

CV for Dr. Ayad Omar

Personal information:

Name: Ayad Saad Abulgasem Omar

Date of Birth: 1/1/1958

Marital status: Married

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Current position: Professor of Applied Physiology

Subject: Exercise Physiology and
Biochemistry in Health and Disease

Education and Qualifications

1997-2001	Liverpool John Moores University-UK, Ph.D. Degree, Ph.D. Title: Studies on haematological changes in responses to acute exercise in humans.
1994-1995	Newcastle University-UK, Master's degree in Physical Education and Sport Sciences.
1993-1994	Newcastle University-UK. High Diploma in Physical Education and Sport Sciences.

1982-1986 Tripoli University, Tripoli-Libya. Bachelor
in Physical Education.

Work Experience

- Researcher assistant of Physical Education Department of Tripoli University, Tripoli-Libya.
- Lecture of Geryan High Institute of Physical Education and Sport Sciences.
- Lecture of Physical Education Faculty of Tripoli University, Tripoli-Libya.
- Head of the department of Rehabilitation and physiotherapy.
- Assistant professor of the department of Rehabilitation and physiotherapy.
- Lecture of Exercise Physiology of Jefren High Institute of health sciences
- Associate professor of the department of Rehabilitation and physiotherapy.
- Sabbatical leave at Nagoya University Japan 2012.
- Head of the department of Rehabilitation and physiotherapy.
- Professor of exercise physiology and biochemistry department of Rehabilitation and physiotherapy.

Publications and Conferences

Publications:

Mahmoud El-Sayed, Angelheart Tattu, Xia Lin, Thomas Reilly and Ayad Omar.(1997) The effect of resistance exercise and training on lipid variables in male and female adults. Second Annual Congress of the European College of Sport Science, May 26, Manchester UK.

M.S.El-Sayed, A.M.Rattu and Ayad Omar. (1999) Blood fibrinolytic responses to simulated 10 KM running time trial: is there an effect of diet. Fourth Annual Congress of the European College of Sport Science, 14-17 July, Rome: Italy.

Ayad, O, and El- Sayed, M.S. (1999). Exercise induced changes in blood rheological variables: Is there a time of day effect. Fourth Annual Congress of the European College of Sport Science, 14-17 July, Rome: Italy.

Ayad, O, and El- Sayed, M.S. (1999). Investigation of time of day effect on blood lipid responses to sub-maximal exercise. Fourth Annual Congress of the European College of Sport Science, 14-17 July, Rome: Italy.

Ayad Saad Abulgasem Omar (2001). Studies on haematological changes in response to acute exercise in humans. Ph.D. Thesis, Liverpool John Moores University, UK.

El-Sayed, M.S., Omar, A. (2001). The effect of heat exposure on the activation and disturbance of blood haemostatic following exercise. XVIII Congress. The International Society on Thrombosis and Haemostasis. Paris, July 6-12/2001.

Mahmoud S El-Sayed, Ayad Abuelgasem Omar, Nagia Ali and Mudhaffar Al Bayatti.(2008). Does ambient temperature affect exercise-induced changes in the main determinants of blood rheology? International Society of Biorheology (ISB) and the International Society for Clinical Hemorheology (ISCH) 9-13 July 2008 UAS.

Ayad S. Omar and El-Sayed M. S. (2008) The effect of posture and exercise modality on the main determinants blood rheology. International Society of Biorheology (ISB) and the International Society for Clinical Hemorheology 9-13 July 2008 UAS.

Ayad S. A. Omar and El-Sayed M. S.(2010). The Effects of Intermittent and continuous Exercise on the main Determinants of blood Rheology. 15th Annual Congress of the European College of Sport Science, Antalya- Turkey June 23-26..

Ayad S. Omar and El-Sayed MS. (2011) Effect of posture and mode of exercise on some physiological change on blood in male. 16th Annual Congress of the European .College of Sport Science, 14-17 July, Liverpool, England.

Omar. AS, El-Sayed. MS. And M Hadida (2012). The effect of ergometer-specific exercise modalities on blood coagulation in non-elite football players. 17th Annual Congress of the European College of Sport Sciences, 4-7 July, Belgium.

Ayad Omar , Mahmoud El-Sayed and Hadida Mocktar (2013). Effect of posture and mode of exercise on fibrinogen: the role of plasma volume changes 18th Annual Congress of the European College of Sport Sciences, 26-29 July, Spain, Barcelona.

Ayad Omar and Osama Shaniba (2015). Does some of physiotherapy and rehabilitation programs improve the health state of patients suffering from cerebral clot? 3rd International conference on science culture and sport, 24-26 May 2014. Bosnia Herzegovina.

Ayad Omar and Adel Haross (2015).The influence of a program using some therapeutic methods to rehabilitate patients suffering from neck pain. International Journal of science culture and sport, 2016

Ayad Omar and Abulgasem Bawa (2015). The effect of Laser and exercise under water on rehabilitation of the injured with adductor musculature, International Journal of science culture and sport. Vol: 3, Issue: 3, 2015.

Mokhtar M Hadida, Ayad Omar (2013). Childhood and adolescent's obesity in relation to physical activity in schools. 22nd International conference of physical education and sport, 9-11 May Komotini Greece.

Ayad Omar and Osama Shniba (2014). Does some of physiotherapy and rehabilitation programs improve the health state of patients suffering from cerebral clot. International Journal of Science culture and Sport, September 2014.

Ayad Omar and Adel Harous (2015). The impact of a proposed using some therapeutic methods program for the rehabilitation of people with neck pain. International Journal of Science culture and Sport, September 2014.

Ayad Omar and Ashref Zreabah (2017). Effect of a Proposed Rehabilitation Program to Improve the Motor Variables Associated With Parkinson's Patients. 6th international Conference on Science Culture and Sports 25th and 27th April 2018 Lviv-UKRANIA. In press

Conferences:

Third Annual Congress of the European College of Sport Science, July, 1998, Manchester: UK.

Fourth Annual Congress of the European College of Sport Science, 14-17 July, 1999, Rome, Italy.

XVIII Congress, The International Society on Thrombosis and Haemostasis, 6-12 July, 2000, France.

13th International of Congress on Biorheology and 6th International Conference Clinical Heaorheology on July, 2008, USA.

15th Annual Congress of the European College of Sport Science, Antalya- Turkey 2010.

11th International Sport Sciences Congress, Antalya- 10-12 November, Turkey 2010.

7th World Congress on Sciences and Football Nagoya-Japan, 26-30 May, 2011.

1st. International Physical Activity, Nutrition and Health Congress. 23-26 November 2011, Antalya-Turkey.

20th international social science congress of physical education and sport. Ankara, Turkey, 28-31 June, 2012.

1st International Congress on Culture and Society, 28 -30 July 2012 Ankara – Turkey.

17th Annual Congress of the European College of Sport Sciences, 4-7 July, Belgium.

18th Annual Congress of the European College of Sport Sciences, 26-29 July, Spain (Barcelona).

3rd International conference on science culture and sport, 24-26 May (2014) Sarajevo- Bosnia

Member of European College of Sport Science (ECSS)

Member of International Conference on Science Culture and Sports (ISCSA)

Interests and Hobbies

In my spare time I enjoy reading and general outdoor sports.

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