

Professor Yahya Al-Nakeeb

Publications

Authored Books

Al-Nakeeb, Y. *Sports Psychology*. The Saudi Association of Physical Education and Sport. Riyadh: Alayoubi Publishing Company; 1990.

Edited Books

Al-Hazaa, H. and **Al-Nakeeb, Y.** (Editors). *Issues in Sports Medicine and Exercise Sciences*. The Saudi Sports Medicine Association, Riyadh, Al-Hilal Publishing Company; 1989.

Contributions to Edited Works

Duncan, M., **Al-Nakeeb, Y.** and Woodfield, L. Relationships between body esteem, objectively measured physical activity and anthropometry in children. In: Simmons, M. P. and Foster, L. A. (Ed.) *Sport and Exercise Psychology Research Advances*. New York: Nova Science Publishers; 2008, Pp 1-8.

Al-Nakeeb, Y. Leading change in developing research and scholarship: the case of a teaching intensive institution, chapter 7. In: Marshal, S. (Ed.) *Strategic Leadership of Change in Higher Education*. London, Rutledge: Taylor and Francis Group; 2007, Pp. 79-92.

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Al-Nakeeb, Y. Information processing and memory systems involved in skills performance. In Al-Hazaa, H. and Al-Nakeeb, Y. (Ed.): *Contemporary Issues in Sports Medicine and Exercise Sciences*. The Saudi Sports Medicine Association Riyadh, Al-Hilal Publishing Company; 1989, Pp. 289-320.

Al-Nakeeb, Y. The Effect of Arousal on Performance and the Coping Strategies used by Athletes. In Al-Hazaa, H. and Al-Nakeeb, Y (Ed.): *Contemporary Issues in Sports Medicine and Exercise Sciences*. The Saudi Sports Medicine Association, Riyadh, Al-Hilal Publishing Company; 1989, Pp. 39 – 87.

Refereed Journal Papers (post 2000 – in chronological order)

Al-Nakeeb, Y., Lyons, M., Collins, P., Al-Nuaim, A., Al-Hazzaa, H., Duncan, M. and Nevill, A. Obesity, Physical Activity and Sedentary Behavior Amongst British and Saudi Youth: A Cross-Cultural Study, *International Journal of Environmental Research and Public Health*, 2012, 9; DOI: 10.3390/ijerph9041490

Collins, P.; **Al-Nakeeb, Y.**; Nevill, A. and Lyons, M. (2012); The Impact of the Built Environment on Young People's Physical Activity Patterns: A Suburban-Rural Comparison Using GPS. *Int. J. Environ. Res. Public Health* 2012, 9(9), 3030-3050; DOI: 10.3390/ijerph9093030

Myers, T., Nevill, A., and **Al-Nakeeb, Y.** The Influence of Crowd Noise upon Judging Decisions in Muay Thai. *Advances in Physical Education* 2012. Vol.2, No.4, 148-152, Scientific Research (<http://www.SciRP.org/journal/ape>) DOI:10.4236/ape.2012.24026

Duncan, M.J., Birch, S., Woodfield, L. and **Al-Nakeeb, Y.** Perceptions of the Built Environment in Relation to Physical Activity and Weight Status in British Adolescents from Central England. *ISRN Obesity*, Volume 2012, Article ID 903846, 4 pages, doi:10.5402/2012/903846

Duncan, M. J., Birch, S., **Al-Nakeeb, Y.**, Nevill, A. M. Ambulatory physical activity levels of white and South Asian children in Central England, *Acta Paediatrica* 12/2011; DOI: 10.1111/j.1651-2227.2011.02566.x

Al-Nuaim, A.; **Al-Nakeeb, Y.**; Lyons, M.; Al-Hazzaa, H.M.; Nevill, A. M.; Collins, P.; and Duncan, M. The prevalence of physical activity and sedentary behaviours relative to obesity among adolescents from Al-Ahsa, Saudi Arabia: Rural versus urban variations; *Journal of Nutrition and Metabolism*, Volume 2012, Article ID 417589, 9 pages, DOI: 10.1155/2012/417589.

Duncan, M. J., Nevill, A., Woodfield, L., **Al-Nakeeb, Y.** The relationship between pedometer-determined physical activity, body mass index and lean body mass index in children. *International Journal of Pediatric Obesity*. October 2010, Vol. 5, No. 5, 445-450. DOI: 10.3109/17477160903568421

Myers, T., Nevill, A. And **Al-Nakeeb, Y.** 'An Examination of Judging Consistency in a Combat Sport', *Journal of Quantitative Analysis in Sports*, 2010, Vol. 6: Iss. 3, Article 3. DOI: 10.2202/1559-0410.1178.

Dodd, L., **Al-Nakeeb, Y.**, Nevill, A. and Forshaw, M. 'Lifestyle Risk Factors of Students: A Cluster Analytical Approach', *Preventive Medicine*, 2010, Vol. 51, Issue 1, 73-77.

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Duncan, M.J., **Al-Nakeeb, Y.**, Woodfield, L. and Lyons, M. Ambulatory physical activity in British Children. *International Journal of Child and Adolescent Health*; 2008; Vol 1 (3): 235-241.

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Duncan, M. J., Lyons, M. and **Al-Nakeeb, Y.** 'You have to do it rather than being in a class and just listening'. The impact of problem-based learning on the student experience in sports and exercise biomechanics. *Journal of Hospitality, Leisure, Sport and, Tourism Education*; 2007, 6 (1), 71-80.

Duncan, M. J. and **Al-Nakeeb, Y.** Using problem based learning in sports related courses: An overview of module development and student responses in an undergraduate Sports Studies module. *Journal of Hospitality, Leisure, Sport and, Tourism Education*; 2006, .5: 50-59.

Duncan, M. J., **Al-Nakeeb, Y.** and Scurr, J. Perceived exertion is related to muscle activity during leg extension exercise. *Research in Sports Medicine*; 2006, 14: 179-189.

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Duncan, M., Woodfield, L. and **Al-Nakeeb, Y.** The physiological profile of male and female tetrathletes. *Science and Sports*; 2000, 15 (6), p. 333.

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Refereed Conference Proceedings (Papers presented in the last 10 years listed in chronological order)

Al-Nakeeb, Y., Lyons, M., Al-Hazzaa, H. M., Al-Nuaim, A., Collins, P., Duncan, M.J., Nevill, A. M. (2012) Cross-cultural Differences in Physical Activity, Sedentary Behaviour and Obesity of British and Saudi Youth. American College of Sports Medicine – Annual Conference , 29th May 2nd June 2012 – San Francisco, USA.

Al-Nakeeb, Y., Lyons, M., and Collins, P. (2011) Physical activity patterns during recess and free-living time of young people from contrasting socio-economic backgrounds. Beyond 2011: Satellite Meeting for the International Society for Behavioural Nutrition and Physical Activity, 21st-23rd June, Queens Town, New Zealand

Al-Nakeeb, Y. (2011) Environmental strategies: built environment to fight obesity. Invited lecture at the International Obesity Congress, Riyadh, Saudi Arabia, 15-17 March, 2011.

Al-Nakeeb, Y. (2011) Integrating physical activity in lifestyle: behaviour modification. Invited lecture at the International Obesity Congress, Riyadh, Saudi Arabia, 15-17 March, 2011.

Collins, P., Al-Nakeeb, Y., Nevill, A., and Lyons, M. (2011) Revisiting some methodological approaches of the use of GPS in measuring free-living physical activity of young people. **The** 16th Annual Congress of the European College of Sports Science, Liverpool, 6th-9th July 2011.

Collins, P., Al-Nakeeb, Y., Nevill, A., and Lyons, M. (2011) The contribution of school commuting to young people's total free-living physical activity levels in rural and suburban schools. BASES Student Conference, Chester, 12th-13th April, 2011.

Collins, P., Al-Nakeeb, Y., Nevill, A., and Lyons, M. (2011) The impact of the built environment on the free-living physical activity of rural and suburban based adolescents. Beyond 2011: Satellite Meeting for the International Society for Behavioural Nutrition and Physical Activity, 21st-23rd June, Queens Town, New Zealand

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Al-Nakeeb, Y., Collins, P., Lyons, M., Hankey, J., Woodfield, L. (2010) Children's daily physical activity: built and social environmental influences. Proceedings of the 15th Annual Conference of the European College of Sports Science, June, Turkey.

Al-Nakeeb, Y., Lyons, M., Collin, P., Hankey, J., Woodfield, L. (2010) Using global positioning systems for monitoring and evaluating children's physical activity in school: an exploratory study. Proceedings of the 15th Annual Conference of the European College of Sports Science, June, Turkey.

Al-Nakeeb, Y., Dodd, L. and Nevill, A. (2010) Young Adults' Lifestyle, Adiposity and Health. Proceedings of the 3rd International Congress on Physical Activity and Public Health, May 5-8, Toronto, Canada.

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International Congress on Physical Activity and Public Health, May 5-8, Toronto, Canada.

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Al-Nakeeb, Y., Dodd, L. and Nevill, A. (2009) Health Behaviour and Psychological Wellbeing of Young Adults. Proceedings of the Annual Conference of the American College of Sports Medicine, Seattle-USA.

Duncan, M.; **Al-Nakeeb, Y** and Nevill, A. M. (2009) 6-weeks circuit training improves body image and reduces BMI in British children. Proceedings of the National Obesity and Health Conference, Birmingham, 27th - 28th April 2009.

Al-Nakeeb, Y; Lyons, M.; and Nevill, A. (2008) The impact of competition and the presence of others on performance. Proceedings of the 55th Annual Meeting of The American College of Sports Medicine. Indianapolis – Indiana, USA, May 28-31.

Al-Nakeeb, Y.; Duncan, M.; Woodfield, L.; Lyons, M and Dowdall, S. (2008) Environmental correlates, physical activity and body mass index of children. The 13th Annual Congress of the European College of Sports Science. Estoril, Portugal, 9th- 12th July. Congress proceedings p.510.

Al-Nakeeb, Y., Lyons, M., Duncan, M., Nevill, A., James, C. (2007) An examination of the self presentation approach and the drive theory of social facilitation. Congress proceedings of the 12th European Sports Psychology Federation Congress, 4th-9th September, Greece.

Burgess, P.; **Al-Nakeeb, Y.**; Moreton, J.; Hankey, J.; Lyons, M.; and A. Nevill, A. (2008) Psycho-physiological responses of team and individual performers during task and ego-oriented competition. Conference proceedings of the BASES Annual Conference, Brunel University, 2-4 September 2008.

Duncan, M. J., McDougall, J. and **Al-Nakeeb, Y.** (2007) Could video games help reduce obesity? Paper presented at the 3rd National Obesity and Health conference, Manchester, March, 2007.

Lyons, M. Duncan, M. J. and **Al-Nakeeb, Y.** (2007) Using problem based learning in biomechanics: Students' learning experiences and self efficacy. Conference

proceedings of the BASES Annual Conference, University of Bath, 12-14th September 2007.

Al-Nakeeb, Y. and Lyons, M. (2007) Performance of tasks with high demands on anticipation and concentration under various conditions of physical exertion. Congress proceedings of the 12th Annual Congress of the European College of Sport Science. July 11th-14th, Jyväskylä, Finland.

Al-Nakeeb, Y., Lyons, M. Duncan, M., and James, C. (2007) Revisiting Zajonc's social facilitation theory and Bond's self-presentation approach. Proceeding of the 12th Annual Congress of the European College of Sports Science. July 11-14, Jyvaskyla, Finland.

Al-Nakeeb, Y., Duncan, M. J., Woodfield, L. and Lyons, M. (2007) Physical activity and BMI in British children. Conference proceedings of the International Conference on Physical Activity and Obesity in Children, June 24-27, 2007, Queens University, Canada.

Duncan, M. J., Lyons, M. and **Al-Nakeeb, Y.** (2007) Using problem-based learning to enhance the student experience in sports and exercise biomechanics. The Science Learning and Teaching Conference, Keele University, 19-20 June.

Duncan, M., **Al-Nakeeb, Y.** and Scurr, J. (2007) The relationship between RPE and EMG during resistance exercise. Conference proceedings of the BASES annual conference, September 2006, University of Wolverhampton. *Journal of Sports Sciences*. 25: 259-260.

Duncan, M.J., **Al-Nakeeb, Y.**, Woodfield, L. and Lyons, M. (2007) Physical activity and weight status in British children. The 3rd National Obesity and Health conference, Manchester, March, 2007.

Duncan, M., **Al-Nakeeb, Y.**, Woodfield, L. and Lyons, M. (2007) Ambulatory physical activity levels in British children. BASES annual conference, September 2006, University of Wolverhampton. *Journal of Sports Sciences*. 25: 244.

Al-Nakeeb, Y., Duncan, M. J., Woodfield, L. and Lyons, M. (2006) Physical activity and body fat of British school children. Invited lecture presented at the 1st Oceania conference of the International Council for Health, Physical Education, Recreation, Sport and Dance (ICHPER), October 1-4, 2006, Wellington, New Zealand.

Al-Nakeeb, Y. (2006). Developing Research and Scholarship in Teaching Intensive Higher Education Institutions. Paper presented at the Annual Conference of the British Educational Research Association, Lancashire, England, 1st July.

Al-Nakeeb, Y. (2006). Collaborative Approach for Enhancing Research and Scholarship in Colleges and Universities. Keynote presented at the annual Conference of MASHINE, Birmingham, England, 17th March.

Al-Nakeeb, Y. (2006) Determinants of physical activity in children. Invited lecture presented at the 9th Asian Sports Medicine Congress, 19-22 November 2006, Riyadh, Saudi Arabia.

Al-Nakeeb, Y. (2006) Children's physical activity and obesity. Invited lecture presented at the 9th Asian Sports Medicine Congress, 19-22 November 2006, Riyadh, Saudi Arabia.

Al-Nakeeb, Y., Lyons, M., Moreton, J. Duncan, M., Nevill, A., James, C. (2006) The Effects of Audience and Competition on the Performance of a Novel Dart-Aiming Task. Congress proceedings of the 11th Annual Congress of the European College of Sport Science. July 5th - 8th, Lausanne, 2006.

Duncan, M. J., **Al-Nakeeb, Y.,** Jones, M. V. and Nevill, A. M. (2005) Relationships among body dissatisfaction, body fat and physical activity in British school children. Paper presentation at the BPS Quinquennial Conference, March 2005, Manchester University.

Lyons, M. Duncan, M. J. and **Al-Nakeeb, Y.** (2007) Using problem based learning in biomechanics: Students' learning experiences and self efficacy. Poster presentation at the BASES Annual Conference, University of Bath, 12-14th September 2007.

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Al-Nakeeb, Y. and Lyons, M. (2005). Performance of a cognitive task following physical exertion. Paper presented to the 10th Annual ECSS Conference 13-16 July, 2005, Belgrade.

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Duncan, M. J., Woodfield, L. A. and **Al-Nakeeb, Y.** (2005) Overweight Prevalence of British Children from Different Ethnic Groups. Paper presented at the annual BASES conference, September 7-9th 2004, Liverpool. *Journal of Sports Sciences*. 23: 113-114.

Al-Nakeeb, Y., Lyons, M., Duncan, M., Myers, T., Woodfield, L., Griggs, G., Dodd, L. and Nevill, A.M. (2004) Lifestyle, adiposity and cardiovascular disease risks factors of a Higher Education College Community. Proceedings of the 9th Annual Congress of the European College of Sports Science. July 3-6, Clermont-Ferrand, France, p. 41.

Al-Nakeeb, Y., Lyons, M. and Nevill A. M. (2004) The impact of localised muscle fatigue on proprioception at the elbow joint. Proceedings of the 9th Annual Congress of the European College of Sports Science. July 3-6, Clermont-Ferrand, France, p. 77.

Duncan, M., Woodfield, L. and **Al-Nakeeb, Y.** (2004) The kinanthropometric profile of elite volleyball players. Presentation at the BASES annual conference, September 4-6, Sheffield Hallam University 2003. *Journal of Sports Sciences*. 22: 264.

Lyons, M. and **Al-Nakeeb, Y.** (2004) Performance of soccer passing skills under localised muscle fatigue. Proceedings of the 9th Annual Congress of the European College of Sports Science. July 3-6, Clermont-Ferrand, France, p. 56.

Myers, T., Griggs, G., **Al-Nakeeb, Y.**, Lyons, M., Duncan, M. J., Woodfield, L. and Dodd, L. (2004) Lifestyle and health habits of a higher education community.

Proceedings of the 9th Annual Congress of the European College of Sports Science. July 3-5, Clermont-Ferrand, France, p. 92.

Al-Nakeeb, Y., Lyons, M., Nevill, A., O'Neill, S., Duncan, M. J. and Woodfield, L. (2003) Performance under high intensity localised muscle fatigue and total body fatigue. Proceedings of the 8th Annual Congress of the European College of Sports Science. July 9-13, Salzburg 2003, p. 278.

Duncan, M. J., Woodfield, L., O'Neill, S., **Al-Nakeeb, Y.** and Nevill, A. (2003) The percent body fat of British children from different ethnic groups. Communications to the 12th International Commonwealth Sport Conference, 19-23 July Manchester 2002. *Journal of Sports Sciences* 21 (4); p. 298.

Duncan, M. J., Woodfield, L. **Al-Nakeeb, Y.**, Nevill, A. (2003) Body Esteem and Percent Body Fat Among British School Children. Proceedings of the 8th Annual Congress of the European College of Sports Science. July 9-13, Salzburg 2003, p. 102.

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Duncan, M. J., Hollyhead, S., Woodfield, L. Lyons, M. and **Al-Nakeeb, Y.** (2003) The anthropometric profile of elite county youth cricketers. Presentation at the 1st Annual ECB Congress of Sports Science and Medicine in Cricket. September 25-26, Loughborough University, 2003.

Woodfield, L., Duncan, M. J., **Al-Nakeeb, Y.** and Nevill, A. (2003) The relationship between young people's physical activity levels and attitudes towards physical education. Proceedings of the 8th Annual Congress of the European College of Sports Science. July 9-13, Salzburg 2003, p. 432.

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Duncan, M. J., Woodfield, L., **Al-Nakeeb, Y.**, Nevill, A. (2002) The relationship between parents' and children's physical activity. BASES Annual Conference. *Journal of Sports Sciences*. 20: 35-36.

Woodfield, L., Duncan, M. J, **Al-Nakeeb, Y**, Nevill, A. (2002). The physical activity of children from different ethnic groups. BASES Annual Conference. *Journal of Sports Sciences*. 20: 43-44.

Al-Nakeeb, Y., Duncan, M. J., Woodfield, L. (2000). Lifestyle and physical fitness profile of college aged males and females. Proceedings of the 20th International Conference of Medicine and Sports. 6-8 December, Paris, France, p. 351-352.

Duncan, M. J., Woodfield, L. **Al-Nakeeb, Y**. (2000). The physiological profile of elite tetrathletes. Proceedings of the 20th International Conference of Medicine and Sports. 6-8 December, Paris, France, p. 333.

Woodfield, L., Duncan, M. J, **Al-Nakeeb, Y** (2000). The somatotype of elite tetrathletes. Proceedings of the 20th International Conference of Medicine and Sports, 6-8 December, Paris, France, p.339.

Book Reviews

John Evans (Editor) (1994). Equality, Education and Physical Education; In *Educational Review*, 46, 334- 335.

MPhil and PhD Supervision - Director of Studies

1. MPhil (Children's physical activity and socio-economic background) – Completed
2. PhD (Body image, physical activity and gender of secondary school children) – Completed
3. PhD (Physical activity, gender, age and ethnicity of young children) – Completed
4. PhD (Home advantage and judging bias in martial arts sports) – Completed
5. PhD (Physical exertion and cognitive skills) - Completed
6. PhD (Psycho-physiological responses to competition) – Current
7. PhD (Environmental and policy correlates on physical activity and health habits of young people) – Current
8. PhD (Lifestyle and health habits of young people) – Current