



Mohammad Ahsan

Assistant Professor

Personal Data

Nationality | Indian

Date of Birth | 03.01.1979

Department | Physical Therapy

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Office Phone No. | 31244

Language Proficiency

Language	Read	Write	Speak
Arabic	Yes		
English	Yes	Yes	Yes
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	Master of Physical Education	Aligarh Muslim University	Aligarh U.P. INDIA
1999	Bachelor of Physical Education	Aligarh Muslim University	Aligarh U.P. INDIA

PhD, Master or Fellowship Research Title: (Academic Honors or Distinctions)

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

Job Rank	Place and Address of Work			Date
Assistant Professor	IAU	Dammam	KSA	2016 – till date
Assistant Professor	FNU	Lautoka	Fiji	2013 - 2015
Assistant Professor	SRC	Muzaffarnagar	India	2010 - 2012
Assistant Professor	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	Mohammad Ahsan, Arif Mohammad	<i>Effects of different warm-up techniques on dynamic balance and muscular strength on players: a study</i>	European Journal of Physical Education and Sport Science, volume 4 , issue 12, pp: 29-38
2	Mohammad Ahsan	<i>An Angular Kinematical Analysis of Soccer Instep and Inside Kick at Impact Phase of University Soccer Players</i>	International Journal of Sports and Physical Education, Volume 4, Issue 3, 2018, Pp: 1-5
3	Anand Kumar, Mohammad Ahsan	<i>A Comparative Study of Proficiency in English and Study Habit of Government and Non-Government School Students</i>	International journal of informative & futuristic research; volume 5, Issue 1, 2017
4	Mohammad Ahsan, Arif Mohammad	<i>Mental Toughness as a Determinant Factor of Performance in Table Tennis</i>	European Journal of Physical Education and Sport Science; Volume 3, Issue 12, 2017
5	Mohammad Ahsan & Qassim I Muaidi	<i>An Investigation of Ball Velocity Between the Instep and Inside of the Foot Kicks of University Soccer Players</i>	Journal of Athletic Enhancement; Volume 6, Issue 4, 2017
6	Babul Akhter & Mohammad Ahsan	<i>The Influence of the Club's Infrastructure on the Soccer Coaching Process: Evidence from the Club Representative Longitudinal Survey</i>	European Journal of Physical Education and Sports Science; Volume 3, Issue 4, 2017, pp 40-54
7	Babul Akhter & Mohammad Ahsan	<i>Inclination of Anticipated Teachers towards Students Evaluation of Physical Education Teachers</i>	AMASS Multilateral Research Journal B.H.U. Varanasi; Volume 8, Issue 2, 2016, pp 7-10,
8	Anand Kumar, Mohammad Ahsan, Riyanka Nagi	<i>A comparative study of intelligence, test anxiety and study habits of students studying in government and non-government senior secondary schools,</i>	International Journal of Multidisciplinary Approach and Studies; Volume 03, No. 6, 2016, pp 27-34
9	Mohammad Ahsan & Anand Kumar	<i>A Study of the Relationship between Test Anxiety and Study Habits of Physical Education Students</i>	International Journal of Sports and Physical Education (IJSPE);Volume 2, Issue 3, 2016,
10	Arif Mohammad & Mohammad Ahsan	<i>"A Comparative Study of Exercise Motivation between Male and Female Under 17 years Soccer Players</i>	European Journal of Physical Education and Sport Science, Volume 2, Issue 3, 2016
11	Mohammad Ahsan	<i>A Comparative Study of Stress Amongst Teachers of the Western Division in Fiji</i>	The Journal of Pacific Studies, Fiji, Volume 36 Issue 2, 2016
12	Mohammad Ahsan	<i>An Analysis of Physical Education Student's Perception on Winning Attitude</i>	New Thoughts, Ambadi Publishers; Annanagar Chennai 2015
13	Mohammad Ahsan	<i>Physical, Verbal, Anger and Hostility Aggressiveness in University's Physical Education Students</i>	International Journal of Sports and Physical Education (IJSPE) Volume 1, Issue 2, Jul-Sep 2015
14	Mohammad Ahsan	<i>A Comparative Study of Aggression Between Physical Education Students</i>	<i>International Multidisciplinary Research Journal, AMERICAN RESEARCH THOUGHTS - Vol. 1, Issue 8, (June 2015)</i>
15	Mohammad Ahsan	<i>Self-Efficacy among Male and Female Intervarsity Football Players</i>	<i>Journal of Physical Education Research, ISSN 2394-4048, Volume 1, Issue 1, (December 2014)</i>



16	Mohammad Ahsan	<i>A Comparative Study of Stress Levels in Middle Teenaged High Schools' Soccer Players</i>	<i>International Multidisciplinary Research Journal, AMERICAN RESEARCH THOUGHTS, Vol. I, Issue 1 (November 2014)</i>
17	Mohammad Ahsan, Katarina Toga, Anand Kumar.	<i>A Study of Competitive Sport Anxiety in Young Soccer Players</i>	<i>IOSR Journal of Sports and Physical Education (IOSR-JSPE), Volume 1, Issue 4 (Apr. 2014)</i>
18	Mohammad Ahsan & Katarina Toga Ruru	<i>An Analysis of Angular Velocity at Various Joints for inside Instep Soccer Kick by Different Level Players</i>	<i>International Multidisciplinary Research Journal, EUROPEAN ACADEMIC RESEARCH - Vol. II, Issue 1 / April 2014</i>
19	Mohammad Ahsan & Anand Kumar	<i>Personality Traits and their Impact on the Academic Achievement of Children of Working and Non-working Mothers</i>	<i>Learning Community-An International Journal of Educational and Social Development, Vol. 4, Issue 3, 2013</i>
20	Mohammad Ahsan & Anand Kumar.	<i>A Study of the Academic Achievement of Children Belonging to Working and Non-Working Mothers</i>	<i>International Journal of Education and Allied Sciences, July-December 2013</i>
21	Mohammad Ahsan, Dharendra kumar Dipak Kumar Naikar	<i>The Comparison Between Level of Competition and Competitive Sports Anxiety in Youth Soccer Players</i>	<i>INTERNATIONAL JOURNAL OF SPORTS GLIMPSES, A Research Journal on Physical Education, recreation and Sports Sciences, Vol. II Issue-I, May 2013</i>
22	Mohammad Ahsan, Bhupendra Kumar & Yogesh Chandra Joshi.	<i>A Study of Effective Use of Aerobic Exercises for Body Weight Reduction in Overweight Male</i>	<i>'HORIZON PALAESTRA' International Journal of Health, Sports and Physical Education. Vol. 1 & Issue-1 July 2012</i>
23	Divesh Chaudhary & Mohammad Ahsan	<i>Effect of Yoga Training on Physiological Characteristics of College Students</i>	<i>'HORIZON PALAESTRA' International Journal of Health, Sports and Physical Education. Vol. 1 & Issue-1 July 2012</i>
24	Syed Tariq Murtaza, Mohd. Imran, Mohammad Ahsan and Babul Akhter	<i>An Evaluation: Physical Self-Concept and Sensation Seeking</i>	<i>HORIZON PALAESTRA' International Journal of Health, Sports and Physical Education. Vol. 1 & Issue-1 July 2012</i>
25	Mohammad Ahsan, Divesh Chaudhary	<i>An Analysis of Linear and Angular Velocity at Various Joints For Instep Soccer Kick By Different Level Player</i>	<i>Journal of Human Kinetics, A Bi-Annual Publication of A.I.P.C.E. Vol.2, No.-2 January 2012</i>
26	Mohammad Ahsan & Parvez Shamim	<i>An Analysis of Linear Velocity at Various Joint for Inside Instep Soccer Kick by Different Level Players</i>	<i>International online Physical Education & Sports Research journal, Volume I issue II (2012)</i>
27	Mohammad Ahsan, Riyajuddin & Javed Khan	<i>A Kinematic Study of Instep Soccer Kick at Contact Phase"</i>	<i>International Journal of Sports Sciences and Fitness, (Online Journal) Volume 1(2) July 2011</i>
28	Mohammad Ahsan, Divesh Chaudhary et.al.	<i>A Comparative Study of Kinematic Analysis of Instep and Inside Instep Soccer Kicks</i>	<i>International Journal of Sports Sciences and Physical Education, Vol. 2 & Issue-1 January 2011</i>
29	Mohammad Ahsan, Vikash Sherawat	<i>Analysis of Kinematics Variables Between Successful and Unsuccessful Throw Shoot</i>	<i>AMASS Multilateral Research Journal B.H.U. Varanasi Vol.-2 No.-2 Nov.-Dec. 2010</i>
30	Parvez Shamim, Mohammad Ahsan	<i>A Comparative Study of Relating Passes Between Male and Female Basketball Players</i>	<i>Indian journal of physical education and yogic sciences, Vol-1 No.-1 July 2010</i>
31	Mohammad Ahsan, Aasim Khan, Arif Mohammad.	<i>Comparison of Kinematics Variables Between Successful and Unsuccessful Free Throw Shooting In Basketball</i>	<i>Journal of Physical Education and Yoga, NCPE NOIDA, Vol-1 No.-2 Pp 47-52 July 2010</i>
32	Ikram Hussain, Mohammad Ahsan.	<i>A study to Analyse the Ball Velocity of Instep and Inside Instep Soccer Kicks Among Players of Different Level</i>	<i>PERSIST B.H.U. Varanasi Vol.-1 No.-2 Feb 2009-Jul 2010</i>



33	Ikram Hussain, Kalpana Sharma & Mohammad Ahsan.	<i>Electromyographic Comparison of Concentric and Eccentric Contraction Phase in Abdominal Exercises</i>	South African Journal for Research in Sports, Physical Education and Recreation, Matieland, South Africa, Vol.29(2) 2007
34	Hussain I, Sharma K, Ahsan M.	<i>A Kinematical Study of Free Throw Shooting in Basket Ball</i>	Scientific Journal in Sports and Exercise, Laxmibai Sports Educational and Welfare Society, New Delhi Vol. 3 no.2 Jul-Dec, pp 8-16, 2007
35	Hussain I, Sharma K, Ahsan M. & Ansari N.W	<i>Muscles Activation During Different Sit-up Exercises: An Electromyographical Study</i>	The Bulletin of International Council of Sports Science and Physical Education (ICSSPE), Berlin, Germany. No. 49 Jan.2007
36	Ikram Hussain, Kalpana Sharma, Mohammad Ahsan & Ansari.	<i>Electromyographical Comparison of Concentric and Eccentric Phase During Selected Abdominal Exercises</i>	The Shield, Research Journal of Physical Education & Sports Science, Pakistan Vol-01-2006
37	I Hussain; M.Ahsan, N.W. Ansari	<i>Electromyographical Feed Back To Angle Identification In Sit-Up Exercises</i>	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	A Comparative Study of Stress Levels in Middle Teenaged High Schools' Soccer Players	July 11 th , 2014
2	Mohammad Ahsan	Attitude of Non-Physical Education Students Towards Physical Education	February 13 th , 2011.
3	Mohammad Ahsan	<i>A Kinematic Study of Instep and Inside Instep Soccer Kicks at Different Phases</i>	January 30-31 2011
4	Mohammad Ahsan	<i>A Comparative Study of Kinematic Analysis of Instep Kicks"</i>	December 28-29, 2010
5	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.
6	Mohammad Ahsan	<i>A Study to Effective Use of Aerobic Exercises for Weight Reduction of Over Weight Male</i>	March 12 th , 2010.
7	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
8	Mohammad Ahsan	<i>Quality of Teacher Education: Problem and Prospect</i>	Jan. 16 th , 2010.
9	Mohammad Ahsan	<i>Biomechanics of Soccer kick</i>	Jan. 16-18, 2009
10	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
1	Mohammad Ahsan Qassim I Muaidi	A Cross Sectional Study of Sleep and Body Composition among Male and Female of Dammam Community	31 Oct 2018

Teaching Activities

Undergraduate

#	Course/Rotation Title	No./Code	Extent of Contribution (no. of lectures/Tutorials. Or labs, Clinics)
1	Biomechanics	PT 313	Teaching Lecture and organizing Lab
2	Kinesiology	PT 325	Teaching Lecture and organizing Lab
3	Therapeutic Exercise	PT 315	Teaching Lecture and organizing Lab
4	Ethics in PT Profession	PT 419	Teaching Lecture

Brief Description of Undergraduate Courses Taught: (Course Title – Code: Description)

1	Biomechanics (PT313): The study of biomechanical laws and principals governing the force characteristics, motion, mechanisms of injury, healing rate of tissues in the human musculoskeletal system.
2	Kinesiology (PT325): The study and application of mechanical principles of osteokinematic and arthrokinematic of all body regions. It also covers the basic mechanical principles in gait and posture analysis. In addition, the mechanics of respiratory system were covered.
3	Therapeutic Exercise (PT325):
4	Ethics in PT Profession (PT419): This course designs to allow the students to develop theoretical understanding of ethical aspects of physical therapy as a career, know the duties and rights of the physical therapists including the skills of handling patients and also dealing with his colleagues.

Postgraduate

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



Brief Description of Postgraduate Courses Taught: (Course Title – Code: Description)

1	Sports Biomechanics: Provide a fundamental grounding on biomechanical concepts, introducing methods for assessment of movements, kinematics and kinetics to improve the techniques, equipment, and training methods to prevent injury and rehabilitation through modifications of technique and equipment designs for exercise and sport.
2	Sports Psychology: Psychological factors influence performance, and predisposing to injuries in sport, exercise, and health settings.

Supervision of Master and/or PhD Thesis

#	Degree Type	Title	Institution	Date
1	Master	Effect of pronated foot on hip muscle strength and kinematics during gait	IAU	2018

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

Last Update

13/ 1/2019