition (ICSC 2018), 10-14th September, 2018, Faculty of Medicine and Psychology, University of Rome, Italy.
 - **Zayed, K.** (2017). *The Relationship between Motor Abilities, Working Memory among Children 7-9 years of age*. Paper presented at the “2nd International Sport Sciences Conference: The Reality of Arab Sports between Practice and Competition, 29-31 October, 2017. Kuwait City, State of Kuwait.
 - **Zayed, K.**(2016). *Sedentary Behavior and Nutritional Patterns in Relationship with Body Fat and Body Mass Index among Omani Adolescents*. Paper as a keynote at the “World Congress on: Public Health & Nutrition, March 10-12, 2016, Madrid, Spain. Published in Journal of Community Medicine & Health Education, Volume 6, issue 1.
 - **Zayed, K.**, Busafi, M., and Al Tauqi, M., & Waly, M. (2015). *Measuring Gender Differences in Self-esteem and Relationship with BMI among Omani Adolescents*. Paper presented at the “2015 Global Conference on Education”. 7-8 August. University of Riverside, Las Vegas, USA.
 - **Zayed, K.**, Al Haddabi, B., and Al- Diabat, F. (2015) *Assessment of Physical Activity and Nutritional Habits of Oman’s Adolescents*. Paper presented at the “Movement and Nutrition in Health and Disease” 12-14 June 2015. University of Regensburg, Bavaria, Germany.
 - **Zayed, K.**, & Frieze, I. (2014) *Sport & Exercise Motivations of Undergraduate Students*. Paper presented at the “International Conference on Education” 18 – 20 September, 2014. University of West Hungary. Szompathely, Hungary.
 - **Zayed, K.**, Al- Kilani, H., and Al- Kitani, M (2013). *Relationship between Exercise, Self-esteem and Depression Symptoms*. Paper presented at “The 5th International Council for Health, Physical Education, Sport, and Dance Conference, ICHPER.SD, Middle East. 20-21st September, 2013, Dubai, UAE.
 - **Zayed, K.**, Al- Hadabi, B., and Al- Tauqi, M (2013). *Physical Education Teachers’ Job Satisfaction and Attitudes towards Teaching*. Paper presented at the “13th European Congress of Psychology 9 – 12th July 2013, Stockholm, Sweden. Paper presented at the “9 – 12th July 2013, Stockholm, Sweden
 - Kilani, H. , **Zayed, K.**, Al-Yarubi, S., Al-Zakwani, I., Bererhi, H., and Shukri. R. (2013) *Health-Related Physical Fitness And Vitamin D Deficiency In Omani Children*. Paper presented at the “5th International Sport Innovation Conference: Renovation in Creative Sports’ World. 3 – 4/7/2013. Jordan University, Amman, Jordan.
 - **Zayed, K .**, Abdulkhaleq, M ., Al- Qaddoumi, N . (2013). *Sport Orientation of Elites Volleyball Players in Selected Arab Countries*. Paper presented at the “Seventh Annual Education and Development Conference, 5 – 7th March, Bangkok, Thailand.
 - **Zayed, K.**, Al- Hayek, S. (2012). *Faculty Members’ Lifestyles And Their Psychological Well-Being: A Case From Oman*. Paper presented at the “120th

American Psychological Association Annual Convention, August 2-5, 2012. Orlando, FL, USA.

- Al- Hayek, S. **Zayed, K.** Mansouriah, D., Khasawnah, Gh. (2012). *The Professional Innovation Skills that Students Gained from their Study Physical Education Curricula at the University of Jordan*. Paper presented at the “3rd International Sport Innovation Conference Arena Innovation in Sport Organizations, University of Jordan, 4-5/7/2012. Jordan.
- **Zayed, K.** (2011). *Attitudes of Pre-service and In-service Omani Physical Education Teachers towards their Profession*. Paper presented at the “3rd Paris International Conference on Education, Economy and Society, 20-23/07/2011”. Paris, France.
- Abu-Hilal, **M., Zayed, K.** (2010). *Optimism and Pessimism of Physical Education and Non-Physical Education Students*. Paper presented at the “118th American Psychological Association Annual Convention, 12-15/8/2010. San Diego, CA, USA.
- **Zayed, K.** (2009). *The Relationship between Practicing Sport Activities and Social Physique Anxiety and Life Satisfaction of Omani Females*. Paper presented at the “First International Sports Science + Sport Medicine Conference, 20-22/8/2009”. Newcastle Upon Tyne, UK.
- Al- Qaddoumi, N. & **Zayed, K.** (2009). *Dietary Awareness Among Physical Education Majors at An-Najah University and Sultan Qaboos University*. Paper presented at the “ Towards building an Integrated Strategy of Sport in Palestine: An International Conference, 19-20/4/2009”. Nablus, Palestine.
- Hassan, A.; **Zayed, K.**; and Abdelrassoul, Y., (2008). *Relationship between Positive Personality Traits and Success Perception of Selected Disabled Athletes from Oman and Kuwait*. Paper Presented at the “1st International Conference for Physical Education, Sport, and Health, 1-3/4/2008”. Kuwait.
- **Zayed, K.**, (2007). *Association between Practicing Sports Activities and Depression Symptoms among SQU Students*. Paper presented at the conference “The Scientific Development in the Field of Physical Education and Sport, 9-10/5/2007”. Yarmouk University, Irbid, Jordan.
- **Zayed, K.** (1999) *Analytical Study of Principals and Teachers' Attitudes towards School Physical Education in Oman*. Paper presented at “The Current Status of Physical Education and Sport in Arab World: An International Conference” 12 – 14 April 1999, UAE University, Al-Ain, UAE.

D: Selected presented papers in local conferences and symposiums:

- Zayed, K. (2017). Research Based Evidences on the Role of Physical Education in Supporting Academic Performances and Executive Functions. Symposium: Scholastic Physical Education: Excellence Horizons. MOE. Held at Sultan Qaboos University, 9-10 October.
- Zayed, Kashef (2017, September). The Role of Active Lifestyle in Enhancing Health and Preventing Non-Communicable Diseases. Symposium: How to Protect My Family from the Risk of Obesity. Manah Entertainment Center, Manah Province, Sultanate of Oman, 19-20 September.
- Al Rawahi, N., **Zayed, K.** (2016). *The Relationship Between Symptoms of Burnout and Job Satisfaction of the Faculty Members in the Era of Academic Accreditation*. The 4th International Conference of the College of Education. 14-17 November 2016. SQU, Muscat, Oman.

- **Zayed, K.** & Al Jadidi, K. (2014). *Satisfaction Level of Sultan Qaboos University Students from Academic Advising: Pilot Study*. Promotion of Academic Advising at Universities and Educational Institutions' Symposium. 22 - 23/04/2014, Arab Open University, Muscat.
- **Zayed, K.** & Al- Busafi, M. (2014). *Attitudes of Omani Preschool Teachers toward Movement Education Practices*. International Conference on Early Childhood Development: Challenges, Hopes, and Future Trends. 16 - 18 February 2014. Sultan Qaboos University.
- **Zayed, K.** (2011, March). *The rule of physical education and sport in enhancing the life quality of children with disabilities*. The 1st International Medical and Educational Convention for Parents, Sultan Qaboos University, 13 – 15 March.
- **Zayed, K.**, (2009, November). *Using Action Research in Physical Education*. Paper presented at the Workshop: "Physical Educators Competencies". Ministry of Education, Muscat, Oman.
- **Zayed, K.**, (2009, November). *Strategies of sport psychology techniques to achieve success in sport*. Paper presented at the Symposium of the Sport Psychology for PE Teachers and Sport Coaches, Nizwa, Oman.
- **Zayed, K.**, (2009, December) *The relationship between type of personality and sport performance*. Paper presented at the symposium “Physical Culture and Sport Physiology” Sultan Qaboos University.
- **Zayed, K.**, (2008, October). *The Future of Physical Education and Sport related professions in Oman according to the local market demands*. Paper presented at the symposium “Local Market Needs of Physical Educators and Sports Related Professions” Salalah, Oman
- **Zayed, K.**, (2008, January). *The importance of physical fitness for school students*. A lecture given at the Second National Convention for School Health Promotion, Salalah, Oman.
- **Zayed, K.**, (2008, June). *The role of physical activities in preventing from, and coping with stressors*. Paper presented at the Second National Convention on Health before age 20, Sharjah, United Arab Emirates.
- **Zayed, K.**, (2008, April). *Achieving team cohesion among sport's groups*. Paper presented at the Sport Psychology for Coaches Symposium, Ministry of Defense, Muscat, Oman.
- **Zayed, K.**, (2007, September). *The importance of physical and psychological fitness for the Air Force servicemen*. A paper presented at the Symposium of the Importance of Physical & Mental Health for the soldiers, Muscat, Oman.
- **Zayed, K.**, (2006, March). *The future of physical education and sports in Oman*. Paper presented at the symposium of the Role of Physical Education and Sports in the development of the individual and society, Sultan Qaboos University, Muscat, Oman.
- **Zayed, K.**, (2005, April). *Sports for All: concepts and applications*. Paper presented in the symposium of the Future of sports in Oman, Ministry of Sports Affairs, Muscat, Oman.
- **Zayed, K.**, (2003, March) *Utilizing effective feedback on teaching and training psychomotor skills*. Paper presented at the symposium of Toward Better Future of Physical Education and Sports in the AGCC, Sultan Qaboos University, Muscat, Oman.

- **Zayed, K.**, (2003, February). *Dealing with stress by using physical exercises*. A lecture given at the Symposium of Society and Sports, Ministry of Education, Al Borami, Oman.
- **Zayed, K.**, (2002, February). *Creative thinking in physical education and sports*. Paper presented at the symposium of “Strategies in Developing Creative Thinking Among School Students, Ministry of Education, Sour, Oman.
- 1. **Zayed, K.**, (1998, February). *The phenomena of riots in sports*. A Lecture presented at the symposium of the Importance of Physical Education and Sport to the Society and the Individual, Muscat, Oman.

E: Other published materials:

- Mohib, H.; **Zayed, K.**; Al Tuqi, M.; Abdelmenem, E.; Al Tawansi, M.; Hamdi, W.; Morsi, H.; Al Nemr, H.; Al Jadidy, Kh.; and Al Busafi, M. (2005). The fundamentals of Coaching: Theories and Applications. Sultan Qaboos University Press.
- **Zayed, k.**, (2002). Physical Fitness and Weight Control. Sultan Qaboos University Press.
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MEMBERSHIP OF SCIENTIFIC SOCIETIES & ASSOCIATIONS

(1999 – Present): American Psychological Association (APA), and member in the Division 47 (Exercise and Sport Psychology).

(2001 – Present): International Society of Sport Psychology (ISSP).

(2005 – Present): Arab Physical Culture Federation (APCF)

(2008 – Present): International Council of Health, Physical Education, Recreation, Sport, and Dance (ICHPER.SD).

(2022 – Present): Athens Institute for Education and Research (ATINER)

AWARDS:

Award outstanding poster by The Diversity Committee. University of Pittsburgh ["Measuring gender discrepancies in exercise among Omani college students" with Irene Frieze, & Anne Chen]. (2012)

Academic Distinction Award, Sultan Qaboos University (2007).