

# CURRICULUM VITAE

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**DR. WISSEM DHAHBI, PH.D. HABIL.**

Associate Professor of Sports Sciences

## GENERAL INFORMATION

### CONTACT INFORMATION

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### PROFESSIONAL PROFILES

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### PERSONAL INFORMATION

Sex Male  
Date of Birth February 04, 1988 in Menzel Temime, Tunisia  
Nationality Tunisian  
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Marital status Married  
Languages Arabic (Native), French (Fluent), English (Fluent), Italian (Basic)

## KEY WORDS

Biomechanics and Kinesiology; Rehabilitation Science; Exercise Physiology; Sports Performance Analysis; Research Methodology and Statistics; Mental Preparation in Sports; Exercise Psychology; Functional and Fitness Assessment; Special Forces Physical Training; Interdisciplinary Sports Science Research; Academic Publishing and Peer Review; Sports Medicine and Injury Prevention.

## EDUCATION AND QUALIFICATIONS

2023-2024 National Scientific Qualification as Associate Professor (ASN - Italy). Disciplinary Field: 06/N2 Physical Training and Sports Sciences. Ref: SDMMIUASS-40178. General Directorate of Higher Education Institutions, Ministry of University and Research, Italy. Qualification Valid: 08/07/2024 - 08/07/2035

2012-2016	<b>Ph.D. in Biology applied to Biomechanics and Exercise Physiology.</b> Very Honorable Mention with Jury Congratulations. Faculty of Sciences, University of Manar, Tunisia. Dissertation: "Quantification of Upper Limbs Mechanical Power for Commandos: From Laboratory to Field". Supervisor: Prof. Karim CHAMARI. Research Laboratory: Sport Performance Optimization, National Centre of Medicine and Sports Science, Tunis.
2017-2019	<b>Professional Master's Degree in Mental Preparation.</b> Mention: Very Good, Main Session. Higher Institute of Sport and Physical Education of Ksar Saïd, University of Manouba, Tunisia. Thesis: "Decision-related Action Orientation Predicts Shooting Performance Under High Pressure in Police Officers". Supervisor: Prof. Sabeur HAMROUNI. Collaboration: Police College, Qatar.
2013-2014	<b>Diploma in Officer Application Course.</b> Mention: Very Good, Graduated Valedictorian. Officer Application School, National Guard, Tunisia.
2010-2012	<b>Research Master's Degree in Sciences and Techniques of Physical and Sport Activities.</b> Specialty: Biological Sciences. Mention: Very Good. Higher Institute of Sport and Physical Education of Ksar Saïd, University of Manouba, Tunisia. Thesis: "Reliability Study of Gait Analysis Using Motion Analysis System and Creation of Reference Database". Supervisor: Prof. Laurence CHEZE. Collaboration: Biomechanics and Impact Mechanics Lab, University of Lyon 1, France.
2006-2010	<b>Bachelor's Degree in Sports and Physical Education.</b> Mention: Good, Main Session. Graduated Second Valedictorian. Higher Institute of Sport and Physical Education of Ksar Saïd, University of Manouba, Tunisia. Thesis: "Dynamic and Concomitant Measurement of Vertical Jump Using Quattro-Jump and Opto-Jump". Supervisor: Dr. Ahmed ATTIA.
June 2006	<b>Baccalaureate in Mathematics.</b> Mention: Good, Main Session. High School EL Haouaria, Tunisia.

## CERTIFICATION ACCREDITATION

2024	<b>Collaborative Institutional Training Initiative (CITI Program) Certificates:</b> Personal Protective Equipment, OSHA Bloodborne Pathogens, Initial Biosafety, Training Conflicts of Interest, Responsible Conduct of Research for Administrators, Public Health Research, IRB Chair, Biosafety Officer Training - Basic/Initial, 56-chapter comprehensive course.
2023	<b>"Training of Trainers (TOT) Workshop on Qatar Dietary Guidelines".</b> 15 hours course. Ministry of Public Health's Department of Healthcare Professions, Qatar.
2023	<b>FIFA Diploma in Football Medicine.</b> 10 chapters course. FIFA.
2022	<b>"AFC Fitness Level 2 Certification.</b> Recognition of experience and current competence (REEC) Application, Approved Review. Asian Football Confederation, Malaysia.
2022	<b>"AFC B Football Coach" diploma.</b> 4 weeks course. Asian Football Confederation, Qatar.
2021-2022	<b>"AFC C Football Coach" diploma.</b> 3 weeks course. Asian Football Confederation, Qatar.

2021	<b>Certificate "Certification on sports nutrition for performance optimization".</b> Twenty-six hours course. Sport and Life Institute, Spain.
2021	<b>Certificate of accomplishment of training "Fitness trainer level 3".</b> Twelve-weeks course. Croatian Institute of Kinesiology and Sport, and Perf-Up: Optimization of Sport Performance, Qatar.
2019	<b>Certificate of accomplishment of training "Fitness trainer level 2".</b> Six-weeks course. Croatian Institute of Kinesiology and Sport, and Perf-Up: Optimization of Sport Performance, Qatar.
2017	<b>Certificate of accomplishment of training "Trainer of the Trainers"; First Response to Terrorist Incidents.</b> Three-weeks course. Office of Anti-Terrorism Assistance, Bureau of Diplomatic Security U.S. Department of State, Tunisia.
2017	<b>Certificate of accomplishment of training; First Response to Terrorist Incidents.</b> One-week course. Office of Anti-Terrorism Assistance, Bureau of Diplomatic Security U.S. Department of State, Tunisia.
2017	<b>Certificate of accomplishment of the CQB (Close Quarter Battle) Instructors' course.</b> Four-weeks course. United Kingdom Joint Forces Command & Commandos School of the National Guard, Tunisia.
2017	<b>Certificate of accomplishment of Counter Improvised Explosive Device Course .</b> One-week course. United Kingdom Joint Forces Command & Commandos School of the National Guard, Tunisia.
2017	<b>Certificate of accomplishment of Battlefield Medical Training.</b> Three-days course. United Kingdom Joint Forces Command & Commandos School of the National Guard, Tunisia.
2017	<b>Paratrooper Certificate.</b> Four-weeks course. Army Commando Training Center. Tunisia.
2016	<b>Certificate of accomplishment of training "Trainer of the Trainers"</b> Interventions against multiple menaces. Ten-weeks course. Bureau of diplomatic security U.S. Department of state & DENSUS Group. Tunisia.
2016	<b>Certificate of accomplishment of training "Crisis Management Exercise Design".</b> Ten-days course. Office of Antiterrorism Assistance and Bureau of diplomatic security U.S. Department of state. Tunisia.
2016	<b>Certificate of accomplishment of pedagogical and technical training "Co-trainer" to train "trainer B"</b> in the Border Patrol Operations. Three-weeks training. The German Federal Police & the Commandos School of the National Guard, Tunisia.
2016	<b>Certificate of accomplishment of training in statistics and data analysis "Application of statistical tools by the software SPSS 23".</b> Six-weeks course. The National Sports Observatory, Tunisia.
2016	<b>Certificate of accomplishment of pedagogical training "Trainer of the Trainers"</b> Interventions against multiple menaces. Two-weeks course. Bureau of diplomatic security U.S. Department of state & DENSUS Group. Tunisia.

2016	<b>Certificate of accomplishment of pedagogical and technical training «Trainer B»</b> Border Patrol Operations. Two-weeks course. The German Federal Police, the Commandos School of the National Guard, Tunisia.
2016	<b>Certificate of “International coach - first degree”, Canoë Kayak specialty.</b> Three-days course. International Canoe Federation & Tunisian Canoe Kayak Federation, Tunisia.
2015	<b>Certificate of participation in a functional training cycle in training engineering, coaching and practice winning of teams.</b> Two-weeks course. National Center for Training of Trainers and Training Engineering, Tunisia.
2015	<b>Completion certificate of course "Train the Trainers in the Rural Border Patrol Operations".</b> Six-weeks course. Office of Antiterrorism Assistance and Bureau of diplomatic security U.S. Department of state, Jordan.
2015	<b>Certificate of third-degree Commandos Specialty.</b> Second valedictorian. Sixteen-weeks training, within the Commandos School of the National Guard, Tunisia.
2015	<b>Instructor certificate of fighting in forest areas.</b> Second valedictorian. Eight-weeks training, within the Commandos School of the National Guard, Tunisia.
2015	<b>Certificate of second-degree Commandos Specialty.</b> Valedictorian. Fourteen-weeks training, within the Commandos School of the National Guard, Tunisia.
2014	<b>Certificate of first-degree Commandos Specialty.</b> Valedictorian. Five-week training, within the Commandos School of the National Guard, Tunisia.
2014	<b>Certificate of participation in a pedagogical course cycle «The competency-based approach: programming, teaching and evaluation»</b> Four-week course. National Center for Training of Trainers and Training Engineering, Tunisia.
2010	<b>Certificate of coach - Second Degree - of volleyball.</b> High Institute of Sport and Physical Education of Ksar-Saïd, Tunisia.

## PROFESSIONAL DEVELOPMENT AND SPECIALIZED TRAINING

2023	<b>RACE RESULT - Timing and Scoring of Sports Events System.</b> Four-session operational training. Sedeer – Medical Services & Trading LLC, Qatar.
2023	<b>CATAPULT - Monitoring Training Load System.</b> Four-session operational training. Sedeer – Medical Services & Trading LLC, Qatar.
2021	Decompression Therapy Technology vs. Traction Concept. <b>SPINAL DECOMPRESSION DRX-9000 EXITE MEDICAL - USA.</b> Six-hour intensive workshop. BEAMED Trading, Physiotherapy Division, Qatar.
2021	<b>Recent Advances in Electrotherapy: ITO-EU941 COMBO UNIT.</b> Six-hour specialized workshop. BEAMED Trading, Physiotherapy Division, Qatar.
2019	<b>Cosmed K5 Operation Training.</b> Four-session comprehensive course. Sedeer – Medical Services & Trading LLC, Qatar.

2018	<b>SPSS Basic Level Training.</b> Five-session course. Office of Faculty and Instructional Development, Qatar University, Qatar.
2018	<b>Participation in the symposium</b> entitled “The effective monitoring of training load and adaptation for optimal performance” organized by Sport Sciences Program, Qatar University, Qatar.
2016	<b>Certificate of accomplishment of Training in First Aid on the Battlefield.</b> Three-days course. United Kingdom Joint Forces Command & Commandos School of the National Guard, Tunisia.
2015	<b>Participation in the course of initiation, training and handling of Nyxus Bird thermal binoculars.</b> Two-days course. The German Federal Police, the Commandos School of the National Guard, Tunisia.
2015	<b>Web of Science and EndNote Online Training.</b> One-day workshop. Thomson Reuters, Faculty of Medicine of Tunis, Tunisia.
2010	<b>Certificate in First Aid Team.</b> Mention: very good, valedictorian. Eight day course within the association of the Tunisian Red Crescent, Tunisia.
2010	<b>First Aid Certificate.</b> Three-day course the association of the Tunisian Red Crescent, Tunisia.

## ACADEMIC TEACHING EXPERIENCE

Spring 2022	<b>Assistant Professor of Principles of Training methods (part-time faculty)</b> in the University of Qatar, College of Education, Department of Physical Education, Qatar.
Since Sep. 2022	<b>Assistant Professor of Biomechanics and Kinesiology of Exercise (Full-time faculty)</b> in the University of Jendouba, High Institute of Sports and Physical Education of Kef, Tunisia.
Fall 2022	<b>Assistant Professor of Principles of Training methods (part-time faculty)</b> in the University of Qatar, College of Education, Department of Physical Education, Qatar.
Spring 2020	<b>Assistant Professor of Principles of Training and Coaching (part-time faculty)</b> in the University of Qatar, College of Arts and Sciences, Qatar.
Fall 2019	<b>Assistant Professor of Exercise Psychology (part-time faculty)</b> in the University of Qatar, College of Arts and Sciences, Qatar.
Spring 2019	<b>Assistant Professor of Biomechanics (part-time faculty)</b> in the University of Qatar, College of Arts and Sciences, Qatar.
Fall 2018	<b>Assistant Professor of Performance analysis and assessment, (part-time faculty)</b> in the University of Qatar, College of Arts and Sciences, Qatar.
2016-2017	<b>Lecturer of Biomechanics (part-time faculty)</b> in the Faculty of Humanities and Social Sciences of Tunis, Tunisia.

2016-2017	<b>Lecturer of Biomechanics (part-time faculty)</b> in the High Institute of Sport and Physical Education of Ksar-Saïd, Tunisia.
2016-2017	<b>Lecturer of Biomechanics (part-time faculty)</b> in the Central University, Tunisia.
2015-2016	<b>Lecturer of Biomechanics (part-time faculty)</b> in the Central University, Tunisia.

## LEADERSHIP EXPERIENCE

2022 - 2024	<b>Chief Executive Officer (CEO) in Perf-Up:</b> Optimisation of sport Performance Center, Qatar
2019 - 2022	<b>Scientific Expert in Sport and Health Lifestyle in Perf-Up:</b> Optimisation of sport Performance Center, Qatar
2017 - Present	<b>Head of Rehabilitation section</b> Qatar Police College, Qatar
2013 - 2022	<b>Senior Commander, Commandos Unit (Anti-Terrorism),</b> Tunisian National Guard, detached to the Qatar Police Academy since November 2017.

## SCIENTIFIC RESEARCHS

### INTERNATIONAL PEER REVIEWED JOURNALS WITH IMPACT FACTOR IN THE BIOMECHANICS AND PHYSIOLOGY OF EXERCISE

1. **Dhahbi W**, Zouita A, Salah FB, Chaouachi A, Chamari K, Chèze L. Reference database of the gait cycle for young healthy Tunisian adults. *Innovation and Research in BioMedical engineering*. 2014;35(1):46-52. doi: 10.1016/j.irbm.2013.12.005
2. **Dhahbi W**, Chaouachi A, Padulo J, Behm DG, Chamari K. Five Meters Rope-climbing Test: Commando-specific Power Test of the Upper-Limbs. *International journal of sports physiology and performance*. 2015;10(4):509-15. doi: 10.1123/ijsp.2014-0334
3. **Dhahbi W**, Chamari K, Cheze L, Behm DG, Chaouachi A. External Responsiveness and Intrasession Reliability of the Rope-Climbing Test. *The Journal of strength and conditioning research*. 2016;30(10):2952-8. doi: 10.1519/JSC.0000000000001367
4. Padulo J, Tabben M, Attene G, Ardigo LP, **Dhahbi W**, Chamari K. The Impact of Jumping during Recovery on Repeated Sprint Ability in Young Soccer Players. *Research in sports medicine*. 2015;23(3):240-52. doi: 10.1080/15438627.2015.1040919
5. **Dhahbi W**, Chaouachi A, Dhahbi AB, Cochrane J, Cheze L, Burnett A, Chamari K. The Effect of Variation of Plyometric Push-Ups on Force-Application Kinetics and Perception of Intensity. *International journal of sports physiology and performance*. 2017;12(2):190-7. doi: 10.1123/ijsp.2016-0063
6. Attia A, **Dhahbi W**, Chaouachi A, Padulo J, Wong D, Chamari K. Measurement errors when estimating the vertical jump height with flight time using photocell devices: the example of Optojump. *Biology of Sport*. 2017;63-70. doi: 10.5114/biolport.2017.63735

7. **Dhahbi W**, Chaouachi A, Cochrane J, Chèze L, Chamari K. Methodological Issues Associated With the Use of Force Plates When Assessing Push-ups Power. *The Journal of Strength and Conditioning Research*. 2017;31(7):e74. doi: 10.1519/JSC.0000000000001922
8. Slimeni O, Sellami M, Ben Attia M, **Dhahbi W**, Rhibi F, Ben Abderrahman A. Effect of *Myrtus Communis* supplementation on anaerobic performance and selected serum biochemical parameters. *Medicina Dello Sport*. 2017;70(2):150-62. doi: 10.23736/S0025-7826.17.03055-1
9. Sellami M, **Dhahbi W**, Hayes LD, Padulo J, Rhibi F, Djemail H, Chaouachi A. Combined sprint and resistance training abrogates age differences in somatotrophic hormones. *PloS One*. 2017;12(8):e0183184. doi: 10.1371/journal.pone.0183184
10. Sellami M, **Dhahbi W**, Hayes LD, Kuvacic G, Milic M, Padulo J. The effect of acute and chronic exercise on steroid hormone fluctuations in young and middle-aged men. *Steroids*. 2018;132:18-24. doi: 10.1016/j.steroids.2018.01.011
11. Čular D, **Dhahbi W**, Kolak I, Iacono A.D, Bešlija T, Laffaye G, Padulo J. Reliability, sensitivity and minimal detectable change of a new specific climbing test for assessing asymmetry in reach technique. *The Journal of Strength and Conditioning Research*. 2021;35(2):527-34. doi: 10.1519/JSC.0000000000002694
12. Zalleg D, Dhahbi A.B, **Dhahbi W**, Sellami M, Padulo J, Beslija T, Chamari K. Explosive push-ups, from popular simple exercises to upper body power valid tests. *The Journal of Strength and Conditioning Research*. 2020 ;34(10):2877-85. doi: 10.1519/JSC.0000000000002774
13. **Dhahbi W**, Chaabene H, Chaouachi A, Padulo J, Behm DG, Cochrane J, Burnett A, Chamari K. Kinetic analysis of push-up exercises: a systematic review with practical recommendations. *Sports Biomechanics*. 2018;4:1-40. doi: 10.1080/14763141.2018.1512149
14. **Dhahbi W**, Sellami M, Chaouachi A, Padulo J, Milic M, Mekki I, Chamari K. Seasonal weather conditions affect training program efficiency and physical performance among special forces trainees: a long-term follow-up study. *PloS One*. 2018; 13(10):e0206088. doi: 10.1371/journal.pone.0206088
15. Turki O, **Dhahbi W**, Gueid S, Hmaied S, Souaifi M, Khalifa R. Dynamic Warm-Up With a Weighted Vest: Improvement of Repeated Change-of-Direction Performance in Young Male Soccer Players. *International Journal of Sports Physiology and Performance*. 2020;15(2):196-203. doi: 10.1123/ijsp.2018-0800
16. Turki O, **Dhahbi W**, Padulo J, Khalifa R, Ridène S, Alamri K, Milić M, Gueid S, Chamari K. Warm-Up With Dynamic Stretching: Positive Effects on Match-Measured Change of Direction Performance in Young Elite Volleyball Players. *International journal of sports physiology and performance*. 2019;15(4):528-33. doi: 10.1123/ijsp.2019-0117
17. Padulo J, Ardigò LP, Bianco M, Čular D, Madic D, Markoski B, **Dhahbi W**. Validity and Reliability of a New Specific Parkour Test: Physiological and Performance Responses. *Frontiers in Physiology*. 2019;10:1362. doi: 10.3389/fphys.2019.01362
18. Sellami M, Abderrahmen AB, **Dhahbi W**, Hayes LD, Zouhal H. Hemoglobin, hematocrit and plasma volume variations following combined sprint and strength: Effect of advanced age. *Science and Sports*. 2021;36(1):e13-21. doi: 10.1016/j.scispo.2019.10.012

19. Bešlija T, Čular D, Kezić A, Tomljanović M, Ardigo LP, **Dhahbi W**, Padulo J. Height-based model for the categorization of athletes in combat sports. *European Journal of Sport Science*. 2021;21(4):471-480. doi: 10.1080/17461391.2020.1744735
20. Ardigo LP, Palermi S, Padulo J, **Dhahbi W**, Russo L, Linetti S, Cular D, Tomljanovic M. External Responsiveness Of The SuperOp™ Device To Assess Recovery After Exercise: A Pilot Study. *Frontiers in Sports and Active Living*. 2020;2:67. doi: 10.3389/fspor.2020.00067
21. Russo L, Palermi S, **Dhahbi W**, Kalinski SD, Bragazzi NL, Padulo J. Selected components of physical fitness in rhythmic and artistic youth gymnast. *Sport Sciences for Health*. 2021;17(2):415-21. doi: 10.1007/s11332-020-00713-8
22. Iuliano E, Cular D, Padulo J, Larion A, Melenco I, Kuvačić G, **Dhahbi W**, Migliaccio G. M. Predictive ability of body mass parameter to estimate 4-6 repetition maximum of upper and lower limb muscles in soccer players. *Acta Kinesiologica*. 2021;15(2):120-124. doi: 10.51371/issn.1840-2976.2021.15.2.16
23. Padulo J, Kuvačić G, Ardigo LP, **Dhahbi W**, Esposito F, Samozino P, Cè E. Bilateral deficit magnitude increases with velocity during a half-squat exercise. *Journal Of Sports Sciences*. 2022; 0(11), 1206-1213. doi: 10.1080/02640414.2022.2051304
24. Biz C, Puce L, Slimani M, Salamh P, **Dhahbi W**, Bragazzi N. L, Ruggieri P. Epidemiology and Risk Factors of Table-Tennis-Related Injuries: Findings from a Scoping Review of the Literature. *Medicina*. 2022;58(5):572. doi.org/10.3390/medicina58050572
25. Allani M, Ibrahim H, **Dhahbi W**, Hatira A. Monitoring and distribution of nitrogen and phosphorus in agricultural soil in semi-arid climate (Siliana. Northern Tunisia). *Journal of Research in Environmental and Earth Sciences*. 2022;12:360-370
26. Rhibi F, **Dhahbi W**, Jebabli N, Bideau B, Prioux J, Attia MB, Abderrahman AB. Optimization of high-intensity-interval-training program intensity to improve aerobic performance in healthy active subjects. *Medicina Dello Sport*. 2022;75(4):461-76.
27. Padulo J, Larion A, Melenco I, Kuvačić G, Georgescu A, **Dhahbi W**, Russo L, Iuliano E, Migliaccio GM. Body mass to predict 4-6 RM of pectoral and leg muscles exercises in bodybuilders. *Revista Brasileira de Medicina do Esporte*. 2023 Jun 16;30:e2021\_0505.
28. Hamdouni H, Kliszczewicz B, **Dhahbi W**, Ben Salah F. Z., Ben Abderrahman A. Sensory and locomotor responses following CrossFit, Les Mills and traditional resistance trainings in sedentary subjects. *Acta Gymnica*. 2023; 53:e2023.012.
29. Dergaa I, Fekih-Romdhane F, Glenn J. M, Fessi M. S, Chamari K, **Dhahbi W**, Zghibi M, Bragazzi N. L, Aissa M. B, Guelmami N, El Omri A, Swed S, Weiss K, Knechtle B, Saad H. B. Moving Beyond the Stigma: Understanding and Overcoming the Resistance to the Acceptance and Adoption of Artificial Intelligence Chatbots. *New Asian Journal of Medicine*. 2023. 1(2): 29-36.
30. Romdhani Z, Ceylan H. I, Hammami R, Sahli F, **Dhahbi W**, Souissi N, Zghibi M., Oliveira R. T. N. P. Small-sided-games training program with coaches' verbal encouragement has a beneficial impact on aerobic performance, mood states, satisfaction and sustaining higher stable levels of effort in male soccer players. *Journal of Men's Health*. 2024; 20(2):1-10.



31. **Dhahbi W**, Padulo J, Russo L, Racil G, Ltfi M. A, Picerno P, Iuliano E, Migliaccio G. M. 4-6 Repetition Maximum (RM) and 1-RM Prediction in Free-Weight Bench Press and Smith Machine Squat Based on Body Mass in Male Athletes. *The Journal of strength and conditioning research*. 2024; 38(8), 1366-1371. doi:10.1519/JSC.0000000000004803.
32. Agrebi B, **Dhahbi W**, Abidi H, Kasmi S, Houas N, Chtara M, Chamari K. Isokinetic Peak Torque Improvement and Shoulder Muscle Ratios Imbalance Correction after a Specific Strength Training on a New Ballistic Throwing Device: A Randomized Controlled Trial. *Journal of Sport Rehabilitation*. 2024; 1(aop), 1-14.
33. **Dhahbi W**, Hachana Y, Souaifi M, Souidi S, Attia A. Tennis-Specific Incremental Aerobic Test (TSIAT): Construct Validity, Inter Session Reliability and Sensitivity. *Tunisian Journal of Sports Science and Medicine*. 2024; 2(1), 25-32.
34. Guelmami N, Ben Ezzeddine L, Hatem G, Trabelsi O, Ben Saad H, Glenn J. M, ... & Knechtle B. The Ethical Compass: establishing ethical guidelines for research practices in sports medicine and exercise science. *International Journal of Sport Studies for Health*. 2024; 7(2), 31-46.
35. **Dhahbi W** & Ben Saad H. Revolutionizing “text neck syndrome” management: paradigm shifting from “posture correction” to “posture change”. *Acta Kinesiologica*. 2024; 18(3), 37-40.
36. **Dhahbi W**, Padulo J, Bešlija T, Cheze L. Dynamic posture change in non-specific low back pain management: a paradigm shift utilizing the joint-by-joint training approach. *New Asian Journal of Medicine*. 2024; 2(3):17-23.
37. **Dhahbi W**, Chaabene H, Pyne D. B, Chamari K. Standardizing the quantification of external load across different training modalities: a critical need in sport-science research. *International Journal of Sports Physiology and Performance*. 2024; 19(11), 1173-1175.
38. **Dhahbi W** & Briki W. Increasing Armed Force Warrant-Officers’ Shooting Accuracy in High-Pressure Situations: The Central Role of Decision-related Action Orientation. *Military Behavioral Health*. 2024; In press.
39. **Dhahbi W**, Ben Saad H, Dergaa I, Souaifi M, Chamari K. Profiling the injuries of police officer-cadet recruits during basic combat training: a retrospective cohort study. *American Journal of Men's Health*. 2024; 18(6), 15579883241304584.
40. Chamari K, Saad HB, **Dhahbi W**, Washif JA, El Omri A, Zmijewski P, Dergaa I. Mpox in sports: A comprehensive framework for anticipatory planning and risk mitigation in football based on lessons from COVID-19. *Biology of Sport*. 2024;41(4):317-335. doi: 10.5114/biolsport.2024.144014.
41. Bouzouraa MM, **Dhahbi W**, Ghouili H, Hamaidi J, Ben Aissa M, Dergaa I, Guelmami N, Souissi N, Weiss K, Rosemann T, Zghibi M, Chamari K, Knechtle B. Enhancing Problem-Solving Skills and Creative Thinking Abilities in U-13 Soccer Players: The Impact of Rondo Possession Games’ Training. *Biology of Sport*. 2025;42(3): xx-xx..
42. Souissi M, Gouasmia C, Dergaa I, Faleh J, Trabelsi O, Weiss K, Rosemann T, **Dhahbi W**, Souissi N, and Knechtle B. Impact of evening blue light exposure timing on sleep, motor, and cognitive performance in young athletes with intermediate chronotype. *Biology of Sport*. 2025; 42(3):61-68.
43. M Slimani, H Ghouili, **W Dhahbi**, Z Farhani, M Ben Aissa, M Souaifi, N Guelmami, I Dergaa & Ben Ezzeddine, L. Position-specific biomarker responses to match vs. VAMEVAL test modalities in elite female soccer players: a comparative analysis study. *Cogent Social Sciences*. 2025;11(1):447399.

44. **Dhahbi, W.** Editorial: Advancing Biomechanics: Enhancing Sports Performance, Mitigating Injury Risks, and Optimizing Athlete Rehabilitation. *Frontiers in Sports and Active Living*. 2025; 7: 1556024.
45. S Al-marri, SM Al-Shamari, İ Şahin, Hİ Ceylan, S Bayrakdaroglu, **W Dhahbi**. FIFA World Cup as a Catalyst for Cultural Change: A Comparative Analysis of Host Nations' Cultural Transformation from East Asia to the Middle East (2002-2022). *BALTICA*. 2025; 38(1): 77-89.
46. S Al-marri, AM Alobadi, Y Bayrakdaroglu, İ Şahin, E Zorba, **W Dhahbi**. The Role of Sports Management in Youth-to-Professional Talent Development: A Quantitative Analysis of Strategies, Transition Support, and Challenges in Qatari Football. *BALTICA*. 2025; 38(1): 90-101.
47. Farhani, Z., Ghouili, H., **Dhahbi, W.**, Ammar, A., Ben Aissa, M., Bouzouraa, M. M., ... & Ben Ezzeddine, L. (2025). Optimizing the number of players and training bout durations in soccer small-sided games: Effects on mood balance and technical performance. *European Journal of Sport Science*, 25(3), e12208.
48. Ben Ezzdine, L., **Dhahbi, W.**, Dergaa, I., Ceylan, H. İ., Guelmami, N., Ben Saad, H., ... & El Omri, A. (2025). Physical activity and neuroplasticity in neurodegenerative disorders: a comprehensive review of exercise interventions, cognitive training, and AI applications. *Frontiers in Neuroscience*, 19, 1502417.
49. Ben Saad, H., Dergaa, I., Ghouili, H. **W Dhahbi**. The assisted Technology dilemma: a reflection on AI chatbots use and risks while reshaping the peer review process in scientific research. *AI & Soc* (2025).
50. **Dhahbi W**, Materne O, Chamari K. Rethinking knee injury prevention strategies: joint-by-joint training approach paradigm versus traditional focused knee strengthening. *Biology of Sport*. 2025; In press.

## BOOKS

1. Attia, A., & **Dhahbi, W.** (2019). *Mesure dynamique de la détente verticale: Limites théoriques et expérimentales*. Éditions universitaires européennes.

## INTERNATIONAL CONGRESS WITH A PEER-REVIEW COMMITTEE AND PUBLICATIONS IN CONFERENCE PROCEEDINGS

1. **Dhahbi W**, Chaouachi A, Padulo J, Behm D. G, Chamari K. “Test de grimper de corde de cinq mètres: test de puissance des membres supérieurs spécifique aux Commandos”. Oral Communication, 1<sup>st</sup> International Congress in Sport Sciences. Tunis, Tunisia. 18-19<sup>th</sup> March, 2015.
2. **Dhahbi W**, Chaouachi A, Ben Dhahbi A, Cochrane J, Chèze L. Angus Burnett, B., & Chamari K. “Quantification cinétique de l'intensité des push-ups pliométriques”. Oral Communication, 2<sup>nd</sup> International Congress in Sport Sciences. Hammamet, Tunisia. 28-30<sup>th</sup> April, 2016.
3. **Dhahbi W**, Chamari K, Behm D. G, Chèze L, Chaouachi A. “Sensibilité externe et reproductibilité intrinsèque du test de grimper de corde”. Poster, 2<sup>nd</sup> International Congress of the African Association of Sport Sciences. Hammamet, Tunisia. 17-19<sup>th</sup> March, 2016.
4. **Dhahbi W**, Sellami M, Chaouachi A, Zalleg D, Chamari K. “Seasonal fluctuations can affect the efficiency of specific commandos training program: longitudinal repeated cross-sectional study”. Oral Communication, 1<sup>st</sup> International Congress in Sport Sciences of ISSEP-KEF, Tabarka, Tunisia. 06-07<sup>th</sup> October, 2017.

5. **Dhahbi W**, Hmaied S, Zalleg D, Rebai H, Turki O. "Effets de la postactivation potentiation de faibles intensités sur la performance d'agilité répétée chez des jeunes footballeurs". Oral communication, International Workshop: Sport, Physical Activity and Health, Djerba, Tunisia. 06-09<sup>th</sup> September, 2017.
6. **Dhahbi W**, Ridène S, Lengliz H, Rebai H, Turki O. "Effets à court terme et retardés du stretching dynamique sur la performance d'agilité chez les volleyeurs d'élite". Poster, International Workshop: Sport, Physical Activity and Health, Djerba, Tunisia. 06-09<sup>th</sup> September, 2017.
7. **Dhahbi W**, Bouafif R, Zalleg D, Rebai H, Turki O. "Effet chronique d'un échauffement incorporant du stretching dynamique sur les performances d'agilité, de sprint et d'équilibre dynamique chez des jeunes volleyeurs". Poster, International Workshop: Sport, Physical Activity and Health, Djerba, Tunisia. 06-09<sup>th</sup> September, 2017.
8. **Dhahbi W**, Sellami M, Djemail H, Mazigh C, Chaouchi A, Chamari K. "Effect of intense training and aging on white blood cell count during supramaximal Exercise". oral Communication, 3<sup>th</sup> International Congress in Sport Sciences, Hammamet, Tunisia. April 28-30<sup>th</sup>, 2017.
9. **Dhahbi W**, Padulo J, Kuvačić G, Ardigo LP, Esposito F, Samozino P, Cè E. Bilateral deficit magnitude increases with velocity during a half-squat exercise. Oral Communication, 3<sup>th</sup> International Congress in Sport Sciences of ISSEP-KEF, Tabarka, Tunisia. 26-27<sup>th</sup> May, 2023.
9. **Dhahbi W**, Souaifi M, Chamari C. Profiling the injuries of police officer-cadet recruits during basic combat training: a retrospective cohort study. Oral Communication, 9<sup>th</sup> International Congress in Sport Sciences, Hammamet. April 25-27<sup>th</sup>, 2024
10. **Dhahbi W**, Padulo J, Russo L, Gian Mario Migliaccio G M. 4-6 Repetition Maximum (RM) and 1-RM Prediction in Free-Weight Bench Press and Smith Machine Squat Based on Body Mass in Male Athletes. Oral Communication, 9<sup>th</sup> International Congress in Sport Sciences, Hammamet. April 25-27<sup>th</sup>, 2024

## PUBLISHED ARTICLES IN MAGAZINES

1. **وسام الذهبي**. الانفصال العضلي البطني معاناة مسكوت عنها. أجوان. 2021; (2): 87-86.
2. **وسام الذهبي**. إذا كانت الخفسة وراثية، فهل يجب أن تتوقفي عن محاولة تصحيحها طبيعياً؟ أجوان. 2021; (3): 75-74.

## ACADEMIC AND PROFESSIONAL SERVICES

### RESEARCH SUPERVISION

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|--------------------|--|
| <b>2023 - 2024</b> | <b>Master's Theses Supervision.</b> "Validity and Reliability of the Arabic Version of the Three-Factor Eating Questionnaire TFEQ-R18". Student: Wiem Melki. Outcome: Presidential Award recipient, Mention Very Good. Higher Institute of Sport and Physical Education of Kef, Tunisia. |
| <b>2023 - 2024</b> | <b>Master's Theses Supervision.</b> "Impact of Ramadan-Specific High-Intensity Interval Training on Physical Responses in Taekwondo". Student: Ahmed Marzougui. Outcome: Mention Very Good. Higher Institute of Sport and Physical Education of Kef, Tunisia.                            |
| <b>2023 - 2024</b> | <b>Master's Theses Supervision.</b> "Predictive Modeling of Maximum Strength Based on Body Mass Across Various Sports Disciplines". Student: Bilel Khamessi. Outcome: Mention Very Good. Higher Institute of Sport and Physical Education of Kef, Tunisia.                               |

2023 - 2024	<b>Master's Theses Supervision.</b> "Effects of Imagery-Based Mental Training on Mental Skills and Mood States in Young Basketball Players". Student: Iyed Khayati. Outcome: Mention Very Good. Higher Institute of Sport and Physical Education of Kef, Tunisia.
2016 - 2017	<b>Master's Theses Co-supervision.</b> "Low-Intensity Postactivation Potentiation Effects on Repeated Agility Performance in Young Soccer Players". Student: Sami Hmaied. Outcome: Mention Very Good. Institution: Higher Institute of Sport and Physical Education of Kef, Tunisia.
2016 - 2017	<b>Senior Projects Supervision.</b> "Mixed Training Program (Concentric and Plyometric) Effects on Upper-Limb Power in Basketball Players". Student: Oussama Mdini. Outcome: Mention Very Good. Higher Institute of Sport and Physical Education of Ksar-Saïd, Tunisia.
2016 - 2017	<b>Senior Projects Supervision.</b> "Six-Week Effects of Warm-Up Modalities with Stretching on Repeated Sprint Ability in Elite Athletes". Student: Saif Ben Abderrahmen. Outcome: Mention Very Good. Higher Institute of Sport and Physical Education of Ksar-Saïd, Tunisia.
2016 - 2017	<b>Senior Projects Supervision.</b> "Chronic Effects of Static and Dynamic Stretching Warm-Up on Agility Performance in High-Level Rugby Players". Student: Sofïène Ben Aïcha. Outcome: Mention Very Good. Higher Institute of Sport and Physical Education of Ksar-Saïd, Tunisia.

## EDITORIAL ROLES INTERNATIONAL INDEXED JOURNALS WITH AN IMPACT FACTOR

2024 - Present	Associate editor in Frontiers in Sports and Active Living
2023 - 2024	Guest editor in Frontiers in Sports and Active Living
2023 - Present	Editorial Board in Acta Kinesiologica Journal
2019 - Present	Editor in CPQ Orthopaedics Journal.

## REVIEWER FOR HIGH-IMPACT FACTOR JOURNALS (124 PAPERS REVIEWED)

2024 - Present	Reviewer in "JMIR".
2024 - Present	Reviewer in "Qeios".
2024 - Present	Reviewer in "Medicine".
2024 - Present	Reviewer in "Wearable Technology".
2023 - Present	Reviewer in "Tunisian Journal of Sports Science and Medicine".
2023 - Present	Reviewer in "International Biomechanics".

2023 - Present	Reviewer in "Sports Engineering".
2022 - Present	Reviewer in "Frontiers in Physiology".
2022 - Present	Reviewer in "Acta Kinesiologica Journal".
2021 - Present	Reviewer in "The Journal of Sports Medicine and Physical Fitness".
2021 - Present	Reviewer in "QScience Connect".
2020 - Present	Reviewer in "BMC Sports Science, Medicine and Rehabilitation".
2020 - Present	Reviewer in "International Journal of Sports Science & Coaching".
2019 - Present	Reviewer in "Human Movement".
2019 - Present	Reviewer in "Journal of Sports Sciences".
2019 - Present	Reviewer in "Journal of Strength and Conditioning Research".
2018 - Present	Reviewer in The Open Sports Sciences Journal.
2017 - Present	Reviewer in Pols One.
2017 - Present	Reviewer in Biology of Sport.
2017 - Present	Reviewer in International Journal of Sports Medicine.
2017 - Present	Reviewer in Sports Medicine International Open.
2016 - Present	Reviewer in International Journal of Sports Physiology and Performance.

## UNIVERSITY SERVICES

2010 - Present	Statistical Consultant, National Sports Observatory, Tunisia.
2007 - 2010	Tournament Organizer, Higher Institute of Sport and Physical Education of Ksar-Saïd, Tunisia.

## PROFESSIONAL DEVELOPMENT SERVICES

2024	Lecturer, "Healthy Lifestyle, Performance Optimization and Sports Injuries" Workshop Ministry of Education and Higher Education, Qatar.
2020 - Present	Instructor, "Basics of Sports Training" Course Internal Security Force - LEKHWIYA, Qatar.
2021 - Present	Lecturer, "Basics of Sports Training" Course Police College, Qatar.
2019	Guest Speaker, "Development of Specific Training Load in Martial Art Sports" Qatar Taekwondo, Judo & Karate Federation.

## MILITARY AND SECURITY SERVICES

2015	Coordinator, Planner, and Programmer, Commandos School Training Department National Guard, Tunisia.
2015	Instructor, Close Quarters Battle (CQB), National Guard, Tunisia.
2015	Instructor, Forest Area Combat, National Guard, Tunisia.
2015	Instructor, Tactical Shooting - Drills and Tactics, National Guard, Tunisia.
2013	Fitness Trainer, National Guard Commandos, Tunisia.

## SPORTS COACHING SERVICES

2010 - 2011	Volleyball Youth Coach, Sports Association of Post and Telecommunication, Tunis, Tunisia.
2009 - 2010	Professional Life Preparation Physical Education Teacher, Sadiki High School, Tunisia.
2008 - 2010	Fitness Trainer, Young Soccer Players, Ksar Saïd Football Promotion Center, Tunisia.
2008 - 2010	Youth Coach, Volleyball Sports Club of Zaouit El Magaeiz, Tunisia.

## INTERNATIONAL AFFILIATIONS AND VOLUNTEER WORK

2024 - Present	Member, European College of Sport Science.
2010 - Present	Volunteer, Tunisian Red Crescent, Tunisia.

## EXPERTISE

## ACADEMIC SPECIALIZATIONS

Biomechanics, Exercise Physiology, Performance Analysis, Rehabilitation Science, Biostatistics, Sport Psychology and Mental Preparation, Functional Training Methodologies, AI Sports Science.

## RESEARCH AND ASSESSMENT PROFICIENCIES

Laboratory and Field-Testing	CATAPULT, RaceResult, Kistler QattroJump, Cosmed K5, AMcube Footprint pro, Inbody 770, Seca 515, Hoggan MicroFet 3, Microgate GyKo
Rehabilitation	Program design, implementation, and outcome assessment.
Fitness Program Design	Specialty-specific training planning and programming

## SPECIALIZED TRAINING COMPETENCIES

<b>Sports-Specific</b>	Rehabilitation, Fitness training, Functional training, Volley-ball, Canoe Kayak.
<b>Military and Tactical</b>	Special Forces fitness, Close Quarters Battle (CQB), Forest Area Combat, Tactical Shooting

## TECHNICAL SKILLS

<b>Programming Languages</b>	PASCAL, MATLAB, C++, R
<b>Operating Systems</b>	Windows
<b>Office Suites</b>	Microsoft Office, LaTeX
<b>Specialized Software</b>	MedCalc, SPSS, OriginPro, JASP, MARS Kistler, OMNIA COSMED, Cortex, OrthoTrak, SkillSpector

## PUBLIC ENGAGEMENT AND SCIENCE COMMUNICATION

### TELEVISION APPEARANCES

<b>2020 - Present</b>	<b>Expert Commentator and Interviewer.</b> Programs: "Thintain wa Nus" and "Tamrin" (Alkass Sports TV), "Al Jazeera Hatha Al Sabah" (Al Jazeera TV), "Sabah Noor" (Alaraby TV). Total <b>Episodes</b> : 83. Focus: Sports Science and Rehabilitation.
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### DIGITAL OUTREACH

<b>Instagram</b>	@dr._wissem_dhahbi. Followers: 34,000+. Content: Sports science education and rehabilitation insights
<b>YouTube</b>	<a href="https://youtube.com/channel/UCxScV2T4KOq4YIOqYh6Z4w">https://youtube.com/channel/UCxScV2T4KOq4YIOqYh6Z4w</a> . Focus: Video content on sports performance and health

## REFERENCES

<b>Prof. Karim CHAMARI</b> Research & Education Department, Naufar, Wellness and Recovery Center, Doha, Qatar. <b>Tel:</b> +97433186096 <b>E-mail:</b> <a href="mailto:karim.chamari@naufar.com">karim.chamari@naufar.com</a>	<b>Prof. Laurence CHEZE</b> Laboratoire de Biomécanique et Mécanique des Chocs, Université Claude Bernard Lyon I / IFSTTAR, France. <b>Tel:</b> 33 (0)4 72 44 80 98 <b>E-mail:</b> <a href="mailto:laurence.cheze@univ-lyon1.fr">laurence.cheze@univ-lyon1.fr</a>	<b>Dr. Johnny PADULO</b> Dept. of Biomedical Sciences for Health, University of Milan, Via G. Colombo, 71, 20133 Milan, ITALY. <b>Tel:</b> +39 347 769 1228 <b>E-mail:</b> <a href="mailto:johnny.padulo@unimi.it">johnny.padulo@unimi.it</a>
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