



Kaissar Kairouz, Ph.D.

Associate Professor

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Biography

I completed my undergraduate degree and my masters in Sport Physiology then I earned my Ph.D. in sport physiology at the University of Rennes II in France. My current research is focused on the physiological parameters that can potentially improve performance during anaerobic/sprint exercise, particularly hyperventilation.

In addition to my teaching and research interests, I have been involved with the Lebanese Ski Federation and Lebanese Universities Sport Federation in organizing ski races and coaching the Lebanese Skiing National Team for national and international competitions. My experience in this exciting field was enhanced after being a technical delegate in the International Skiing Federation from 2006 to 2009 and the head of Lebanese delegation in the 2017 and 2019 Winter Universiades.

Peer-reviewed Journals

International

- Fares, R., Rodríguez, M. Á., Kairouz, K., Vicente-Rodríguez, G., & Olmedillas, H. (2020). Effects of uphill high-intensity interval exercise on muscle damage and exercise performance during recovery. *The Journal of Sports Medicine and Physical Fitness*.
- Jacob C., Keyrouz C., Bideau N., Nicolas G., El Hage R., Bideau B., Zouhal H. Pre-exercise hyperventilation can significantly increase performance in the 50-meter front crawl. *Science et Sports* 30/3: 173-176, 2015.
- Keyrouz C., Jacob C., El Hage R., Khoury G., Moussa E. and H. Zouhal. Effect of hyperventilation followed by 1 min recovery on the Wingate performance. *Science et Sports* 28/1: 15-18, 2012.
- Jacob C., Moussa E., Keyrouz C. et Zouhal H. Effet d'une hyperventilation préexercice sur la performance lors de l'épreuve de Wingate. *Science et Sports* 23/2: 83-86, 2008.

Chapters in Books

International

- FNassif, N & Keyrouz, K. (2022) Creating a Global Index Measuring Countries' Levels of Fitness: The "World's Fittest Countries Ranking" in the book *Physical Education and Sport for Children, Youth and Adults and Healthy Active Living Researches – Best Practices - Situation*. Slovakia: International Federation of Physical Education, pp. 265-276.

Exhibitions, Competitions and Creative Work

Local

Competitions

Sports Administrator

- Head of the Lebanese delegation for the 2017 and 2019 Winter Universiades organized respectively in Kazakhstan and Russia.
- Head of winter sports in the Lebanese University Sport Federation.

Coach

- Track and field coach for Champville varsity team 2005-2012.
- Head coach cedars club ski team 2005-2009.
- Head coach club des chalet ski team 2003-2004.

Athlete

- Ranked top 3 in the senior category in Lebanon from 2001 to 2006.
- Lebanese junior ski Champion 2000-2001.

International

Competitions

Coach

- Coach of the Cedars club since 2019.
- Head coach of the Lebanese National Ski team in SES cup Romania in Jan 2015.
- Head coach of the Lebanese National Ski team in the World Cup Championship in Colorado in Feb 2015.
- Head coach of the Lebanese Junior Ski team 2008.
- Kaprun ski coaching camp Austria 2003.
- Hintertoux ski coaching camp Austria 2001.

Athlete

Represented Lebanon in:

- 2006 SES Cup 2006 in Romania.
- 2005 University World Championship in Austria.
- 2005 World Military Championship in Romania.
- 2004 Skiing International Week in Cyprus.
- 2003 Asian Winter Games in Japan.
- 2003 Universities Winter Games in Italy.
- 2001 Universities Winter Games in Poland.
- 1999 International Skiing Week in Turkey.
- 1995 Pinochio Winter Games in Italy.