

Ahmad A Obeidat, Ph.D.

Amman, Jordan

Mobile Number: +962-(0) 776263170

E-mail : ahmad.obeidat@ju.edu.jo / ahmadobeidat@gmail.com



Objective

I am interested in working with a highly educated and enthusiastic team to pass useful knowledge to the public and society, and to be actively involved in research projects that improve health in society. My focus areas are metabolic syndrome, diabetes, obesity, CVD, and other chronic diseases related to clinical nutrition.

Education

2011, University of Jordan, Amman, Jordan M.Sc. and Ph.D. degree in Nutrition and Food Science (*Human Nutrition & Dietetics*).

Ph.D. Dissertation: "Evaluation of the Interaction between Serum Levels of Leptin and Uric Acid and Waist to Height Ratio in Terms of Specificity and Sensitivity as Predictors of Metabolic Syndrome in an Adult Jordanian Group"

2000, Aleppo University, Aleppo, Syria B.Sc. in Food Science.

Work Experience:

- Oct 2023 to date, lecturer in Department of Nutrition and Food Technology -School of Agriculture, University of Jordan.
- **Duties and Responsibilities**
 1. Prepare and deliver course materials and lectures on theoretical and practical activities to undergraduate students.
 2. Any other duties assigned by the head of the department.

- Jan 2018 to Oct 2023, head of the clinical nutrition department-college of applied medical sciences, University of Taibah/ Yanbu- KSA.

- **Duties and Responsibilities**

1. Plan, evaluate, and revise program plan, courses content, and courses materials and methods of instruction
2. Prepare and deliver course materials and lectures on theoretical and practical activities to undergraduate and/or graduate students
3. Supervise teaching, internship, and research work
4. Select and obtain materials and supplies for the department such as textbooks and laboratory equipment
5. To assist colleagues in the department in carrying out the department program
6. Serve on several academic and administrative committees
7. Any other duties assigned by the Dean

- Aug 2012 to Oct 2023, Assistant Prof. in clinical nutrition department-faculty of applied medical sciences, University of Taibah/ Yanbu- KSA.

- **Duties and Responsibilities**

1. Prepare and deliver course materials and lectures on theoretical and practical activities to undergraduate and/or graduate students
2. Help students to reach their full potential
3. Conduct research in a particular field of knowledge, and publish findings in professional journals,
4. Participating in professional conferences
5. Serve on several academic and administrative committees
6. Any other duties assigned by the head of the department

- Oct 2011 to Aug 2012, Assistant Prof. in nutrition department-faculty of agriculture, University of Jerash-Jordan.

- **Duties and Responsibilities**

1. Prepare and deliver course materials and lectures on theoretical and practical activities to undergraduate students

2. Any other duties assigned by the head of the department

- Jan 2011 to Aug 2011, lecturer in nutrition department-faculty of health sciences, University of Kalamoon-Syria.

- **Duties and Responsibilities**

3. Prepare and deliver course materials and lectures on theoretical and practical activities to undergraduate students
4. Any other duties assigned by the head of the department

Teaching philosophy

I have more than 10 years of teaching experience. My teaching experience includes teaching a variety of courses, supervising labs and coordinating other teaching assistants. I supervised and coordinate undergraduate students' research projects, field training and internship. Through this experience, I have developed excellent communication, problem solving, and organizational skills.

- Courses I have been teaching:

Clinical Nutrition Courses 1.2.3 ; Clinical Practice Courses 1.2.3; Life Cycle Nutrition; Assessment of Nutritional Status; Human Nutrition; Meal Planning; Medical Nutrition therapy; Fundamentals of Nutrition; Medical communication skills.

My objective as a teacher is to motivate my students to develop their own learning interests and critical thinking. I believe that clear, open communication with students is a key element in helping them learn. I choose content and activities that are both significant and challenging for the students so that they are stimulated to think “beyond” their comfort zone and feel involved in their own learning process as much as I can. Collaborative learning is also central to my teaching philosophy in order to promote reflective thinking and improve the students’ communicative skills.

Research Philosophy

In addition to my dissertation research on Metabolic Syndrome, other areas that interest me for my future research such as diabetes, obesity, CVD, and other chronic diseases related to clinical nutrition field trying to understand the underlying nutrition related causes and to find the means to help people following therapeutic lifestyle change and living a long happy life.

Publications

1. **Obeidat, A.** 2022. Vitamin D Deficiency and the Development of Prediabetes in Adolescent Females. *Current pediatric research*. Accepted on 12/2/2022.
2. El-Nashar, N., **Obeidat, A.** and Abduljawad, S. Effects of Corona Pandemic "Covid 19" on Health and Nutritional Habits of Citizens - Families and Individuals. *Arab Journal of Food and Nutrition*, 2021; 51, p:28-47.
3. Abboud, I., Habeeb, T., Al Zoubi, O. and **Obeidat, A.** Geoenvironmental controls on the formation of human urinary calculi: A case study from Jordan. *Arabian Journal of Geosciences*.2021; 14, p:781-800.
4. **Obeidat, A.**, Assessment of dietary iodine intake for females of childbearing age from Amman, Jordan. *Medical Science*, 2020, 24(105), 2985-2992.
5. **Obeidat, A.**, Hamad, H., Mehdawi, B., Al-Sayyad, M., Alaqqad,, S., Al-Ajloni, R., Shanaah, M., and Al-Khamaiseh, A. Alarming High Prevalence of Overweight and Obesity among Adults in Jerash University: A Cross-Sectional Study. *Bulletin of Environment, Pharmacology and Life sciences*. 2019; 8 (10), p: 109-117.
6. **Obeidat, A.** Growth Indices for Children and Adolescents in Yanbu as Compared to WHO 2007. *Current Research in Diabetes and Obesity Journal*. 2019; 12 (2) p: 44-47.
7. **Obeidat, A.**, Hamad H., Saewan, S., and Khashroom, A. Iron bioavailability deficiency and its consequences in infants and children. *Bulletin of Environment, Pharmacology and Life sciences*. 2019; 8 (8), p: 129-138.
8. Azzeh, F., Alazzeh, A., Hijazi, H., Wazzan, H., Jawharji, M., Jazar, A., Filimban, A., Alshamrani, A., Labani, M., Hasanain, T. and **Obeidat, A.** Factors Associated with Not Breastfeeding and Delaying the Early Initiation of Breastfeeding in Mecca Region, Saudi Arabia. *Children* 2018, 5, 8; doi:10.3390/children5010008.
9. Azzeh, F., Alshammari, E., Alazzeh A., Jazar, A., Dabbour, I., El-Taani, H., **Obeidat, A.**, Kattan, F. and Tashtoush, S. Healthy dietary patterns decrease the risk of colorectal cancer in the Mecca Region, Saudi Arabia: a case-control study. *BMC Public Health*. 2017; 17:607. DOI 10.1186/s12889-017-4520-4.
10. **Obeidat, A.**, Ahmad, M., Haddad, F., Azzeh, F. Leptin and uric acid as predictors of Metabolic Syndrome in Jordanian Adults. *Nutrition Research and Practice*. 2016; 10(4), p: 411–417.

11. **Obeidat, A.**, Ahmad, M., Haddad, F., Azzeh, F. Evaluation of Several Anthropometric Indices of Obesity as Predictors of Metabolic Syndrome in Jordanian Adults. *Nutricion Hospitalaria*. 2015; 32, p: 667-77.
12. **Obeidat, A.**, Ahmad, M., Haddad, F., Azzeh, F. Alarming high Prevalence of Metabolic Syndrome According to International Diabetes Federation Criteria among Jordanian Adults. *Pak J Med Sci*. 2015; 31(6), p: 1377-1382.
13. Azzeh, F., Alazzeh, A., Dabbour, I., Jazar, A., and **Obeidat, A.** Effect of Hospital Nutrition Support on Growth Velocity and Nutritional Status of Low Birth Weight Infants. *Nutricion Hospitalaria*. 2014; 30(4) p: 800-805.

Conferences

1. 1st International Conference Of The Saudi Society For Clinical Nutrition, Riyadh, 2019. Speaker.
2. The third conference of clinical nutrition, Royal Commission medical center, Yanbu, 2018. Speaker.
3. The international conference on obesity and diabetes 2 (ICOD2), Riyadh, 2016. Speaker and chairman.
4. Pediatric update symposium, Yanbu, 2016.
5. Special pediatric workshop, Yanbu, 2016.
6. The second conference of clinical nutrition, Royal Commission medical center, Yanbu, 2014. Speaker.
7. The 4th Congress of the Jordanian Society of Endocrinology, Diabetes and Metabolism (JSED) and the 3rd Joint JSED-American Association of Clinical Endocrinologists (JSED-AACE) Congress and the 11th Pan Arab Congress of Endocrinology and Diabetes (PACED-11). Speaker.

Courses and workshops

1. Workshop on Taibah University's national transformation initiative for leaders. Taibah University 2017.
2. Electronic Educational Materials Creation System. Taibah University 2015.
3. Teaching strategies, evaluation, classroom management and university work. Jerash University 2012.

Community service activities

1. Member of the editorial board for the **International Journal of Clinical Nutrition & Dietetics**.
https://www.graphyonline.com/journal/journal_home.php?journalid=IJCND
2. Peer reviewer for Public Health journal- Elsevier. <https://www.journals.elsevier.com/public-health>
3. Provide scientific educational lectures in clinical nutrition for the Department of Nutrition at Yanbu General Hospital as a volunteer.
4. Participation in research arbitration for Institute of Scientific Research and Revival of Islamic Heritage at the University of Umm Al-Qura.
5. Participation in research arbitration for Scientific Research deanship at Hail University.
6. Participation in research arbitration for The Scientific Conference of Students at Taibah University.

Computer Skills

- Extensive experience in using online learning management systems (Blackboard Collaborate, MS teams and Moodle)
- Good in utilizing many computer software programs such as Microsoft Office and various internet search engines.
- Good user of the computerized food analysis programs.
- Good user of the SPSS statistical analysis program.

Interpersonal Skills

- Good communication skills.
- Have a teamwork spirit.
- Ambitious to learn.
- hardworking, persistent, and dynamic personality.

Professional References

1. Dr. Mousa N. Ahmad, Ph.D., Department of Nutrition and Dietetics, Faculty of Agriculture, University of Jordan, Amman, Jordan. Email: mosnuman@ju.edu.jo. Mobile #: 00962 777 49075.

2. Dr. Fares H. Haddad, M.D., Senior Consultant Endocrinologist, Diabetologist.
Amman, Jordan. Email: haddf@hotmail.com. Mobile #: 00962 772000807.

3. Dr. Jawaher Abdualbaqi Abdulhakim, Ph.D., Dean of Applied Medical
Sciences, Taibah University, Yanbu, Saudi Arabia. Email:
jabdulhakim@taibahu.edu.sa Mobile #: 00966535316016