



Mohammad Ahsan

ASSOCIATE PROFESSOR

Personal Data

Nationality | Indian
Department | Physical Therapy
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Language Proficiency

Language	Read	Write	Speak
Arabic			
English	√	√	√
Others	Hindi & Urdu	Hindi & Urdu	Hindi & Urdu

Academic Qualifications (Beginning with the most recent)

Date	Academic Degree	Place of Issue	Address
2009	Ph. D.	Aligarh Muslim University	Aligarh U.P. INDIA
2001	M.P.E.	Aligarh Muslim University	Aligarh U.P. INDIA
1999	B.P.E.	Aligarh Muslim University	Aligarh U.P. INDIA

Ph.D. Research Title: (Academic Honors or Distinctions)

PhD	A study of linear and angular kinematics analysis of the instep and inside instep kick of different-level soccer players
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Professional Record: (Beginning with the most recent)

Job Rank	Place and Address of Work			Date
Asso. Prof.	IAU	Dammam	KSA	2016 – till date
Assis. Prof.	FNU	Lautoka	Fiji	2013 - 2015
Assis. Prof.	SRC	Muzaffarnagar	India	2010 - 2012
Assis. Prof.	DCS	Sahibabad	India	2009 - 2010.
Visiting Faculty	FCI	Aligarh	India	2006 - 2009

Scientific Achievements



Published Refereed Scientific Researches

(In Chronological Order Beginning with the Most Recent)

#	Name of Investigator(s)	Research Title	Publisher and Date of Publication
1.	M Ahsan, MF Ali, A Al Zahrani, A Alhusayni, M Aljohany	Plyometric exercise training improves psychological and physical performance among rugby and soccer players: a comparative study.	Cogent Social Sciences 11 (1), 2461736; 2025
2.	TK Savale, SM Kamble, D Kaur, M Ahsan	Deepfake Disruption: Leveraging AI for Marketing Innovation and Financial Resilience	Mastering Deepfake Technology: Strategies for Ethical Management and Security. River Publishers; 2025
3.	M Abdullah, AHM Hashim, D Kaur, M Ahsan	Assessment of the determinants affecting the promotion of physical activity among university students in Saudi Arabia	Physical Education of Students 29 (2), 114-123; 2025
4.	M Ahsan, MF Ali, A Alzahrani, A Alhusayni, M Alam	Effect of regular physical activities and daytime nap intervention on enhancing mental health and self-esteem in healthy participants	Journal of Education and Health Promotion 14 (1), 94; 2025
5.	M Ahsan, A Alzahrani, A Alhusayni, M Aljohany	Effect of physical activity on mental toughness and quality of life in gender-specific participants: A cross-sectional examination	Frontiers in Psychology 16, 1586278; 2025
6.	M Ahsan, T Abualait	Investigation of the relationship between mental health and physical activity among university students	Frontiers in Psychology 15, 1546002; 2025
7.	AL Shaikh, ZA Al Salim, AA Al Rafati, M Ahsan	Effect of different forms of high-intensity interval training on $\dot{V}O_2$ max, strength, flexibility, and body fat percentage among middle-aged males	The Journal of Sports Medicine and Physical Fitness 65 (1), 37-50; 2025
8.	D Kaur, A Alzahrani, A Alhusayni, M Ahsan, SS Moosa	Ketogenic diet: A gateway to optimize aerobic and anaerobic athletic performance	Retos 60, 1237-1243; 2024
9.	S Zaki, MF Alam, S Sharma, S El-Ashker, M Ahsan, S Nuhmani	Impact of concurrent exercise training on cardiac autonomic modulation, metabolic profile, body composition, cardiorespiratory fitness, and quality of life in type 2 diabetes ...	Journal of Clinical Medicine 13 (13), 3910; 2024
10.	M Ahsan	Virtual reality and functional training effect on contractile (TMG = Tensiomyography) properties of lower leg muscles and postural stability	Health, sport, rehabilitation 10 (2); 2024
11.	S Khan, D Malhotra, M Dhingra, M Ahsan, S Nuhmani, MA Bari	Effect of Pilates Exercise Combined with Balance Training on Lumbopelvic Stability and Shooting Accuracy in National Level Archers.	Muscles, Ligaments & Tendons Journal (MLTJ) 14 (2); 2024
12.	M Ahsan, A Mohammad Feroz, Mumtaz, Alam	Determining and comparing the level of motivation for exercise according to the sociodemographic characteristics of university students	BMC Public Health 24 (3400), 3400; 2024



13.	M Ahsan, AA Khan, R Uddin	Effect of plyometric exercise training on psychological and physical performance parameters among athletes and nonathletes	10th International Aegean Congress on Social Sciences & Humanities 1 (1), 563; 2024
14.	M Ahsan, H Al Khowaildi, H Al Khalaf, N Busaleh, A Alabdullah, ...	Determining the respiratory functions and isometric strength differences among recreational athletes and non-athletes: a cross-sectional analysis	Retos 61, 495-500; 2024
15.	M Ahsan	The Use of Modern Technology in Physical Education Teaching and Learning Process	International Journal of Sports and Physical Education 10 (1), 14-16; 2024
16.	M Ahsan, T Abualait	Mental Health and Physical Activity during and after the COVID-19 Pandemic: A Review	Retos: nuevas tendencias en educación física, deporte y recreación, 419-426; 2024
17.	FKM Pathan, JS Pandian, AI Shaikh, M Ahsan, S Nuhmani, A Iqbal, ...	Effect of slow breathing exercise and progressive muscle relaxation technique in the individual with essential hypertension: A randomized controlled trial	Medicine 102 (47), e35792; 2023
18.	M Ahsan, T Abualait, M Al-Subaiei, W Al Muslem, M Aldokhayyil, ...	Determining the characteristics of gait variability with a preferred walking speed in hypertensive and normotensive participants	Clinical Epidemiology and Global Health 23, 101344; 2023
19.	M Ahsan, MF Ali, A Al-Zahrani	Impact of a pre-competition aerobic and anaerobic training on the maximal aerobic capacity, anaerobic power, dynamic balance, and visual-motor coordination of rugby and soccer...	Physical Activity Review 11 (2); 2023
20.	AA Shanb, M Ahsan, RM Ahmed, ME Shanab, MY Abdelkhalik.	Comparison the acute effect of moderate-intensity treadmill exercise and arm crank exercise on autonomic cardiac functions in adult males.	Pedagogy of Physical Culture and Sports 27 (4), 274–281; 2023
21.	A Sudhan M, S Chandran, S Nuhmani, M Ahsan, AH Alghadir, M Khan	Effects of modified sleeper stretch and modified cross-body stretch on upper limb functions and shoulder ROM in tennis players: a randomized trial	Scientific Reports 13 (1), 9124; 2023
22.	M Ahsan	ChatGPT and artificial intelligence in sports physical therapy and rehabilitation	Saudi Journal of Sports Medicine 23 (2), 61-62; 2023
23.	A Sharma, S Nuhmani, A Aggarwal, M Ahsan, AL Shaikh	Correlation of percentage of body fat and muscle mass with aerobic and anaerobic performance of nonathletic females	Saudi Journal of Sports Medicine 23 (2), 49-54; 2023
24.	M Ahsan, A Turki, AS Mohammed, A Maitha	Examining gender differences in gait parameters between non-smoker and smoker participants	JOURNAL of MEDICINE and LIFE 16 (5), 751; 2023
25.	M Ahsan, MF Ali	Comparison of physiological characteristics and physical performance measures among athletes from random intermittent dynamic type sports	Pedagogy of Physical Culture and Sports 27 (2), 146-157; 2023
26.	A Al-Makhalas, T Abualait, M Ahsan, S Abdulaziz, W Al Muslem	A gender based comparison and correlation of spatiotemporal gait parameters and postural stability	Acta Bio Medica: Atenei Parmensis 94 (2), e2023057; 2023



27.	M Ahsan, MF Ali	Body mass index: A determinant of distress, depression, self-esteem, and satisfaction with life amongst recreational athletes from random intermittent dynamic type sports	Heliyon 9 (4); 2023
28.	M Ahsan	Anterior Cruciate Ligament Reconstruction and Return to Sports: A Comprehensive Guide	Annals of Sports Medicine and Research 10 (5), 1219; 2023
29.	AI Alomar, S Nuhmani, M Ahsan, QI Muaidi	A comparison of the range of motion and dynamic stability of the ankle joint of athletes with an ankle sprain as compared to healthy controls: A cross-sectional study	International Journal of Critical Illness and Injury Science 13 (3), 138 -144; 2023
30.	M Ahsan, A Mohammad Feroz	An Examination of the Arm, Shoulder, and Abdominal Muscle Endurance of Netball and Volleyball University Female Players in Relation to Specific Anthropometric Measurements	International Journal of Human Movement and Sports Sciences, 11 (4), 796-802; 2023
31.	M Ahsan, MD Ahmed, K Azeem	Role of predictive modeling and personalized modeling in the enhancement of athletic performance	Saudi Journal of Sports Medicine 23 (1), 7-9; 2023
32.	A Al-Amri, S Abdulaziz, S Bashir, M Ahsan, TS Abualait	Effects of smartphone addiction on cognitive function and physical activity in middle-school children: A cross-sectional study	Frontiers in Psychology 14, 1182749; 2023
33.	M Al Abbad, S Nuhmani, M Ahsan, Q Muaidi	Chronotype and athletes' performance in sports: A narrative review.	Electronic Journal of General Medicine 20, 4; 2023
34.	M Ahsan, AA Shanb	The influence of isometric resisted ankle strength on dynamic foot plantar pressure in diabetes and non-diabetes participants.	Electronic Journal of General Medicine 20 (3), em466; 2023
35.	M Ahsan, FA Mohammad	A comparative evaluation of anthropometric characteristics and respiratory functions' parameters among rugby and soccer players	Physical Activity Review 11 (1), 31-39; 2023
36.	S Nuhmani, MH Khan, M Ahsan, TS Abualait, Q Muaidi	Dry needling in the management of tendinopathy: A systematic review of randomized control trials	Journal of Bodywork and Movement Therapies 33, 128-135; 2023
37.	M Ahsan, QI Muaidi, TS Abualait	Virtual reality environment training effect on dynamic and static stability among athletes from random intermittent dynamic type sports	Journal of Physical Education 33, e3347; 2022
38.	A AlTaweel, S Nuhmani, M Ahsan, WH Al Muslem, T Abualait, QI Muaidi	Analysis of the anaerobic power output, dynamic stability, lower limb strength, and power of elite soccer players based on their field position	Healthcare 10 (11), 2256; ; 2022
39.	M Ahsan	Determine the kinematics and kinetics parameters associated with bilateral gait patterns among healthy, overweight, and obese adults	Acta Bio Medica: Atenei Parmensis 93 (5), e2022228; 2022
40.	A AlTaweel, S Nuhmani, M Ahsan, T Abualait, Q Muaidi	Determining the hip joint isokinetic muscle strength and range of motion of	PeerJ 10, e14000; 2022



		professional soccer players based on their field position	
41.	A Fayez, A Saad, M Ahsan, A Sulaiman	The effect of isokinetic hip muscle strength on normal medial longitudinal arch feet and pes planus	JOURNAL of MEDICINE and LIFE 15 (9), 1164; 2022
42.	RJ Parikh, JM Sutaria, M Ahsan, S Nuhmani, AH Alghadir, M Khan	Effects of myofascial release with tennis ball on spasticity and motor functions of upper limb in patients with chronic stroke: A randomized controlled trial	Medicine 101 (31), e29926; 2022
43.	F Alahmri, S Alsaadi, M Ahsan, S Alqhtani	Determining the knee joint laxity between the pronated foot and normal arched foot in adult participants	Acta Bio Medica: Atenei Parmensis 93 (3), e2022092; 2022
44.	S Nuhmani, M Ahsan, MA Bari, D Malhotra, WH Al Muslem, SM Alsaadi, ...	Patellar Tendinopathy—Does Injection Therapy Have a Role? A Systematic Review of Randomised Controlled Trials	Journal of Clinical Medicine 11 (7), 2006; 2022
45.	OM Al-Anazi, MSM Haneef, M Zafar, M Ahsan	Association of Maternal Obesity and Diabetes Mellitus with Exclusive Breastfeeding Among Saudi Mothers in Jubail, Saudi Arabia	International Journal of Preventive Medicine 13 (1), 68; 2022
46.	T Abualait, M Ahsan	Comparison of gender, age, and body mass index for spatiotemporal parameters of bilateral gait pattern	F1000Research 10; 2022
47.	A Dilshad, M Ahsan	Significance and challenges in the adaptation of digital and distance learning among physical education students	Isagoge - Journal of Humanities and Social Sciences 1 (8), 1-8; 2021
48.	M Ahsan, MS Javed	Effect on aerobic capacity, body mass, and body mass index in university soccer players during the COVID-19 pandemic	Saudi Journal of Sports Medicine 21 (3), 102-106; 2021
49.	M Ahsan, MF Ali	An analysis of physical performance parameters among university netball and volleyball female players.	Saudi Journal of Sports Medicine 21 (3), 107-114; 2021
50.	F Alahmri, S Alsaadi, M Ahsan	Comparison of 3D hip joint kinematics in people with asymptomatic pronation of the foot and non-pronation controls	The Malaysian Journal of Medical Sciences: MJMS 28 (3), 77; 2021
51.	W Albaker, S El-Ashker, MA Baraka, N El-Tanahi, M Ahsan, M Al-Hariri	Adiposity and cardiometabolic risk assessment among university students in Saudi Arabia	Science Progress 104 (1), 0036850421998532; 2021
52.	M Ahsan, MB Akhtar	Mental health, self-esteem, and life satisfaction among Ethiopian population during the COVID-19 pandemic: A survey-based study	European Journal of Molecular & Clinical Medicine 7 (9), 2572-2584
53.	M Ahsan, F Ali, Mohamad	Determining the Dynamic Balance, Maximal Aerobic Capacity, and Anaerobic Power Output of University Soccer and Rugby Players: A Cross-Sectional Comparative Study	International Journal of Human Movement and Sports Sciences 9 (6), 1486 – 1492; 2021
54.	M AHSAN, M FEROUZ ALI	Determining the relationship between VO ₂ max and explosive power of lower leg muscles in university soccer and rugby players	Journal of Physical Education and Sport 21 (6), 3149-3154; 2021



55.	SA AL-HARBI, QI MUAIDI, M AHSAN	Single-leg landing: Determining the risk of knee joint injuries in relation to frontal plane projection angles and lower leg muscle strength among recreational athletes	Journal of Physical Education and Sport 21 (Sup 3), 2105-2111; 2021
56.	M Ahsan, MF Ali	Relationship between Maximal Oxygen Uptake and Dynamic Stability in University Rugby and Soccer Players	International Journal of Human Movement and Sports Sciences 24 (4), 704-7011; 2021
57.	M Ahsan, S Alsayed, N Shibili	Plantar Pressure Distribution Among Diabetes and Healthy Participants: A Cross-sectional Study	International Journal of Preventive Medicine 12 (7), 5; 2021
58.	M.Ahsan	Effects of different types of warm-up on dynamic stability and isokinetic strength	Saudi Journal of Sports Medicine 20 (3), 86-87; 2020
59.	QI Muaidi, M Ahsan	A Cross-Sectional Study: Predicting Health Risks Among Female University Students	The Open Public Health Journal 13 (2); 2020
60.	QI Muaidi, M Ahsan	Gender-specific associations of different anthropometric indices with sleep quality and daytime sleepiness	The Open Public Health Journal 13 (1) 2020
61.	A Ali, M Ahsan, I Ali	COVID-19 pandemic: effect of lockdown on mental health and self-esteem between genders	INTERCATHEDRA 44 (3), 115-122; 2020
62.	MF Ali, M Ahsan, BK Prasanna	Effect of physical fitness intervention program on selected health-related fitness components among youths of a community in Fiji	Palarch's Journal of Archaeology of Egypt/Egyptology 17 (12), 743-754; 2020
63.	M Ahsan, A Ali	A Comparison of Anger, Depression, Fatigue, and Tension Amongst Physical Educators Based on Their Socio-Demographic Characteristics During COVID-19 Pandemic Outbreak	INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY EDUCATIONAL RESEARCH 9 (9(4)), 10; 2020
64.	M Ahsan, MF Ali	Body mass index leans towards sleep habits in sex-specific recreational athletes: a comparative analysis	European Journal of Biomedical and Pharmaceutical Sciences 7 (9), 454-458; 2020
65.	M.Ahsan	Health risk and sports participation	Saudi Journal of Sports Medicine 19, 89-89
66.	BK Prasanna, MF Ali, M Ahsan	Effect of Stress on Physical Education and Sports Teachers in Fiji	Purakala 31 (53), 272-284; 2020
67.	M Ahsan	A Cross-Sectional Investigation of Sleep Habits and Selected Body Composition Parameters Among University Students	European Journal of Physical Education and Sport Science; 2020
68.	M Ahsan, B Akhtar	Correlations in Soccer Kicking Performance and Anthropometric Facets of University's Sports Science Players	International Journal of Physical Education & Sports Sciences 14 (2), 175-178; 2019
69.	M Qassim, A Mohammad, A Mariam	A comparative study of body composition and sleep habits between male and female students	Journal of Clinical and Diagnostic Research 13 (14), 5-8; 2019
70.	M Qassim, M Ahsan	Measurement of Visceral Fat, Abdominal Circumference and Waist-hip Ratio to Predict Health Risk in Males and Females	Pakistan Journal of Biological Sciences 22 (4), 168-173; 2019
71.	M.Ahsan	A Comparative Study of Different Types of Warm-up Effect on Postural Stability and Isokinetic Strength	Indian Journal of Public Health Research & Development 10 (4), 483-489; 2019



72.	M Ahsan, A Mohammad	Effects of different warm-up techniques on dynamic balance and muscular strength on players: A study	European Journal of Physical Education and Sport Science; 2018
73.	M.Ahsan	An Angular Kinematical Analysis of Soccer Instep and Inside Kick at Impact Phase of University Soccer Players	International Journal of Sports and Physical Education 4 (3), 1-5; 2018
74.	M Ahsan, A Mohammad	Mental toughness as a determining factor of performance in table tennis	European Journal of Physical Education and Sport Science; 2017
75.	A Kumar, M Ahsan, R Negi	A Study of Relationship between Study Habits, Intelligence and Testing Anxiety among Senior Secondary School Students	CHETANA International Education journal 2 (3), 163-168; 2017
76.	A Kumar, M Ahsan, M Negi	A Comparative Study of Proficiency in English and Study Habits of Government and Non-Government School Students	International Journal of Informative & Futuristic Research 5 (1), 8764-8770; 2017
77.	M Ahsan, QI Muaidi	An Investigation of Ball Velocity between the Instep and Inside of the Foot Kicks of University Soccer Players.	Journal of Athletic Enhancement, 3 (2), 1-3; 2017
78.	B Akhtar, M Ahsan	The influence of the club's infrastructure on the soccer coaching process: evidence from the club representative longitudinal survey	European Journal of Physical Education and Sport Science 3 (4), 41-55, 2017
79.	Anand Kumar, Mohammad Ahsan, Riyanka Nagi	A comparative study of intelligence, test anxiety and study habits of students studying in government and non-government senior secondary schools,	International Journal of Multidisciplinary Approach and Studies; Volume 03, No. 6, 2016, pp 27-34
80.	Mohammad Ahsan & Anand Kumar	A Study of the Relationship between Test Anxiety and Study Habits of Physical Education Students	International Journal of Sports and Physical Education (IJSPE); Volume 2, Issue 3, 2016,
81.	Arif Mohammad & Mohammad Ahsan	"A Comparative Study of Exercise Motivation between Male and Female Under 17 years Soccer Players	European Journal of Physical Education and Sport Science, Volume 2, Issue 3, 2016
82.	Mohammad Ahsan	A Comparative Study of Stress Amongst Teachers of the Western Division in Fiji	The Journal of Pacific Studies, Fiji, Volume 36 Issue 2, 2016
83.	Mohammad Ahsan	An Analysis of Physical Education Student's Perception on Winning Attitude	New Thoughts, Ambadi Publishers; Annanagar Chennai 2015
84.	Mohammad Ahsan	Physical, Verbal, Anger and Hostility Aggressiveness in University's Physical Education Students	International Journal of Sports and Physical Education (IJSPE) Volume 1, Issue 2, Jul-Sep 2015
85.	Mohammad Ahsan	A Comparative Study of Aggression Between Physical Education Students	International Multidisciplinary Research Journal, AMERICAN RESEARCH THOUGHTS - Vol. 1, Issue 8, (June 2015)
86.	Mohammad Ahsan	Self-Efficacy among Male and Female Intervarsity Football Players	Journal of Physical Education Research, ISSN 2394-4048, Volume 1, Issue 1, (December 2014)
87.	Mohammad Ahsan	A Comparative Study of Stress Levels in Middle Teenaged High Schools' Soccer Players	International Multidisciplinary Research Journal, AMERICAN RESEARCH THOUGHTS, Vol. I, Issue 1 (November 2014)



88.	Mohammad Ahsan, Katarina Toga, Anand Kumar.	A Study of Competitive Sport Anxiety in Young Soccer Players	IOSR Journal of Sports and Physical Education (IOSR-JSPE), Volume 1, Issue 4 (Apr. 2014)
89.	Mohammad Ahsan & Katarina Toga Ruru	An Analysis of Angular Velocity at Various Joints for inside Instep Soccer Kick by Different Level Players	International Multidisciplinary Research Journal, EUROPEAN ACADEMIC RESEARCH - Vol. II, Issue 1 / April 2014
90.	Mohammad Ahsan & Anand Kumar	Personality Traits and their Impact on the Academic Achievement of Children of Working and Non-working Mothers	Learning Community-An International Journal of Educational and Social Development, Vol. 4, Issue 3, 2013
91.	Mohammad Ahsan & Anand Kumar.	A Study of the Academic Achievement of Children Belonging to Working and Non-Working Mothers	International Journal of Education and Allied Sciences, July-December 2013
92.	Mohammad Ahsan, Dhirendra kumar Dipak Kumar Naikar	The Comparison Between Level of Competition and Competitive Sports Anxiety in Youth Soccer Players	INTERNATIONAL JOURNAL OF SPORTS GLIMPSES, A Research Journal on Physical Education, Recreation and Sports Sciences, Vol. II Issue-I, May 2013
93.	Mohammad Ahsan, Bhupendra Kumar & Yogesh Chandra Joshi.	A Study of Effective Use of Aerobic Exercises for Body Weight Reduction in Overweight Male	'HORIZON PALAESTRA' International Journal of Health, Sports and Physical Education. Vol. 1 & Issue-1 July 2012
94.	Divesh Chaudhary & Mohammad Ahsan	Effect of Yoga Training on Physiological Characteristics of College Students	'HORIZON PALAESTRA' International Journal of Health, Sports and Physical Education. Vol. 1 & Issue-1 July 2012
95.	Syed Tariq Murtaza, Mohd. Imran, Mohammad Ahsan and Babul Akhter	An Evaluation: Physical Self-Concept and Sensation Seeking	HORIZON PALAESTRA' International Journal of Health, Sports and Physical Education. Vol. 1 & Issue-1 July 2012
96.	Mohammad Ahsan, Divesh Chaudhary	An Analysis of Linear and Angular Velocity at Various Joints For Instep Soccer Kick By Different Level Player	Journal of Human Kinetics, A Bi-Annual Publication of A.I.P.C.E. Vol.2, No.-2 January 2012
97.	Mohammad Ahsan & Parvez Shamim	An Analysis of Linear Velocity at Various Joint for Inside Instep Soccer Kick by Different Level Players	International online Physical Education & Sports Research journal, Volume I issue II (2012)
98.	Mohammad Ahsan, Riyajuddin & Javed Khan	A Kinematic Study of Instep Soccer Kick at Contact Phase"	International Journal of Sports Sciences and Fitness, (Online Journal) Volume 1(2) July 2011
99.	Mohammad Ahsan, Divesh Chaudhary et.al.	A Comparative Study of Kinematic Analysis of Instep and Inside Instep Soccer Kicks	International Journal of Sports Sciences and Physical Education, Vol. 2 & Issue-1 January 2011
100	Mohammad Ahsan, Vikash Sherawat	Analysis of Kinematics Variables Between Successful and Unsuccessful Throw Shoot	AMASS Multilateral Research Journal B.H.U. Varanasi Vol.-2 No.-2 Nov.-Dec. 2010
101	Parvez Shamim, Mohammad Ahsan	A Comparative Study of Relating Passes Between Male and Female Basketball Players	Indian Journal of Physical Education and Yogic Sciences, Vol. 1, No.-1 July 2010
102	Mohammad Ahsan, Aasim Khan, Arif Mohammad.	Comparison of Kinematics Variables Between Successful and Unsuccessful Free Throw Shooting In Basketball	Journal of Physical Education and Yoga, NCPE NOIDA, Vol. 1, No.-2 Pp 47-52 July 2010



103	Ikram Hussain, Mohammad Ahsan.	A study to Analyse the Ball Velocity of Instep and Inside Instep Soccer Kicks Among Players of Different Levels	PERSIST B.H.U. Varanasi Vol.-1 No.-2 Feb 2009-Jul 2010
104	Ikram Hussain, Kalpana Sharma & Mohammad Ahsan.	Electromyographic Comparison of Concentric and Eccentric Contraction Phases in Abdominal Exercises	South African Journal for Research in Sports, Physical Education and Recreation, Matieland, South Africa, Vol 29(2) 2007
105	Hussain I, Sharma K, Ahsan M.	A Kinematical Study of Free Throw Shooting in Basketball	Scientific Journal in Sports and Exercise, Laxmibai Sports Educational and Welfare Society, New Delhi Vol. 3 no.2 Jul-Dec, pp 8-16, 2007
106	Hussain I, Sharma K, Ahsan M. & Ansari N.W	Muscles Activation During Different Sit-up Exercises: An Electromyographical Study	The Bulletin of International Council of Sports Science and Physical Education (ICSSPE), Berlin, Germany. No. 49 Jan.2007
107	Ikram Hussain, Kalpana Sharma, Mohammad Ahsan & Ansari.	Electromyographical Comparison of Concentric and Eccentric Phase During Selected Abdominal Exercises	The Shield, Research Journal of Physical Education & Sports Science, Pakistan Vol-01-2006
108	I Hussain; M.Ahsan, N.W. Ansari	Electromyographical Feed Back To Angle Identification In Sit-Up Exercises	Indian Journal of Physical Education, Sports Medicine & Exercises Science, LNIPE Gwalior, Vol. 3&4 pp 41-48, 2005

Scientific Research Papers Presented to Refereed Specialized Scientific Conferences

#	Name of Investigator(s)	Research Title	Conference's Date
1	Mohammad Ahsan	Comparison of spatiotemporal running metrics according to the classification of medial longitudinal arch	September 06-07, 2025
2	Mohammad Ahsan	Determining the respiratory functions and isometric strength differences among athletes and non-athletes: A cross-sectional analysis	May 17-19, 2024
3	Mohammad Ahsan	Determining the characteristics of spatiotemporal parameters variability in middle distance runner and long-distance runner	September 23-25, 2023
4	Mohammad Ahsan	A comparison between elite rugby and soccer players for maximal aerobic capacity, anaerobic capacity, dynamic balance, and visual motor coordination	May 19-20, 2023
5	Mohammad Ahsan	Investigate the Aerobic Capacity Difference Between Rugby and Soccer Players by Using the Multistage Fitness Test	September 09-10, 2023



6	Mohammad Ahsan	Effect of Exercise and Daytime Naps on Mental Health and Self-Esteem: A Case-Control Design Study	April 2-4, 2023
7	Mohammad Ahsan	A Comparative Study of Physical Fitness Components and Motor Competence Between Male and Female Students	November 24-25, 2022
8	Mohammad Ahsan	Physical Activity and Sedentary Behavior among University Students and Their Association with Mental Health	June 10-12, 2022
9	Mohammad Ahsan	Smoking, Sleeping Habits, And Level of Physical Activities: A Gender Based Cross-Sectional Comparative Study	June 04-06, 2022
10	Mohammad Ahsan	Effect on Aerobic Capacity through Multistage Fitness Test in University Soccer Players during the Covid-19 Pandemic	July 19-20, 2021
11	Mohammad Ahsan	Determining Teacher Effectiveness for Teaching Physical Education in Fiji Secondary Schools,	July 9-11, 2021
12	Mohammad Ahsan	Relationship between Categorical Variables for Prevalence of Physical Inactivity between University Students	April 4-5, 2021.
13	Mohammad Ahsan	Examining Attitudes of Physical Education and sports Teacher of primary schools in Fiji Education toward the Teaching Profession	November 23-24, 2020
14	Mohammad Ahsan	COVID-19 Pandemic: Effect of Lockdown on Mental Health and Self-Esteem between Genders	October 29-31, 2020.
15	Mohammad Ahsan	Psychological Effect of the Corona Virus Disease Pandemic on Primary School Teachers	August 26-27, 2020
16	Mohammad Ahsan	A Comparative Study of Stress Levels in Middle Teenaged High Schools' Soccer Players	July 11 th , 2014
17	Mohammad Ahsan	Attitude of Non-Physical Education Students Towards Physical Education	February 13 th , 2011.
18	Mohammad Ahsan	<i>A Kinematic Study of Instep and Inside Instep Soccer Kicks at Different Phases</i>	January 30-31 2011
19	Mohammad Ahsan	<i>A Comparative Study of Kinematic Analysis of Instep Kicks"</i>	December 28-29, 2010
20	Mohammad Ahsan	<i>A Study of Relationship Between Physical Characteristic and Playing Ability of Soccer Kick Amongst District Level Players</i>	April 18 th , 2010.
21	Mohammad Ahsan	<i>A Study to Effective Use of Aerobic Exercises for Weight Reduction of Over Weight Male</i>	March 12 th , 2010.



22	Mohammad Ahsan	<i>A Study to Analysis the Ball Velocity of Instep and Inside Instep Soccer Kicks Among Different Level Players</i>	Feb. 13-14, 2010
23	Mohammad Ahsan	<i>Quality of Teacher Education: Problem and Prospect</i>	Jan. 16 th , 2010.
24	Mohammad Ahsan	<i>Biomechanics of Soccer kick</i>	Jan. 16-18, 2009
25	Mohammad Ahsan	Effective Use of Aerobic Exercise to Achieve Better Health and Fitness	March 10 – 12, 2005

Completed Research Projects

#	Name of Investigator(s) (Supported by)	Research Title	Report Date
	Mohammad Ahsan	Comparison of spatiotemporal running metrics according to the classification of medial longitudinal arch with diverse athletes.	2024
	Mohammad Ahsan	Variability of plantar and dorsi flexor muscle functions in male adults with normal medial longitudinal arch and pes planus.	2022
	Mohammad Ahsan	Investigate the relationship between mental health and exercise behavior among university students in Saudi Arabia.	2021
	Mohammad Ahsan Qassim I Muaidi	A Cross-sectional Study of Sleep and Body Composition among Males and Females of the Dammam Community	2017
	Mohammad Ahsan	The Effects on the Resultant Ball Velocity of a Maximal Instep Soccer Kick.	2013
	Mohammad Ahsan Anand Kumar	A study of the level of Job Satisfaction among the PEMAC teachers in Fiji.	2012
	Ikram Hussain Mohammad Ahsan	The Grip Width on Bench Press Performance And its Effect on Force Generation.	2008

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
	Research	PT 426	Lecture
	Research Methodology	HIMT 416	Lecture
	Biostatistics	STAT 301	Lecture
	Sports Psychology	PT 513	Lecture
	Therapeutic Exercises	PT 210	Lecture and lab.
	Movement Science	PT 211	Lecture and lab.
	Biomechanics	PT313	Lecture and lab.
	Kinesiology	PT325	Lecture and lab.



Postgraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Sports Biomechanics		lectures/Tutorials
2	Sports Psychology		lectures/Tutorials

Administrative Responsibilities, Committee and Community Service (Beginning with the most recent)

Administrative Responsibilities

#	From	To	Position	Organization

Personal Key Competencies and Skills: (Computer, Information technology, technical, etc.)

1	Motion Analysis, Kinematics (Linear & Angular), kinetics, 2D & 3D
2	MS Office (Word, Power Point, Excel), SPSS, Vicon

Last Update

08/09/2025