

Short Biography for Professor Hazzaa M. Al-Hazaa, PhD, FACSM, FECSS

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- Hazzaa M. Al-Hazaa, PhD, FACSM, FECSS, is currently a professor emeritus at Princess Nourah University (PNU), and was the founder and former head (2018-2021) of the Lifestyle and Health Research Center, Health Sciences Research Center at PNU.
- Professor Al-Hazaa had been a distinguished professor and former director of Pediatric Exercise Physiology Research Laboratory at King Saud University (KSU) in Riyadh, Saudi Arabia (1986-2015).
- He had also served in the scientific board of the Obesity Research Chair in the College of Medicine, KSU (2008-2014).
- Professor Al-Hazaa had held joint positions for four years (2011-2014) as a visiting research professor in the faculty of Health and Life Sciences, Coventry University, Coventry and in the school of Human Sciences, Newman University, Birmingham, both in UK.
- He earned his BSc. degree in Biology with minor in Chemistry from KSU, and a PhD degree from USA, focusing on Clinical Exercise Physiology.
- Professor Al-Hazaa is a Fellow of the American College of Sports Medicine and the European College of Sport Science as well as a member of numerous scientific organizations in the field of sports medicine, sports science, clinical exercise physiology, public health, health promotion and pediatric exercise medicine.
- His research involves the investigation of physical activity/inactivity, sedentary behaviors, energy expenditure and obesity relative to cardiorespiratory fitness and cardio-metabolic health. He also studies the interaction between lifestyle behaviors, obesity and health, especially in children and youth.
- He has previously investigated the physiology of youth soccer, especially energy requirement and fluid loss during hot weather and the physiological effects of detraining.
- He has been the principle investigator in numerous funded research projects in physical activity, energy expenditure, obesity and cardio-metabolic health and fitness in Saudi children and youth (a total grant of nearly 2,700,000 SR or 720,000 US\$).
- Professor Al-Hazaa has published ten books, edited 3 more books and contributed numerous chapters in published books.
- He has published over 200 scientific papers in local, regional and international peer reviewed journals in the areas of exercise physiology/sports medicine, adolescent's lifestyle behaviors, childhood obesity and physical activity, fitness, fatness & cardio-metabolic health.
- Moreover, he has presented more than 300 presentations (as keynote speaker) in local, regional and international meetings and conferences and has worked in several occasions with WHO as Expert Adviser for physical activity and health issues.
- He serves in the editorial boards of numerous regional and international Journals in physical activity and health, obesity, sports medicine, and exercise medicine and Rehabilitation.
- He is also a regular peer reviewer for over 45 regional and international journals, and has previously served as a lead guest editor in a special issue of Journal of Nutrition and Metabolism.

- He had also participated in variety of local and regional committees and task forces and has formerly held administrative positions as department head of movement sciences, College's vice dean for academic affairs and board members in the graduate school council and academic council of KSU.
- He is currently a member of the Institutional Review Board (IRB) (2021-2023) at Princess Nourah University.
- He has been among the recipients of the prestigious KSU's Scientific Excellence Award in 2013 and again in 2014.
- Recently, he has been listed among the top 2% most-cited scientists in the world (Stanford University Report 2021).
- In recent years, professor Al-Hazzaa has lead a group of Arab scientists and scholars in conducting the *Arab Teens Lifestyle Study (ATLS)*, which is a school-based multicenter epidemiological study involving lifestyle behaviors and dietary habits, in relation to weight status, health and well-being of adolescents living in major Arab cities.
- *Research profile:* <https://scholar.google.com/citations?user=DJpXW6wAAAAJ&hl=en&oi=sra>