

## **CURRICULUM VITAE**

**Dr. Marwa Mahmoud Elsayed Mahmoud.**

**Academic Rank:** Assistant professor of Physical Therapy.

**Specialization:** Department of Physical Therapy for  
Cardiovascular/Respiratory Disorder and Geriatrics.

**Contacts:** [Marwa.elsaid@cu.edu.eg](mailto:Marwa.elsaid@cu.edu.eg), [marwadd999@gmail.com](mailto:marwadd999@gmail.com).

**WhatsApp:** 00201156033818.

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### **Personal Information:**

Date of Birth: 1 - 5 – 1984.

Nationality: Egyptian.

Marital State: Married

Current Address: Mini Elqamh Sharkia.

### **Academic Specifications:**

**Major Field of specialization:** Physical Therapy.

**Fine specialty:** Physical Therapy Evaluation, cardiac rehabilitation, pulmonary training, geriatric rehabilitation, clinical rehabilitation, exercise physiology.

### **Academic Qualifications:**

Ph.D of physical therapy, Cairo University, Egypt, 2017.

Master of physical therapy, Cairo University, Egypt, 2013.

Bachelor of physical therapy, Cairo University, Egypt, 2006.

### **Work Experience and Employment History:**

#### **A. Academic Positions:**

#### **Current Academic Position:**

**Employer:** Faculty of physical Therapy, Cairo University, Egypt

**Job Title:** Assistant Professor of Physical Therapy, Department of Physical Therapy for Cardiovascular/Respiratory Disorder and Geriatrics

**From:** 2023 till Present.

**Selected responsibilities:**

- Teach and implement lecturers for the undergraduates (mainstream).
- Teach and implement lecturers for the undergraduates (credited hour's program).
- Teach and implement lecturers for the postgraduates.
- Implement diverse workshops for the undergraduate and postgraduate students to allow them to be engaged in the rehabilitation programs of cardiopulmonary, vascular, geriatric, metabolic conditions, and exercise physiology.

**Previous Academic Positions:**

1. Lecturer of Physical Therapy, Department of Physical Therapy for Cardiovascular/Respiratory Disorder and Geriatrics

**Employer:** Faculty of physical Therapy, Cairo University, Egypt

**Job Title:** Lecturer of Physical Therapy, Department of Physical Therapy for Cardiovascular/Respiratory Disorder and Geriatrics.

**From:** 2017 till 2022.

**Selected responsibilities:**

- Teach and implement lecturers for the undergraduates (mainstream).
- Teach and implement lecturers for the undergraduates (credited hour's program).
- Teach and implement lecturers for the postgraduates.

- Implement diverse workshops for the undergraduate and postgraduate students to allow them to be engaged in the rehabilitation programs of cardiopulmonary, vascular, geriatric, metabolic conditions, and exercise physiology.

## 2. Assistant Lecturer of Physical Therapy, Department of Physical Therapy for Cardiovascular/Respiratory Disorder and Geriatrics

**Employer:** Faculty of physical Therapy, Cairo University, Egypt.

**Job Title:** Assistant Lecturer of Physical Therapy, Department of Physical Therapy for Cardiovascular/Respiratory Disorder and Geriatrics

**From:** 2013 till 2016.

### **Selected responsibilities:**

- Teach core courses for undergraduates.
- Use variety of teaching methods such as Problem based learning; Team based learning, Case studies etc.
- Advisor for undergraduate student research projects.
- Actively engaged in academic advising, curriculum revision, accreditation, research, professional development.

## 3. Instructor of Physical Therapy, Department of Physical Therapy for Cardiovascular/Respiratory Disorder and Geriatrics

➤ **Employer:** Faculty of physical Therapy, Cairo University, Egypt.

➤ **Job Title:** Demonstrator.

➤ **From:** 2009 to 2012.

### **Selected responsibilities:**

- Demonstrating the main assessment tools, cardiopulmonary, vascular, geriatric and metabolic conditions.
- Train the candidates proper application of cardiopulmonary, vascular,

geriatric, metabolic conditions, and exercise physiology.

Train the candidates for different application of exercises and clinical rehabilitation.

### **B. Clinical Positions:**

#### **Musculoskeletal and neurological physiotherapist:**

**Employer:** physical Therapy center – Mini Elqamh Sharkia, Egypt.

**From:** 2006 till 2009.

#### **Selected Responsibilities:**

- Proper management of orthopedic problems, sports injuries & neurological disorders.

### **Conferences and Continuing Education licenses:**

#### **1- Conferences:**

<b>Activity Attendance/ Participation</b>	<b>Date</b>	<b>Title of Conference</b>	<b>Type</b> Local/International	<b>Organizer</b>
Attendance	2024	The third scientific conference of Cairo University center for geriatrics' sciences and care	Local	Cairo University
Attendance	2023	The second scientific conference of Cairo University center for geriatrics' sciences and care	Local	Cairo University
Attendance	2021	International physical therapy conference	Local online	Faculty of Physical Therapy Merit University
Attendance	2017	International physical therapy conference	Local	Faculty of Physical Therapy Cairo University
Attendance	2009	International physical therapy conference	Local	Faculty of Physical Therapy Cairo University

### Workshops and Training Courses:

Activity Attendance/ Participation	Date	Title of workshop/ course	Organizer
Attendance	2021	Numerical transformation	Nasseej academy
Attendance	2021	Journal Editor 1	Nature Research Academies workshop
Attendance	2021	Logical Manuscript Structure	Nature Research Academies workshop
Attendance	2021	Education and Challenges in Light of the COVID-19	Academic Centre for Conferences and Scientific Publishing - Malaysia (ACCSPM)
Attendance	2021	TOTAL QUALITY MANAGEMENT IN ARAB UNIVERSITIES	Academic Centre for Conferences and Scientific Publishing - Malaysia (ACCSPM)
Attendance	2021	Essential of Statistical Analysis Using SPSS	Academic Center for Conferences and Scientific Publishing - Malaysia (ACCSPM)
Attendance	2021	Scientific research and the knowledge Revolution	The Scholars and Academics Platform - IFAD
Attendance	2021	Digital tools of the scientific researcher	The Scholars and Academics Platform - IFAD
Attendance	2021	How to save copyright	The Scholars and Academics Platform - IFAD
Attendance	2021	Researcher's digital tools in publishing and scientific research	The Scholars and Academics Platform - IFAD
Attendance	2021	Quality in Education: A Field View	The Scholars and Academics Platform - IFAD
Attendance	2021	Methods of Using interactive PowerPoint	The Scholars and Academics Platform - IFAD
Attendance	2021	Educational communication methods	The Scholars and Academics Platform - IFAD
Attendance	2021	Analytical thinking in scientific research	The Scholars and Academics Platform - IFAD
Attendance	2021	How do we ensure the acceptance of publication in an international scientific journal?	The Scholars and Academics Platform - IFAD
Attendance	2021	Measuring academic readiness in the light of response theory	The Scholars and Academics Platform - IFAD

<b>Attendance</b>	<b>2021</b>	<b>Flipped education in light of the Corona Pandemic</b>	<b>The Scholars and Academics Platform - IFAD</b>
<b>Attendance</b>	<b>2021</b>	<b>Scientific methodologies between tradition and innovation - Statistics as a model</b>	<b>The Scholars and Academics Platform - IFAD</b>
<b>Attendance</b>	<b>2021</b>	<b>Tests preparation</b>	<b>Cairo University</b>
<b>Attendance</b>	<b>2021</b>	<b>Electronic tests</b>	<b>Cairo University</b>
<b>Attendance</b>	<b>2021</b>	<b>Effective Academic Writing</b>	<b>Nature Research Academies workshop</b>
<b>Attendance</b>	<b>2021</b>	<b>Being an Effective Reviewer</b>	<b>Nature Research Academies workshop</b>
<b>Attendance</b>	<b>2021</b>	<b>Journal Editor 2</b>	<b>Nature Research Academies workshop</b>
<b>Attendance</b>	<b>2021</b>	<b>Electronic References Management Using Mendeley</b>	<b>Virtual medical academy</b>
<b>Attendance</b>	<b>2021</b>	<b>How to improve your research output - Expertise from our Publishing Department</b>	<b>Researcher Academy On Campus</b>
<b>Attendance</b>	<b>2021</b>	<b>Professional peer review</b>	<b>National research center</b>
<b>Attendance</b>	<b>2024</b>	<b>International publishing</b>	<b>Cairo University</b>
<b>Attendance</b>	<b>2025</b>	<b>Exams preparation</b>	<b>Cairo University</b>

## Research interest and Scientific work:

N	Type of paper	Year	Title	Participants (Co-authors)	Journal/Conference	Type Local/International
1	Original Article	2017	- Training Impact with Inspiratory Muscle Trainer Versus Pranayama On Pulmonary Functions Of Hemodialysis Patients	Co author	International journal of chemotech research	International
		2021	-Impact of Combined Photo-Biomodulation and Aerobic Exercise on Cognitive Function and Quality-of-Life in Elderly Alzheimer Patients with Anemia: A Randomized Clinical Trial	CO author	<b>International Journal of General Medicine</b>	International <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7813463/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7813463/</a>
		2022	- Effect of laser bio stimulation anda low-calorie diet vs. a low-calorie diet alone on insulin resistance, inflammatory biomarkers, and depression among obese postmenopausal women: a randomized controlled trial	First author	<b>European Review for Medical and Pharmacological Sciences</b>	International <a href="https://www.europeanreview.org/article/28745">https://www.europeanreview.org/article/28745</a>

		2022	- The Effect of Laser Therapy Along With Mediterranean Diet Versus Mediterranean Diet Only on Older Adults With Non-alcoholic Fatty Liver Disease: A Randomized Clinical Trial	Co author	Journal of lasers in medical science	International <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8558722/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8558722/</a>
		2021	Aerobic exercise with diet induces hormonal, metabolic, and psychological changes in postmenopausal obese women	First author	Heliyon	International <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8971591/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8971591/</a>
		2022	Effect of aerobic exercise with diet on sex hormones and selected coagulation biomarkers in obese postmenopausal women: a randomized clinical trial	First author	European Review for Medical and Pharmacological Sciences	International <a href="https://www.europeanreview.org/article/27886">https://www.europeanreview.org/article/27886</a>
		2022	Aerobic Exercise with Mediterranean-DASH Intervention for Neurodegenerative Delay Diet Promotes Brain Cells' Longevity despite Sex Hormone Deficiency in Postmenopausal Women: A Randomized Controlled Trial	First author	Oxidative medicine and cellular longevity	International <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9001064/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9001064/</a>

		2022	<b>The Influence of Manual Diaphragm Release Technique Combined with Inspiratory Muscle Training on Selected Persistent Symptoms in Men with Post-Covid-19 Syndrome: A Randomized Controlled Trial</b>	Co author	Journal of rehabilitation medicine	international <a href="https://medicaljournalssweden.se/jrm/article/view/3972">https://medicaljournalssweden.se/jrm/article/view/3972</a>
		2023	<b>Effect of exercise training with laser phototherapy on homeostasis balance resistant to hypercoagulability in seniors with obesity: a randomized trial</b>	First author	Scientific reports	International <a href="https://www.nature.com/articles/s41598-023-30550-x">https://www.nature.com/articles/s41598-023-30550-x</a>
		2023	<b>Expiratory Muscle Training Versus Functional Electrical Stimulation on Pulmonary and Swallowing Functions in Acute Stroke Patients</b>	Co author	BULLETIN OF REHABILITATION ON MEDICINE	International <a href="https://journals.eco-vector.com/2078-1962/article/view/626075">https://journals.eco-vector.com/2078-1962/article/view/626075</a>
		2025	<b>Treadmill with Transcutaneous Electrical Nerve Stimulation Impact on Peak Velocity in Peripheral Arterial Disease: a Randomized Controlled Trial</b>	Co author	BULLETIN OF REHABILITATION ON MEDICINE	<a href="https://journals.eco-vector.com/2078-1962/article/view/643550">https://journals.eco-vector.com/2078-1962/article/view/643550</a>

2	Conference Paper	2022	<b>EFFECT OF INTRADIALYTIC AEROBIC EXERCISES ON RENAL FAILURE PATIENTS AND CORRELATION BETWEEN OUTCOMES</b>	Co author	<b>Faculty of physical therapy conference</b>	<b>local</b>
3	Book chapter	2020-2024	<b>Physical therapy for internal medicine</b>	Co author	<b>Faculty of physical therapy</b>	<b>local</b>

### **Theses (Doctoral and Master) Supervision**

No	Thesis Doc./ Master	Year	Student's Name	Title of Thesis	Co-authors
1	Master	2021	<b>ENAS WAGDY ELSAID AHMED</b>	EFFECT OF LOW LEVEL LASER THERAPY ON HYPERCOAGULABILITY IN PATIENTS WITH COVID 19	<b>AKRAM ABD EL-AZIZ SAYED</b>
2	Master	2020	<b>RADWA MAHMOUD HASSAN MOHAMED</b>	EFFECT OF INTRADIALYTIC AEROBIC EXERCISES ON RENAL FAILURE PATIENTS AND CORRELATION BETWEEN OUTCOMES	<b>Akram Abd El-Aziz Sayed</b>
3	Master	2021	<b>MONA MAMDOUH SALAH MOHAMED</b>	PROPRIOCEPTIVE TRAINING WITH MUSCLE STRENGTHENING EFFECTS ON POSTURAL INSTABILITY IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE	<b>Dr. AWNE YRAHMY</b>
	Master	2021	<b>SALMA NABIL FATHY AHMED</b>	EFFECT OF AEROBIC EXERCISE AND DIET ON ANTHROPOMETRIC AND HEMATOLOGICAL MEASUREMENTS IN OBESE ANEMIC WOMEN	<b>Dr. AZZA ABD EL-AZIZ ABD EL-HADY</b>

	Master	2021	Noha Mohamed Abdelhafez Dahy	EFFECT OF AEROBIC EXERCISE ON ESTROGEN HORMONE AND BONE MINERAL DENSITY IN OSTEOPOROTIC WOMEN	Dr. AZZA ABD EL-AZIZ ABD EL-HADY
	Doctora	2021	ASMAA IBRAHIM YACOUB	EFFICACY OF ELECTRICAL MUSCLE STIMULATION VERSUS RESISTIVE EXERCISES ON EXERCISE, DIALYSIS, AND FATIGUE MEASURES IN HEMODIALYSIS PATIENTS	Dr. AWNEY RAHMY
	Doctora	2021	Mohamed zaidain	EXPIRATORY MUSCLE TRAINING VERSUS FUNCTIONAL ELECTRICAL STIMULATION ON PULMONARY AND SWALLOWING FUNCTIONS IN STROKE PATIENTS	Dr. Hany Azzat
	Doctora	2023	MAI SALAH ALI	EFFECT OF AEROBIC EXERCISE COMBINED WITH MEDITERRANEAN DIET ON INSULIN RESISTANCE AND INFLAMMATORY MARKERS IN PATIENTS WITH OBESITY	Dr. Akram Abd el-aziz Sayed
	Master	2024	SARA MOHAMED IBRAHIM	EFFECT OF OSTEOPATHIC TREATMENT VS AEROBIC EXERCISE ON BLOOD PRESSURE AND QUALITY OF LIFE IN PATIENTS WITH HYPERTENSION	Dr. AZZA ABD ELAZIZ ABDELHADY
	Master	2024	Reem Medhat	EFFECT OF AEROBIC EXERCISE AND INSPIRATORY MUSCLE TRAINER ON VENTILATORY AND VASCULAR FUNCTION IN CHRONIC OBSTRUCTIVE PULMONARY DISEASE PATIENTS WITH INTERMITTENT CLAUDICATION	Zahra Hassan Mohammed

### Other Activities

- Coordinator in chest diseases course and First aid for physical therapists
- Membership in under graduate control
- Participation in exams for undergraduate first aid,

cardiovascular/ respiratory disorders and geriatrics

- Participation in post graduate exams
- External examiner in private faculties
- General coordinator of quality insurance of the department
- Coordinator of teaching and learning standard

### **Skills:**

- Very good written and oral communication skills.
- Very good English spoken, reading and writing.
- Very good computer skills (including word, excel& power point).
- Very good presentation and interpersonal skills.
- Very good reporting skills.
- Good knowledge of occupational health evaluations, assessments and methodologies.

### **Personal Skills:**

- Self-motivated, systematic and efficient.
- Ability to work in a group or individually according to the job requirements.
- Presentation and communication skills.
- Problem solving skills.
- Able to work under pressure

### **Researcher ID**

**Scopus ID : 57226841468**

**<https://www.scopus.com/authid/detail.uri?authorId=57226841468>**

**Web of Science Researcher ID: ACQ-7177-2022**

**<https://www.webofscience.com/wos/author/record/2966231>**

**ORCID: <https://orcid.org/0000-0002-1854-6541>**

**Publons reviewer ID: <https://www.webofscience.com/wos/op/peer->**

[reviews/summary](#)

**Cairo University scholar:**  
<https://scholar.cu.edu.eg/?q=marwamahmoudelsayed/>

**Contact information:**

**Faculty of physical therapy Cairo University**

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**Fax:** 37617692



كلية العلاج الطبيعي



## شهادة

تشهد كلية العلاج الطبيعي - جامعة القاهرة

بأن السيد / **مروه محمود السيد محمود** / ولود في **الشرقية** بتاريخ  
بتاريخ **١ / ٥ / ١٩٨٤** قد حصل على درجة البكالوريوس في العلاج الطبيعي  
بمعدل **٨٥.٢٥٪** بتقدير عام **ممتاز** نسبة مئوية قدرها **٨٥.٢٥٪**  
(دور اول) **٢٠٠٦** مع **وتبة الشرف**

وقد أمضى السنة التدريبية الاجبارية لمزاولة المهنة تحت اشراف الكلية  
في المدة من **١ / ١١ / ٢٠٠٦** الى **٣١ / ١٠ / ٢٠٠٧**

وقد اعطيت لسيادته هذه الشهادة بناء على طلبه لتقدمها الى **من يهتد الامر**

// // //

تم اعتماد النتيجة بمجلس اجتماع مجلس الكلية رقم (٢٨٥)

بتاريخ **٣ / ٣ / ٢٠٠٩**

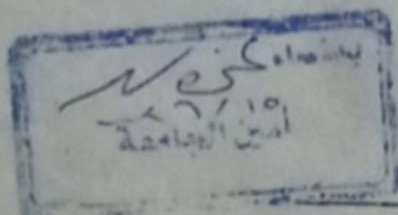


ميد

عميد الكلية

عادل عبد الحميد نصر

جامعة القاهرة



١١ / ٧ / ٢٠٠٩

( مركز جامعة القاهرة للطباعة والنشر ٦٥ / ٢٠٠٨ / ٢٠٠٠ )

# جامعة القاهرة

## شهادة

شهادة كلية العلاج الطبيعي جامعة القاهرة بان السيدة مروة محمود السيد محمود //

تاريخ الميلاد: ١٩٨٤/٥/٦ العبة الشرفية الحضية-مصرية

حصلت / على درجة الماجستير في العلاج الطبيعي .

لتخصص :ع.ط لاضطرابات الجهاز التنفسي والسنتن

بالتقدير : ( جيد جداً ) بمتوسط المجموع التراكمي للنقاط ( ٣.٤٣ ).....

موضوع الرسالة :- " تأثير التدريب بحلقة الاوزان على فحص الدهون لدى مرضى الربو  
السكري النوع الثاني "

وافق مجلس الكلية على منح هذه الدرجة بتاريخ ٢٠١٣/٢/١٤

اعتمد أ.د/ رئيس الجامعة منح هذه الدرجة بتاريخ ٢٠١٣/٣/١٩ بالتفويض

وتحررت هذه الشهادة بناءً على طلبها لتقديمها للجهات المختصة

حررت بدون مسئولية الحكومة لدى أي إنسان فيما يتعلق بما ورد بها ويحقوق الغير

عبد الكلية

أ.د/ يوسف

أ.د/ أمل محمد يوسف

أمل حاتم

أ.د/ أمل محمد يوسف  
رئيس الكلية

89506





Cairo University  
Faculty of Physical Therapy



## Certificate

This is To Certify That MS : **MARWA MAHMOUD ELSAYED MAHMOUD //**  
 Born In : 1 / 5 / 1984 In **ELSHARKIA** Nationality **Egyptian**  
**Obtained The Degree of PH.D In Physical Therapy**  
**SPECIALTY OF: Physical Therapy For CARDIOVASCULAR /RESPIRATORY**  
**DISORDER & GERIATRICS..**

With Grade: (GOOD ) . GPA:(2.46)

The Subject Of HERThesis Was : " TRAINING IMPACT WITH INSPIRATORY  
 MUSCLE TRAINER VERSUS PRANAYAMA ON BREATHING AND QUALITY  
 OF LIFE IN HEMODIALYSIS PATIENTS" .....

The Faculty Council Approved On : 13/6 / 2017.

The University President Approved On: 3 / 7/2017 By Delegation

This Certificate Is Issued Upon His / Her Own Request.

Registrar

Controller

DEAN

mL *Faten*  
12-7-2017

*S/Eman*



*Ala Balba*

Prof. Dr: : Alaa El Din Abd El- Hakim Balbaa

Pror.Dr  
ALAA ABD EL HAKIM BALBA  
DEAN  
Faculty of Physical Therapy