

Dr. Majed M. Alhumaid | د. ماجد محمد الحميد

Assistant Professor | أستاذ مساعد

Ph.D. in Adapted Physical Activity | دكتوراه في الأنشطة البدنية المُعدلة

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Publications | الأبحاث العلمية

- Li, P., Alhumaid, M. M., Li, H., ... & Zhao, S. (2024). Correlation Research on Physical Activity and Executive Function in Female College Students with Subclinical Depression. *Frontiers in Psychiatry*, 15, 1403471. doi.org/10.3389/fpsy.2024.1403471
- SAID, M. A. & Alhumaid, M. M. (2024). Appraising the Physical Activity Levels of Saudis with Physical Disabilities: Effects of Disability Type, Mobility Assistive Devices, and Demographic Factors. *Healthcare*, 12(9), 937. doi.org/10.3390/healthcare12090937
- Alhumaid, M. M., ..., & Khoo, S. (2024). Empowerment and social inclusion through Para sports: A qualitative study on women with physical impairments in Saudi Arabia. *Frontiers in Psychology*, 15, 1366694. doi.org/10.3389/fpsyg.2024.1366694
- Alhumaid, M. M. (2024). Parental Physical Activity Support for Parents of Children with Disabilities in Saudi Arabia. *Heliyon*, 10(7), e29351. doi.org/10.1016/j.heliyon.2024.e29351
- Mansour, H., ..., Alhumaid, M. M., ... (2024). Efficiency factors in 110-metre hurdle clearance techniques: kinematics among specialist hurdlers and decathletes. *Human Movement*, 25(1), 80–92. doi.org/10.5114/hm.2024.136058
- Frikha, M., ..., Alhumaid, M. M., (2024). Towards improving online learning in physical education: Gender differences and determinants of motivation, psychological needs satisfaction, and academic achievement in Saudi students. *PLoS ONE*, 19(2), e0297822. doi.org/10.1371/journal.pone.0297822
- Khoo, S., ..., & Alhumaid, M. M., (2024). Disability Research in Arab Countries: A Bibliometric Analysis. *Journal of Disability Research*, 3(2), 1–7. doi.org/10.57197/JDR-2024-0004
- Alhumaid, M. M., ..., & Khoo, S. (2024). Cross-cultural Adaptation and Validation of the Arabic Version of the Physical Activity Scale for Individuals with Physical Disabilities in Saudi Arabia (PASIPD-AR). *Healthcare*, 12(2), 179. doi.org/10.3390/healthcare12020179
- Alhumaid, M. M. (2024). Physical Activity and Self-Esteem among People with Physical Disabilities in Saudi Arabia. *Revista Brasileira de Medicina do Esporte*, 30. doi.org/10.1590/1517-8692202430022022_0116i
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Qualifications | المؤهلات العلمية

Ph.D. | دكتوراه

APA | الأنشطة البدنية المُعدلة

University of Malaya

June 2021

M.A | ماجستير

APE | التربية البدنية المُعدلة

Minnesota State University, Mankato

May 2015

B.A | بكالوريوس

PE | التربية البدنية

King Faisal University

June 2010

Work Experiences | الخبرات العملية

- أستاذ مساعد – قسم التربية البدنية – جامعة الملك فيصل
- محاضر – قسم التربية البدنية – جامعة الملك فيصل
- معيد – قسم التربية البدنية – جامعة الملك فيصل
- معلم – الهيئة الملكية في الجبيل الصناعية

Administrative Duties | الأعمال الإدارية

- مستشار ومشرف مكتب رئيس جامعة الملك فيصل
- مساعد المدير التنفيذي في مشروع "تعزيز كفاءة البحوث والدراسات العلمية باللغة العربية في مجالات العلوم الاجتماعية والإنسانية في الجامعات السعودية" لوزارة التعليم
- رئيس لجنة شؤون الأشخاص ذوي الإعاقة – كلية التربية – جامعة الملك فيصل
- عضو في العديد من اللجان العليا في الجامعة
- عضو اللجنة العلمية – قسم التربية البدنية – جامعة الملك فيصل
- عضو لجنة الشراكة المجتمعية – قسم التربية البدنية – جامعة الملك فيصل
- عضو لجنة الأنشطة – قسم التربية البدنية – جامعة الملك فيصل
- منسق – قسم التربية البدنية – جامعة الملك فيصل (سابقاً)
- رئيس لجنة التربية العملية – قسم التربية البدنية – جامعة الملك فيصل (سابقاً)

Publications | الأبحاث العلمية

- Alhumaid, M. M., Atta, I. I., & SAID, M. A. (2023). Relationship between discus throwing performance and kinetic and kinematic indicators in the F33 Paralympic record holder. *Journal for ReAttach Therapy and Developmental Diversities*, 6(1), 370–380.
- Alhumaid, M. M., Alfozan, S. K., ..., & SAID, M. A. (2023). Effects of disability type, prior contact, and school setting on attitudes toward peers with disabilities among Saudi female students aged 7 to 12 years. *PLoS ONE*, 18(9), e0291274. doi.org/10.1371/journal.pone.0291274
- Alhumaid, M. M. (2023). Enhancing Graduate Students' Attitudes and Self-Efficacy Towards Inclusively Teaching Children with Disabilities Using an Inclusivity-Based Physical Activity Program. *International Journal of Human Movement and Sports Sciences*, 11(5). doi.org/10.13189/saj.2023.110525
- Alhumaid, M. M. (2023, June 25–29). *Pre-Service Physical Education Teachers' Attitudes toward Inclusion in Saudi Arabia* [Conference poster abstract]. ISAPA 2023 – International Symposium Adapted Physical Activity 2023, Dunedin, NZ.
- Hassan, A. K., Alhumaid, M. M., ... & ... (2023). Light stimulation exercises and their impact on attention focus (visual and auditory), lactic acid levels, and skilled hand speed for wheelchair basketball players. *Journal of Physical Education & Sport*, 23(5), 1165–1175. doi.org/10.7752/jpes.2023.05145
- Backhaus I., ..., Alhumaid, M. M., ..., & Khoo, S. (2023). Mental health, loneliness, and social support among undergraduate students: A multinational study in Asia. *Asia Pacific Journal of Public Health*, 35(4). doi.org/10.1177/10105395231172311
- Alhumaid, M. M. (2023). Primary students' attitudes towards peers with disabilities in physical education in Saudi Arabia. *Children*, 10(3), 580. doi.org/10.3390/children10030580
- Alhumaid, M. M., & Ahmed, M. D. (2023). Social Status and Students' Performance in Physical Education. *Journal of Physical Education, Recreation & Dance*, 94(3), 56–56 doi.org/10.1080/07303084.2022.2157176
- Alhumaid, M. M., & SAID, M. A. (2023). Increased physical activity, higher educational attainment, and the use of mobility aid are associated with self-esteem in people with physical disabilities. *Frontiers in Psychology*, 14:1072709. doi.org/10.3389/fpsyg.2023.1072709
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Conferences | المؤتمرات والندوات العلمية

- International Conference “Theory and Practice in Adapted Physical Education 2024, Sharjah, UAE.
- The International Symposium on Adapted Physical Activity 2023, Dunedin, Aotearoa New Zealand.
- المشاركة بورقة علمية في ملتقى "إضاءة الأحساء" - تنظيم هيئة رعاية الأشخاص ذوي الإعاقة (4-5 فبراير 2023).
- The 6th International Conference on Disability & Rehabilitation 2022, Riyadh, Saudi Arabia.
- Asian Society for Adapted Physical Education and Exercise 2022, Shatin, New Territories, Hong Kong.
- European Congress of Adapted Physical Activity 2022, Coimbra, Portugal
- The National Consortium for PE for Individuals with Disabilities Conference; (NCPEID).
- International Symposium of APA; University of Jyväskylä, Finland
- Mental Health and PA (Atividades Física e Saúde Mental) Seminar; Catholic University of Leuven, Belgium.
- Sport Psychology and Disability Sport; University of Worcester, United Kingdom.
- To Inclusive Education and BEYOND: European Association of Service Providers for Persons with Disabilities Online Conference.
- Irish PA Research Collaboration Conference; Irish Physical Activity Research Collaboration.
- Individualized Teaching in a Group APE Class; Hong Kong Jockey Club.
- 49th National APE Conference; California Association for Health, PE, Recreation and Dance.
- المستجدات في مجال الأبحاث والتدريب لذوي الإعاقة في COVID-19; ظل جائحة كورونا Disability Research.
- South American Symposium on APA; Universidad San Sebastian, Chile
- International Society for PA and Health 2020 Virtual Congress; International Society for PA and Health.
- European Conference in APA; Miguel Hernandez University, Elche, Spain
- OAHPERD APE Virtual Workshop; Oklahoma Association for Health, PE, Recreation and Dance.
- Elsevier South East Asia Publishing Workshop: An Introduction to Scholarly Publishing; Elsevier
- 45th Annual Minnesota State D/ APE Conference; MI D/APE..

Publications | الأبحاث العلمية

- Alhumaid, M. M., & Atta, I. I. (2022). Biomechanical Properties of the Discus Throw: Analytical Case Study of the Paralympic Record Holder in the F33 Category. *Heliyon*, 8(12), e11926. doi.org/10.1016/j.heliyon.2022.e11926
- Frikha, M., ..., Alhumaid, M. M.,... (2022). Students' Perceptions in Online Physical Education Learning: Comparison Study of Autonomy, Competence, and Relatedness in Saudi Students during the COVID-19 Lockdown. *International Journal of Environmental Research and Public Health*, 19(22), 15288. doi.org/10.3390/ijerph192215288
- Hassan, A. K., Alhumaid, M. M.,. (2022). The effect of using reactive agility exercises with the FITLIGHT training system on the speed of visual reaction time and dribbling skill of basketball players. *Sports*, 10(11), 176. doi.org/10.3390/sports10110176
- Alhumaid, M. M., ..., & Bastos, T. (2022). Physical Education Teachers' Attitudes towards Inclusion of Students with Disabilities in Saudi Arabia. *Frontiers in Psychology*, 13:1006461. doi.org/10.3389/fpsyg.2022.1006461
- Alhumaid, M. M. (2022). Predictors of Physical Educators' Attitudes toward Including Students with Disabilities in Inclusive Classes. *The Open Sports Sciences Journal*, 15, 1–7. doi.org/10.2174/1875399X-v15-e2210260
- SAID, M. A., Alhumaid, M. M., ... (2022). Lower fitness levels, higher fat-to-lean mass ratios, and lower cardiorespiratory endurance are more likely to affect the Body Mass Index of Saudi children and adolescents. *Frontiers in public health*, 10:984469. doi.org/10.3389/fpubh.2022.984469
- Alhumaid, M. M., Al-Sari, A. R., & Khoo, S. (2022, August 4–6). *Inclusion of students with disabilities in physical education in Saudi Arabia: A qualitative study of mothers' perspectives* [Conference oral presentation abstract]. ASAPE 2022 – Asian Society for Adapted Physical Education and Exercise 2022, Shatin, New Territories, Hong Kong.
- AbdElHafiez, H. F., ..., M., Alhumaid, M. M. (2022, May 21). *Impact of using the motor education on the basic motor skills and the motor satisfaction for the autism disorder pupils* [Conference research paper]. المؤتمر العلمي الثالث لكلية التربية البدنية وعلوم الرياضة، الأردن
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Conferences | المؤتمرات والندوات العلمية

- 1st RaceRunner Conference; The Authority Person Disability (APD) in Saudi Arabia.
- The 43rd National APE Conference; California Association for Health, PE, Recreation and Dance

Training Courses | الدورات التدريبية

- تقديم ورشة عمل بعنوان "أخلاقيات القيادة الإدارية" - جامعة الملك فيصل
- تقديم برنامج تدريبي بعنوان "قيادات المستقبل" - جامعة الملك فيصل
- الدورة التدريبية الإقليمية لإعداد كبري مدربي الأولمبياد الخاص في الشرق الأوسط وشمال أفريقيا في رياضة البولنج - الأولمباد الخاص السعودي
- المدير التنفيذي في المؤسسات الرياضية؛ معهد إعداد القادة - وزارة الرياضة
- الابتكار وريادة الأعمال في المجال الرياضي؛ معهد إعداد القادة - وزارة الرياضة
- جودة الحياة والأنشطة الرياضية؛ معهد إعداد القادة - وزارة الرياضة
- Individualized Teaching in a Group Adapted Physical Education Class (Training); The Chinese University of Hong Kong.
- OAHPERD Adapted Physical Education Virtual (Workshop); OAHPERD.
- Questionnaire Validity and Reliability (Workshop); Learning Excellence and Innovation.
- إدارة المنشآت الرياضية؛ معهد إعداد القادة - وزارة الرياضة
- Elsevier South East Asia Publishing (Workshop); Elsevier.
- جامعة الملك فيصل TOT دورة اعداد المدربين
- A Process for Incorporating AT into the IFSP/IEP." "AT" (Workshop); PACER CENTER – USA
- Computer Based Supports for Struggling Learners (Workshop); PACER CENTER – USA
- "Planning for Independence: A Roadmap for Parents and Youth with Mental Health, Emotional or Behavioral Needs During the Transition Years". (Workshop); PACER CENTER – USA
- "Use the IEP to Help Your Child: A Guide for Minnesota Parents to the Individualized Education Program IEP". (Workshop); PACER CENTER – USA

Publications | الأبحاث العلمية

- Alhumaid, M. M., Brooke, M., & Khoo, S. (2022). Insider Perspectives on Saudi Arabia's Fakher Disability Sports Programme. *Sustainability*, 14(17), 10706. doi.org/10.3390/su141710706
- Alhumaid, M. M., Khoo, S., & Bastos, T. (2022). Experiences of an Adapted Physical Activity Intervention Program in Saudi Pre-Service Physical Education Teachers' Self-Efficacy Towards Inclusion. *The Open Sports Sciences Journal*, 15, 1–10. doi.org/10.2174/1875399X-v15-e2206270
- Alhumaid, M. M., & Bastos, T. (2022, June 9–11). *Validity and Reliability of Arabic Physical Education Teachers' Self-Efficacy Instrument Toward Including Students with Autism* [Conference oral presentation abstract]. EUCAPA 2022 – European Congress of Adapted Physical Activity 2022, Coimbra, Portugal.
- Bursais, A. K., Bazyler, C. D., ..., Alhumaid, M. M., ... Gentles, J. A. (2022). The Relationship between Accelerometry, Global Navigation Satellite System, and Known Distance: A Correlational Design Study. *Sensors*, 22(9), 3360. doi.org/10.3390/s22093360
- Cherif, M., Said, M. A., Bannour, K., Alhumaid, M. M., ... & Aouidet, A. (2022). Anthropometry, Body Composition, and Athletic Performance in Specific Field Tests in Paralympic Athletes with Different Disabilities. *Heliyon*, 8(3), e09023. doi.org/10.1016/j.heliyon.2022.e09023
- Alhumaid, M. M. (2021). Physical Education Teachers' Self-Efficacy Toward Including Students with Autism in Saudi Arabia. *International Journal of Environmental Research and Public Health*, 18(24), 13197. doi.org/10.3390/ijerph182413197
- Alhumaid, M. M., Khoo, S., & Bastos, T. (2021). The Effect of an Adapted Physical Activity Intervention Program on Pre-Service Physical Education Teachers' Self-Efficacy towards Inclusion in Saudi Arabia. *Sustainability*, 13(6), 3459. doi.org/10.3390/su13063459
- Alhumaid, M. M., Khoo, S., & Bastos, T. (2020). Self-Efficacy of Pre-Service Physical Education Teachers Toward Inclusion in Saudi Arabia. *Sustainability*, 12(9), 3898. doi.org/10.3390/su12093898

Language Skills | المهارات اللغوية

- اللغة العربية: قراءة – كتابة – تحدثاً | Arabic: Reading – Writing – Speaking
- اللغة الانجليزية: قراءة – كتابة – تحدثاً | English: Reading – Writing – Speaking

Awards/Grants | الجوائز/المنح

- حائز على جائزة عضو هيئة التدريس الأكثر تمكيناً للطلبة في النشر في مجلات علمية مُصنفة سكوبس وكلايفيت للعام 2022 والمقدمة من عمادة البحث العلمي - جامعة الملك فيصل (2022-12-20).
- Doctorate Mobility – (Fully funded by the MOBILE UP Project for International Learning Experiences European Program Erasmus), University of Porto, Portugal, February – May 2021.

العضويات في الهيئات والجمعيات العلمية Memberships | المهنية

- Member of the Asian Society for Adapted Physical Education and Exercise (ASAPE); Hong Kong, 2022–2026.
- Member of the International Symposium of Adapted Physical Activity (ISAPA); USA, 2021–2023.
- Member of the International Society for Physical Activity and Health (ISPAH); USA, 2020–2022.
- Member of the California Association for Health, Physical Education, Recreation and Dance; USA, 2020–Present.
- Member of the Irish Physical Activity Research Collaboration; Ireland, 2020–Present.
- Member of the International Organization for Health, Sports, and Kinesiology (IOHKS); USA, 2020–2021.