

# ***CURRICULUM VITAE***

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**Date & Place of birth:** 19/11/1970 - Sfax- Tunisia  
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**Key words:** Motor Coordination, Stretching, Physical Education, Soccer

## ***Diplomas:***

**2015-** Associate Professor: Academic Accreditation to supervise research (University of Sfax).  
**1998-** Ph.D. in Pedagogical Sciences (University of Physical Culture of St Petersburg).  
**1995-** Master's degree in Physical Culture. (University of Physical Culture of St Petersburg).  
**1995-** A teaching certificate of Russian language.  
**1994-** Methodist in physical re-education  
**1993-** A specialist in sports massage.  
**1992-** Consultant instructor in sports psychology.  
**1989-** Baccalaureate certificate (Maths-Sciences branch).

## ***Professional experiences:***

**2015-2018-** Associate Professor at the College of Education, King Faisal University.  
**2016-2017-** Member of the Scientific Board at the department of Physical Education, College of Education, King Faisal University.  
**2007-2014-** Head of Physical Education department at ISSEP- University of Sfax.  
**2007-2008-** Technical adviser at the Tunisian Football Federation (FTF).  
**2014-2017-** Membership of the *Pan Asian Society of Sport & Physical Education*.  
**2010-2015-** Membership of the CNMSS: Tunisian Research Laboratory “*Sport Performance Optimisation*” National Center of Medecine & Science in Sport, Tunis, Tunisia.  
**2010-** Membership of the IRATDE: *International Research Association for Talent Development and Excellence*.  
**2004-2010-** Membership of the Research Unit at ISSEP of Sfax University.  
**2000-2001-** Scientific consultant responsible for the training of the youth categories footballers at SFAX-RAILWAY-SPORT.  
**2010-** Member of the National Commission for recruiting university assistant.  
**2002-** Member of University Commission of Education at the ISSEP. Sfax University.  
**2008- 2015** Member of the National Sectoral Commission of study of the LMD system.  
**2007-2017-** Member of University Commissions of masters discussions.  
**2013-** Member of the reading committee of the 2nd day of the Scientific searches in Sport

and Physical Activities. "Sport *under the eyes of the human and social sciences*". Gafsa University.  
**2013** Member of the reading committee of the 1st day of the Scientific searches in Sport and Physical Activities. "To the dialogue of specific knowledge in the field of sport and physical education". Sfax University.  
**2014-** Member of the reading committee of the international Congress "Femme, Sport & Culture". Sfax University.  
**2007-2014-** Member of the Scientific Board, at the ISSEP. Sfax University.  
**2008-2013-** Coordinator of the "Research Master" in Didactics of APS.  
**2003-** Assistant University professor at ISSEP – Ksar Said (University of Mannouba).

## **Scientific Activities & Training Sessions:**

**2018-** Workshop: Motivating researchers to publish in ISI journals: The design and writing of a scientific article. (Speaker). KFU, SA  
**2017-** Workshop: Problem-based learning. (Participant). KFU, SA  
**2016-** Training program: The technical wording of the essay and objective tests. KFU, SA  
**2015-** Training program: Orientation and training program for new faculty. KFU, SA  
**2015-** Participation at the International Congress of Sports Sciences. ONS, Tunis, Tunisia. (Speaker)  
**2014-** Participation at the first International Congress of the African Association of Sports Sciences (2A2S). Hammamet, Tunisia (Speaker)  
**2014-** Participation at the International Congress of the Pan Asian Society of Sport & Physical Education. Hyderabad, India. (Speaker)  
**2013-** Participation at the International Scientific Conference "Natural Environment and Human Health. Athletic-Health Technologies of a Specialist's Personality Forming". The National Pedagogical University of Chernigov; Ukraine. (Speaker)  
**2006-** Taking part in a scientific seminar «*Psychology & learning* ". Health school Sfax University. (Participant)  
**2005-** A training session in the Biomechanics and Health Care department at the Polytechnic University of St Petersburg. (Participant)  
**2002-** Taking part in pedagogical university seminar about "The Educational Finalities ". Sfax University. (Participant)  
**2002** Taking part in the seminar organized by ISSEP Ksar Saïd "Psychology and Sociology: Essential Bases of High-Level Sports Achievement". Tunisia. (Participant)  
**2001-** Taking part in pedagogical university seminar about «*Reading and writing scientific articles*". Sfax University. (Participant)  
**2001-** Taking part in a congress about "Assessing the educational process" Tunis University.  
1999- Taking part in 6th days of applied biology sciences at Physical and Sports Activities.  
**1998-** Taking part in the international congress: "Man in the sports world". Moscow. (Speaker)

## **Scientific Publications:**

### **Articles:**

- [1] Elghoul Y, Bahri F, Chaari N, Ezeddin S, Masmoudi L, Souissi N, **Frikha M.** (2018) Effect of difficulty manipulation strategies on acquisition, retention and associated perceptions in fine motor coordination task learning in young school boys. [\*Physical Activity Review\*. 2018 \(6\):100-109](#)
- [2] Elghoul Y, Bahri F, Chaari N, Souissi N, **Frikha M.** (2018) The effect of maternal active walking on cognitive, fine motor coordination task performances and perceived difficulty in 12-13 young schoolboys. [\*Motriz, Journal of Physical Education\*. 24 \(4\), 2018, e101874](#)
- [3] **Frikha M,** DerbelMS, ChaâriN, Gharbi A, Chamari K. (2017) Acute effect of stretching modalities on global coordination and kicking accuracy in 12-13-year-old soccer players. [\*Journal of Human Movement Science\*. 2017;54:63-72](#)

- [4] **Frikha M**, Chaâri N, Derbel MS, Elghoul Y, Zinkovsky AV, Chamari K. (2016) Acute Effect of Stretching Modalities and Time-Pressure on Darts-Throwing Accuracy and Consistency Among 12-13 year-old Schoolboys. *J Sports Med Phys Fitness*. 2016 Jul 7
- [5] **Frikha M**, Chaâri N, Elghoul Y, Gharbi A & Souissi N. (2016) Influence of warm-up durations and recovery interval prior to exercise on anaerobic performance. *Biology of Sport* 2016; 33:361-366
- [6] **Chaâri N, Frikha M**, Souissi N. (2016) Impact of Active Warm-up Durations on Rate of Perceived Exertion after a Short-term Maximal Exercise in Physical Education Students. *American Journal Sports Science and Medicine (Accepted in press)*
- [7] **Elghoul Y, Frikha M**, Chaâri N, Chamari K, Souissi N. (2016) Effect of Difficulty Level and Time-Pressure on the Morning-Evening Differences in Accuracy and Consistency of Throwing Darts Among 9-10 Year-Old Boys. *International Journal of Sports Science and Physical Education*. 2016, 1(3):28-34.
- [8] **Frikha M**, Chaâri N & Souissi N. (2015) Effect of Sport Practice and Warm-up Duration on the Morning-evening Difference in Anaerobic Exercise Performance and Perceptual Responses to it. *Biological Rhythm Research*. DOI: 10.1080/09291016.2015.1020710
- [9] **Elghoul Y, Frikha M**, Chtourou H, Abdelmalek S, Souissi N. (2014) Time-of-day effect on dart throwing performance and the perception of the difficulty of the task in 9-10 year-old boys. *Biological Rhythm Research*. DOI:10.1080/09291016.2013.869439
- [10] **Elghoul Y, Frikha M**, Masmoudi L, Chtourou H, Chaouachi A, Chamari K, Souissi N. (2014) Diurnal variation of cognitive performance and perceived difficulty in dart-throwing performance in 9–10-year-old boys. *Biological Rhythm Research* DOI: 10.1080/09291016.2014.921409
- [11] **Chaâri N, Frikha M**, Elghoul Y, Mezghanni N, Masmoudi L & Souissi N. (2014) Warm up durations and time-of-day impacts on rate of perceived exertion after short-term maximal performance. *Biological Rhythm Research* 45: 257-265. DOI:10.1080/09291016.2013.805910
- [12] **Chaâri N, Frikha M**, Mezghanni N, Masmoudi L & Souissi N. (2014) Time of day and warm-up durations effects on thermoregulation and anaerobic performance in moderate conditions. *Biological Rhythm Research* DOI:10.1080/09291016.2013.851904
- [13] **Chaâri N, Frikha M**, Mezghanni N, Ayadi J, Chaouachi A & Souissi N. (2015) Does Post Warm-Up Rest Interval Affect The Diurnal Variation Of 30 S Wingate Cycle Ergometry? *Biological Rhythm Research* DOI:10.1080/09291016.2015.1073477
- [14] **Frikha Mohamed** (1998). Moyens et méthodes d'amélioration de la coordination des mouvements et de l'orientation spatiales chez les jeunes footballeurs 11-13 ans. *Massager des Doctorants* 5, Ac. Cult. Phy. St Petersburg, pp 190-195
- [15] **Frikha Mohamed** (1998). Moyens d'amélioration de l'efficacité de la méthode de perfectionnement du niveau technique des footballeurs. *Conférence Interinstitutionnelle «Théorie et Pratique - problèmes pédagogiques d'éducation et de formation des cadres» St Petersburg 1998 ; pp 47-49*

[16] **Frikha Mohamed** (1998). Perfectionnement de la précision des tirs en football à l'aide d'exercices de coordination et d'orientation dans l'espace. *Massager des Doctorants 6, Ac. Cult. Phy. St Petersburg*, pp 243-244

[17] **Frikha Mohamed** (1998). Signification de la coordination des mouvements et de l'orientation spatiale dans l'amélioration du niveau technique chez les jeunes footballeurs de 11-13 ans. *Congrès International « l'Homme dans le monde du sport : nouvelles idées, technologies et perspectives »*. Moscou ; pp 301-302

[18] **Frikha Mohamed** (1998). Utilisation combinée de l'état fonctionnel des jeunes footballeurs à travers les paramètres de l'électrocardiographie et le test de Ruffier-Dickson. *Messenger des Doctorants 5, Ac. Cult. Phy. St Petersburg*, pp 195-199

### **Submitted Articles:**

[1] Elghoul Y, Bahri F , Chaâri N, Ezeddinie S, Masmoudi L, Souissi N, **Frikha M**. Difficulty manipulations improves retention in learning a novel fine motor coordination task but do not impact on achievement goals and perceived competence in young boys

[2] Elghoul Y, Souissi N, **Frikha M**. Relationship between cognitive performances, perceived difficulty and performance in fine motor coordination tasks after active transport to school among 12-13 young boys.

[3] **Frikha M**, Elghoul Y. Influence of augmented feedback forms on acquisition, retention and perceived competency in motor learning on parallel bars in physical education students.

### **Proceedings:**

[1] Elghoul Y, **Frikha M**, Chaari N, Gharbi A, Masmoudi L, Souissi N. (2016) Effect of active transport to school on fine motor coordination, executive function and perceived difficulty among 12-13 young boys. International Seminar of Physical Education Recreation and Health. XII SIEFLAS LEIPZIG 18-20 Jul. Germany 2016 [www.researchgate.net/.../311733578](http://www.researchgate.net/.../311733578)

[2] **Frikha M**, Elghoul Y, Abdelkafi M, Kchaou H, Aloulou C, Zinkovsky A. (2014) Evaluation of Coordination Requirements in Soccer Performances through Computer Software. International Journal of Health, Physical Education and Computer Science in Sports. 15(1): 209-212 <http://www.ijhpecss.org/InternationalJournal-15>

[3] **Frikha M**, Elghoul Y, Damak K. (2013). Cognitive approach related to the perception difficulty of an assigned task and its impact on the adaptive behavior of high school students. Bulletin of Chernigov National Pedagogical University: Pedagogical Sciences, Physical Training and Sports. 107 (II); 43-47 <http://chnpu.edu.ua/envoy/>

[4] **Frikha M**, Ben Said N, Guesmi A. (2010) Influence of various forms of feedback on motor learning efficiency in gymnastics among physical education students. Bulletin of Chernigov National Pedagogical University: Pedagogical Sciences, Physical Training and Sports. 81; 682-684 <http://chnpu.edu.ua/envoy/>

[5] Gharbi A, Ben Said N, **Frikha M**, Inoubli M, Msadak M & Tabka Z. (2013) Effect of mode and duration of recovery at repeated sprints on soccer performance. Bulletin of Chernigov National Pedagogical University: Pedagogical Sciences, Physical Training and Sports. 107 (II); 26-30 <http://chnpu.edu.ua/envoy/>

## **Oral Communications :**

[1] **Frikha M.** Effet aigue des étirements préexercice sur la précision et la consistance des jets de fléchettes chez des collégiens de 12-13 ans. *1<sup>er</sup> Congrès International des Sciences du Sport. Observatoire National du Sport 2015. Tunis 18-19 mars 2015. Tunisie.*

[2] **Frikha M.** Nouvelle approche dans l'évaluation de la coordination des mouvements en football. *1<sup>er</sup> Congrès International des Sciences du Sport. Observatoire National du Sport 2015. Tunis 18-19 mars 2015. Tunisie.*

[3] **Frikha M.** Evaluation of Coordination Requirements in Soccer Performances through Computer Software. *25 Pan Asian Conference of Sport & Physical Education 2014. 08-10 August 2014, Hyderabad, India.*

[4] **Frikha M, Chaâri N & Souissi N.** Effet de la durée d'échauffement et de l'intervalle de récupération préexercice sur la performance maximale de courte durée. *1<sup>er</sup> Congrès International de l'Association Africaine des Sciences du Sport 2A2S. 14-15 mars 2014. Hammamet, Tunisie.*

[5] **Frikha M.** Cognitive approach related to the perception difficulty of an assigned task and its impact on the adaptive behavior of high students. *The International Scientific-Practical Conference. 14 to 17 of May 2013. Chernigov, Ukraine.*

[6] **Frikha M.** L'évaluation en EPS entre théorie & pratique. *Journée de formation et préparation à la vie professionnelle. ISSEPS, le 3 mars 2009. Sfax, Tunisie.*

[7] **Frikha M.** Approche intégrée au développement de la coordination des mouvements chez les footballeurs. *Symposium scientifique « Centres de formation des jeunes footballeurs, choix stratégique au développement du football tunisien » organisé par CRJS à Béja et FTF- 20 avril 2002. Béja, Tunisie.*

[8] **Frikha M.** Value of the coordination of movement and spatial orientation in young soccer players 11-13 years old. *Colloque International « L'Homme dans le monde du Sport, nouvelles idées, technologies et perspectives ». 24-28 mai 1998. Moscou, Russia.*

[9] EL Ghouly Y, **Frikha M,** Nizar S. Relation entre l'estimation du niveau de difficulté, le but d'accomplissement et l'estime de soi de l'élève en cours d'EPS., *3<sup>ème</sup> Journée de la Recherche Scientifique dans le domaine des APS. 13 Avril 2013 ; El Kef, Tunisie.*

[10] Damak K, El ghouly Y, **Frikha M,** Chakroun G, Bahloul M. Dynamiques différentielles des interactions didactiques selon le genre en gymnastique. Le cas de l'élaboration de l'enchaînement au jardin d'enfants. *1<sup>ère</sup> Journée de la Recherche Scientifique dans le domaine des Activités Physiques et Sportives. 08 Décembre 2012. Sfax, Tunisie.*

## **Posters:**

[1] Chaâri N, **Frikha M.** & Souissi N. Effect of Sport Practice and Warm up Durations on the Diurnal Variation of Anaerobic Performance. *25th Pan Asian Conference of Sports & Physical Education. Hyder Abad- India, 8-10th August 2014.*

[2]Elghoul Y, **Frikha M**, Nizar Souissi. Effet de l'heure de la journée sur la performance psychomotrice des enfants âgés de 9 à 11 ans. *3ème Journée de la Recherche Scientifique dans le domaine des APS. El Kef 13 AVRIL 2013.*

[3] Chaâri N, **Frikha M**, Mezghanni N, Masmoudi L & Souissi N. Effet de l'heure de la journée et de la durée de l'échauffement sur la performance anaérobie. La 2ème Journée de Médecine du Sport du centre. Sousse le 30 Avril 2011.

[4]ElghoulY, Damak K, **Frikha M**, Bahloul M. Estimation du niveau de difficulté d'une tâche assignée et comportement adaptatif de l'élève Tunisien en secondaire. 1ère Journée de la Recherche Scientifique dans le domaine des Activités Physiques et Sportives – Sfax – le Samedi 08 Décembre 2012.

[5] **Frikha M**, Chakroun M & Zinkovsky A. Evaluation des difficultés coordinatrices des actions technico-tactiques en football à travers un logiciel informatique » Colloque Le Sport et L'Informatique ; ISSEP de Ksar Saïd, ENSI la Manouba les 3-5 avril 2003

[6] **Frikha M**. « Evaluation de la dynamique de l'état fonctionnel chez les footballeurs à travers des paramètres de l'ECG et de l'épreuve de Ruffier-Dickson durant la période de préparation ». Les 14èmes journées d'ATSB, Hammamet 20-23 mars 2003

[7] **Frikha M**. Valeurs de la coordination des mouvements dans les activités physiques et sportives. Journées Nationales « Didactique et Pédagogie, pour construire des compétences chez l'apprenant ». Nabeul 4-5 mai 2001.

[8] **Frikha M**. Perfectionnement de la capacité de relaxation musculaire chez les sportifs (footballeurs). Les 6èmes journées des sciences Biologiques appliquées aux APS. Hammamet 12-13 mars 1999.

## **Scientific Review**

[1] Reviewer in the European Journal of Sport Science (JIF2.69)

[2] Reviewer in the Journal of Sports Sciences (JIF2.54)

[3] Reviewer in Motriz, Journal of Physical Education (JIF0.42)

[4] Reviewer in International Journal of Sports Science and Physical Education (indexed J)

[3] Reviewer in Research Deanship of KFU

## **Spoken and written Languages**

[1] French: Good

[2] Arabic: Good

[3] English: Average

[4] Russian: Good

## **Tool**

Word, Excel, PowerPoint, Prezi, STATISTICA