

**Personal Data:**

- Name: Mohamed Mahmoud El-Saghier Mahmoud Ahmed
- Social Status: Married with dependents
- Address: 4 Damascus Street, Meet Ghamr, Mansoura, Dakahlia Governorate, Egypt
- Date of Birth: April 1, 1981
- Nationality: Egyptian
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- University Email: mm\_elsaghier@zu.edu.eg
- Current Position: Assistant Professor, appointed on April 28, 2020
- Department: Department of Theories and Applications of Gymnastics, Exercises, and Sport Shows
- Affiliated Institution: Faculty of Physical Education for Men, Zagazig University
- Specialization: Gymnastics

**Academic Qualifications:**

- Bachelor of Physical Education, Zagazig University, 2002.  
  
Graduated with "Very Good" honors, ranked first in his class (Primary Specialization: Gymnastics, Secondary Specialization: Track and Field).
- Master of Physical Education, Zagazig University, 2007.  
  
Graduated with "Excellent" honors, ranked first in his class.
- Ph.D. in Physical Education, Zagazig University, 2014.

**Thesis Titles:**

- Master's Thesis:  
  
The Effectiveness of Specific Exercises Using Feedback Information on the Performance Level of the Front Handspring Skill on the Vaulting Table.
- Ph.D. Thesis:  
  
Evaluation of Technical Performance in Terms of Biomechanical Indicators for Some Skills on the Floor Exercises .

**Professional Experience:**

- Teaching Assistant: December 17, 2002.
- Assistant Lecturer: December 17, 2007.
- Lecturer: April 29, 2014.
- Assistant Professor: April 28, 2020.

**Professional and Field Experience:**

- Teaching gymnastics, exercises, and sport Shows to students in the first, second, third, and fourth years.
- Quality Assurance Coordinator, Department of Theories and Applications of Gymnastics, Exercises and Sport Shows Faculty of Physical Education for Men, Zagazig University (Bachelor's level).
- Member and Secretary of the Department Council, Department of Theories and Applications of Gymnastics, Exercises and Sport Shows Faculty of Physical Education for Men, Zagazig University, since 2015.
- Member of the Faculty Council, Faculty of Physical Education for Men, Zagazig University, since 2019.
- Member of the Capacity and Skills Committee for aptitude tests, Faculty of Physical Education for Men, Zagazig University, since 2015.
- Member of the First-Year Students' Control Committee, Faculty of Physical Education for Men, Zagazig University, since 2017.
- Supervision of practical education groups for third and fourth-year students, Faculty of Physical Education for Men, Zagazig University.
- Delegated to teach gymnastics at the Bachelor's level, Faculty of Physical Education, Mansoura University, from 2017 to 2019.
- Contributed to the preparation and training of students for participation in graduation ceremonies of colleges and military institutes from 2015 to 2017.
- Worked as a gymnastics coach at the Sports Academy for Juniors, Faculty of Physical Education for Men, Zagazig University, in 2007.
- Worked as a gymnastics coach at Cairo Sports Club for the 2009/2010 season.
- Passed the judging studies for men's artistic gymnastics (second-degree judge) held in Cairo from November 19-21, 2009.
- Trained for the sport shows at the opening of the Second Arab Universities Championship in 2010.
- Trained for the non-specialized colleges' Shows in Alexandria under the auspices of the National Sports Council (Sports Sector, Ministry of Youth) in 2009/2010, winning first place at the sector level and second place at the national level.
- Trained for the Zagazig University Shows at the specialized colleges' festival organized by the National Sports Council and the Egyptian Gymnastics Federation in 2006.
- Trained for the Faculty of Physical Education Shows to participate in specialized colleges' competitions in Cairo under the auspices of the National Sports Council (Sports Sector, Ministry of Youth) in 2005/2006, 2006/2007, 2008/2009, and 2009/2010.
- Participated in the execution of the opening shows for the 7th and 8th Environment Festival at Zagazig University in 2007/2008.
- Participated in the execution of the opening parade for the First University Girls' Week at Zagazig University in 2008.
- Trained for the Zagazig University parade at the National Day of Sharqia Governorate on September 9 in 2006,

2007, 2008, 2009, and 2010.

- Attended the First Scientific Conference at the Faculty of Physical Education for Men, Zagazig University, titled "Field Hockey: Reality and Aspiration."

- Attended the Second Scientific Conference at the Faculty of Physical Education for Men, Zagazig University, titled "Field Training in Physical Education Colleges in Light of the Quality Assurance and Accreditation Project in Education."

- Attended the Third Scientific Conference at the Faculty of Physical Education, Zagazig University, titled "Towards Better Investment in Egyptian and Arab Sports."

- Member of the Sports Professions Syndicate.

- Member of the Scientific Society for the Sons of Abu Kabir.

#### **Courses Attended:**

1. Developing Thinking Skills
2. Effective Teaching Skills
3. Professional Ethics and Conduct
4. Effective Communication Skills
5. Scientific Research Methods
6. Supervision of Practical Education
7. Organizing Scientific Conferences
8. Strategic Planning
9. Ethics of Scientific Research
10. Quality Standards in the Teaching Process
11. Communication Skills in Education Patterns
12. Examination Systems and Student Evaluation
13. University Teacher Preparation Course
14. E-Learning
15. Financial and Legal Aspects of University Work
16. Professional Ethics and Conduct in University Work
17. Strategic Planning
18. Use of Technology in Teaching
19. Course on Effective Teaching and Learning Strategies for Higher Education Institutions from the National Authority for Quality Assurance and Accreditation

20. TOEFL Certificate in English from the Language Center, Zagazig University, 2005 (Master's level)

21. TOEFL Certificate in English from the Language Center, Zagazig University, 2013 (Ph.D. level)

22. Passed several computer courses at Zagazig University:

- Windows and Microsoft Office
- Internet and LaTeX
- SPSS for Windows
- Word, Excel, PowerPoint

23. Attended a workshop titled "How to Prepare Electronic Exams" at the Faculty of Physical Education for Men, Zagazig University.

24. Attended a workshop titled "Preparing Specifications Tables and Question Banks for Electronic Exams" at the Faculty of Physical Education for Men, Zagazig University.

#### **Supervision of Scientific Theses:**

- Ph.D. Thesis:

"Analysis of Global Levels and Motor Components of Skill Groups in Terms of Recent Modifications to the International Code of Points as a Basis for Preparation Programs in Gymnastics"2017.

#### **Discussion of Scientific Theses:**

- Master's Thesis:

"The Effectiveness of an Educational Program Supported by Innovative Signals on the Degree of Motor Phrase Performance in Sport Shows for Deaf Students".2022

#### **Courses Taught:**

1. Gymnastics Apparatus (1) – First Year
2. Gymnastics Apparatus (2) – First Year
3. Gymnastics Apparatus (3) – Second Year
4. Gymnastics Apparatus (4) – Second Year
5. Gymnastics (Gymnastics Apparatus (5) – Sports Displays and Festivals) – Third Year
6. Applications of Teaching Methods in Gymnastics – Fourth Year
7. Applications of Management in Gymnastics – Fourth Year
8. Specialization in Departmental Applied Sports – Fourth Year
9. Applications of Training Methods in Gymnastics – Fourth Year

**Published Research:**

1. The Relationship Between Anxiety (State) and Academic Achievement: A Study on Students' Avoidance of Gymnastics Specialization, Scientific Journal of Physical Education and Sports Sciences, Faculty of Physical Education for Men, Helwan University, 2015.
2. Analytical Study of the Motor Content of the Top Eight Players on the Floor Exercise Apparatus at the 2015 World Championships in Glasgow, Journal of Comprehensive Educational Research, Faculty of Physical Education for Girls, Zagazig University, 2016.
3. The Impact of Brain Dominance on Creative Thinking and Academic Achievement in Sports Shows, Scientific Journal of Physical Education and Sports Sciences, Faculty of Physical Education for Men, Helwan University, 2017.
4. Performance Evaluation Variables Between the International Judging Rules for Men's Artistic Gymnastics 2013/2016 - 2017/2020 (A Comparative Study), Journal of Comprehensive Educational Research, Faculty of Physical Education for Girls, Zagazig University, 2018.
5. The Effectiveness of Using the Whitely Model on Learning the Front Handspring Skill on the Vaulting Table, Journal of Physical Education Research, Faculty of Physical Education for Men, Helwan University, 2018.
6. The Effectiveness of Brainstorming Strategy on Learning Motivation and the Degree of Performance of Motor Phrases on the Horizontal Bar, Journal of Comprehensive Educational Research, Faculty of Physical Education for Girls, Zagazig University, 2019.
7. The Effectiveness of Thinking Maps on Learning Aspects of Some Gymnastics Skills in Physical Education Classes for Middle School Students, Scientific Journal of Sciences and Arts, Faculty of Physical Education for Girls, Helwan University, 2019.