

Harran Qoblan Al-Rahamneh

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Qualifications

- PhD in Sport and Health Sciences (2011), University of Exeter, UK.
- Masters in Physical Education (2005), University of Jordan, Jordan.
- Bachelor in Physical Education (2002), University of Jordan, Jordan.
- High school (1999), Yarqa Secondary School, Jordan.

Training courses

- Exercise and Fitness Training after Stroke (2011), Later Life Training, UK.
- Phase IV Cardiac Rehabilitation Course (2009), British Association for Cardiac Rehabilitation, UK.
- Learning and Teaching in Higher Education (2010), University of Exeter, UK.
- First Aid Course (2009), Adventure First Aid, UK.
- Automated External Defibrillation (2009), St John Ambulance, UK.

Work experience

- I am the dean assistant for quality and development affairs (September 2012 until now).

- I am a lecturer in the Faculty of Physical Education, University of Jordan (since February 2011), teaching Statistics in Kinesiology using the Statistical Package for Social Sciences (SPSS) and Exercise Prescription for Special Populations such as people who had stroke, heart disease, hearing impairment, visual impairment, spinal cord injury, poliomyelitis and Spina bifida. I also teach Sport and Health for the University's students who do not study Physical Education.
- I worked as volunteer with people who had stroke (Action after Stroke) and led this programme for 3 years (January 2008 - January 2011), School of Sport and Health Sciences, University of Exeter. This programme was a specialised one in delivering exercises to stroke survivors.
- I worked for one year as teaching and research assistant (September 2006 – September 2007), Faculty of Physical Education, University of Jordan, Jordan.
- I worked for three years and a half as swimming and fitness instructor (April 2003 – August 2006), Jordan Military Sports Council, Jordan.

Publications:

- Harran Al-Rahamneh & Roger Eston (2012). Estimation of peak oxygen uptake from peak power output in able-bodied and paraplegic individuals. *Journal of Exercise Science and Fitness*, **10**, 78-82.
- Roger Eston, Harrison Evans, James Faulkner, Danielle Lambrick, Harran Al-Rahamneh & Gaynor Parfitt (2012). A perceptually regulated, graded exercise test predicts peak oxygen uptake during treadmill exercise in active and sedentary participants. *European Journal of Applied Physiology*, **112**, 3459 - 3468.
- Harran Q Al-Rahamneh & Roger G Eston (2011). Rating of perceived exertion during two different constant-load exercise intensities during arm cranking in paraplegic and able-bodied participants. *European Journal of Applied Physiology*, **111**, 1055 – 1062.
- Harran Q Al-Rahamneh & Roger G Eston (2011). Prediction of peak oxygen consumption from the ratings of perceived exertion during a graded exercise test and

ramp exercise test in able-bodied participants and paraplegic persons. *Archives of Physical Medicine and Rehabilitation*, **92**, 277-283.

- Harran Q Al-Rahamneh, James A Faulkner, Christopher Byrne & Roger G Eston (2011). Prediction of peak oxygen uptake from ratings of perceived exertion during arm exercise in able-bodied and persons with poliomyelitis. *Spinal Cord*, **49**, 131-135.
- Harran Q Al-Rahamneh & Roger G Eston (2011). The validity of predicting peak oxygen uptake from a perceptually guided graded exercise test during arm exercise in paraplegic individuals. *Spinal Cord*, **49**, 430 - 434.
- Harran Q Al-Rahamneh, James A Faulkner, Christopher Byrne & Roger G Eston (2010). Relationship between perceived exertion and physiologic markers during arm exercise with able-bodied participants and participants with poliomyelitis. *Archives of Physical Medicine and Rehabilitation*, **91**, 273-277.

Conference presentations

- Harran Al-Rahamneh (November 2012). Using rating of perceived exertion to predict peak oxygen uptake during leg cycling and arm cranking (Review Article). Sport Science in the Heart of the Arab Spring, Luxor, Egypt.
- Harran Al-Rahamneh & Roger Eston (July 2012). Prediction of Peak Oxygen Uptake from Peak Power Output in Able-bodied and Paraplegic Persons. ECSS Conference, Bruges, Belgium.
- Harran Al-Rahamneh & Roger Eston (2010). Rating of Perceived Exertion during Heavy and Severe Constant-load Exercise in Able-bodied and Paraplegic Participants. ECSS Conference, Antalya, Turkey.
- Harran Al-Rahamneh & Roger Eston (2010). Prediction of Peak Oxygen Uptake from a Perceptually-guided, Graded Exercise Test during Arm Exercise in Individuals with Paraplegia. ECSS Conference, Antalya, Turkey.

- Harran Al-Rahamneh, James Faulkner, Christopher Byrne & Roger Eston (2010). Prediction of Peak Oxygen Uptake Using Rating of Perceived Exertion during Arm Cranking Exercise in Able-bodied and Individuals with Poliomyelitis. BASES Student Conference, Aberystwyth, United Kingdom.
- Harran Al-Rahamneh, Christopher Byrne & Roger Eston (2010). Rating of Perceived Exertion during Two Different Constant-load Exercise Intensities during Arm Cranking in Able-bodied and Paraplegic Participants. School of Sport and Health Sciences, University of Exeter, United Kingdom. In this conference I won a prize worth £1000 to attend the ECSS conference, Antalya, Turkey 2010.
- Harran Al-Rahamneh, James Faulkner, Christopher Byrne & Roger Eston (2009). The Relationship between Perceived Exertion and Physiological Markers of Exercise Intensity during Arm Cranking and Leg Cycling in Able-bodied and Individuals with Poliomyelitis. BASES Annual Conference, Leeds, United Kingdom.

Reviewing

- I am a reviewer for Journal of Sports Science and Medicine (Turkey).
- I am a reviewer for Journal of Exercise Science and Fitness (Peoples Republic China).
- I am a reviewer for European Journal of Sports Sciences (England).

Other experiences

- I represented Jordan as the Vice president of the Intergovernmental Committee for Physical Education and Sport (CIGEPS) for Arab States in the extraordinary session of the Intergovernmental Committee for Physical Education and Sport which was held in Baku, Azerbaijan in March 13th – March 15th 2013.

- I represented the Faculty of Physical Education and the University of Jordan in the Sport and Tourism workshop which was held in Assiut University in Egypt between 24th – 28th June 2012 in cooperation with Magdeburg University, Germany and DAAD. In this workshop we have prepared a proposal for a bachelor degree in Sport and Tourism at the Faculty of Physical Education at Assiut University, Egypt.
- I represented Jordan in the Intergovernmental Committee for Physical Education and Sport (CIGEPE) meeting which was held in Lausanne – Switzerland in April 17th – April 19th 2012. In this meeting Jordan was elected as the Vice president of CIGEPE for Arab States.
- I was a member of the National Committee for establishing national norms for King Abdullah II Award for Physical Fitness (October 2011- December 2012).
- I am the statistician representative of Faculty of Physical Education for the Deanship of Research at the University of Jordan.
- I attended a workshop, The Olympic Values Education Programme (2011), Jordan Olympic Committee, Jordan.
- I used to be an athletic referee (2006), Jordan athletic Federation, Jordan.
- I used to be a second grade volleyball referee (2005), Jordan Volleyball Federation, Jordan.
- I used to be a second grade swimming referee (2004), Jordan Swimming Federation, Jordan.

Hobbies

- I enjoy travelling and exploring new things.
- I enjoy being in exercise physiology laboratories doing exercise testing.
- I enjoy talking and socializing with other people.

- I like playing volleyball.