

Introductory Guide

to

**Physical Therapy and Health
Rehabilitation Program
Faculty of Applied Medical Sciences
Jouf University**

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Table of contents

No.	Title	Page number
1.	The origin of the program	
2.	Program Vision	
3.	Program Mission	
4.	Program Goals	
5.	Program Objectives	
6.	Learning outcomes of the program	
7.	Characters of program graduates	
8.	Fields of work for program graduates	
9.	Conditions for admission to the program	
10.	Study system in the program	
11.	Duration of study	
12.	Registration Rules	
13.	Conversion rules	
14.	Academic warning and dismissal of the program	
15.	Rating Codes	
16.	Program study Plan	
17.	Internship	
18.	Regulations applicable to the program	
19.	Services provided to students of the program:	
	A- Academic and student counseling	
	B- Learning resources	
	C- Student activities	
	D- Classrooms, laboratories and equipment	
	E- E-learning	
20.	Staff members	

1. About the program:

The Bachelor degree in Physical Therapy & Health Rehabilitation was founded in 14430/14431 AH at the department of Physical Therapy & Health Rehabilitation - College of Applied Medical Sciences at Jouf University.

The physical therapy and health rehabilitation program at Jouf University has a strapping commitment to prepare highly qualified physical therapist to meet the labor market demand through distinction learning and research environment and based on Islamic values. Offering outstanding educational outcomes that prepare physical therapist to be highly qualified graduates and meet the labor market, offering physical therapy and rehabilitation services to the local community and focusing on the research activities in the field of physical therapy and rehabilitation. The program is offered at Sakaka and Qurayyat campus.

2. Program Vision:

The vision of the Physical Therapy & Health Rehabilitation program is the excellence in teaching, learning, training, scientific research and community services in the field of physical therapy and health rehabilitation.

3. Program Mission:

The physical therapy and health rehabilitation program at Jouf University has a strapping commitment to prepare highly qualified physical therapist to meet the labour market demand through distinction learning and research environment and based on Islamic values

4. Program Goals:

- To establish attractive learning environment to gain physical therapy knowledge
- To prepare qualified physical therapist capable of dealing with updated scientific and medical advancement
- To conduct and publish scientific research in the physical therapy and rehabilitation field.
- To provide effective community and social services.

5. Program Objectives:

- Leadership in the field of teaching and learning
- Distinction in the field of scientific research
- Innovation in community services to achieve community satisfaction

6. Program learning outcomes:

• Old (RHS) and new (PTR) academic plan

	NQF Learning Domains and Learning Outcomes	Teaching Strategies	Assessment Methods
	Knowledge and Understanding		
K1	Identify the basic and applied knowledge of theoretical and clinical sciences concerned with physical therapy practice.	-Interactive lectures -Tutorials - Group discussion - Assigned reading.	-Quizzes -Written exam -Oral Exam
K2	Integrate the concepts of theoretical and clinical sciences into physical therapy practice.		
K3	Recognize the roles of allied health disciplines that complement physical therapy.		
	Skills		
S1	Apply evidence-based practice while providing physical therapy services to the clients.	-Interactive lectures -Tutorials - Group discussion - Assigned reading -Case Study Group problem solving - Presentation feedback - Blackboard Discussion -Survey and research conduction	-Quizzes -Written exam -Oral Exam
S2	Demonstrate research skills and scientific inquiry in physical therapy.		
S3	Utilize cognitive and information technology skills in problem-solving and clinical reasoning.		
	Values		
V1	Perform suitable techniques to obtain and interpret clinical information for diagnosis and devising treatment plans.	- Instructor Hand-on demonstration - Self-reflection - Peer feedback - Lab checklist - instructor feedback - Lab checklist	-Clinical exams (OSCE) -Oral exam
V2	Implement safe, effective, culturally sensitive, and client-centered physical therapy treatment.		

7. Characters of program graduates:

Upon completion of this program, graduate will be able to:

- Demonstrate comprehensive understanding of the basic knowledge related to the physical therapy profession in general and its subspecialties such as:
 - o Orthopedic physical therapy
 - o Neurological Physical therapy
 - o Cardiopulmonary physical therapy
 - o Pediatrics Physical therapy
 - o Geriatric Physical therapy
 - o Sport Physical therapy
 - o Women's health
- Select and safely apply appropriate physical therapy assessment and evaluation procedures.
- Analyze the outcomes of the subjective and objective assessment as well as the patient's medical records and make appropriate physical therapy problem list.
- Design plan of treatment and safely implement and modify appropriate physical therapy interventions; which may include therapeutic exercises, manual therapy techniques, electrotherapy, and hydrotherapy.
- Determine the natural history of clinical conditions and the expected prognosis, obstacles, or barriers that may associate with it.
- Demonstrate comprehensive understanding and critique of scientific research articles, and the ability to participate in conducting clinical trials with the main goal of enhancing the concept of evidence-based practice.
- Demonstrate professionalism, independent learning, and critical thinking skills.
- The ability to demonstrate effective team working and social skills.
- Utilization of technology in enhancing the rehabilitation services and knowledge gathering skills.
- Behave in a way consistent with Islamic values, virtues, and code of ethic.
- Demonstrate commitment to the service of society

8. Fields of work for program graduates:

- Government hospitals and rehabilitation centers
- Government hospitals and rehabilitation centers
- Military hospitals
- Sport clubs

9. Conditions for admission to the program:

University admission requirements for a new student:

- S/He must have a high school certificate or its equivalent from inside or outside the Kingdom.
- That no more than five years have passed since obtaining a high school certificate or its equivalent, and the University Council may make an exception from this requirement if convincing reasons exist.

- S/He must be of good conduct.
- To successfully pass any tests or personal interview that the University Council sees fit.
- To be medically fit.
- To obtain the approval of his/her reference in the study if s/he is working for any governmental or private entity.
- To fulfill any other conditions determined by the University Council and announced at the time of application.
- S/He should not be dismissed from another university for disciplinary reasons.
- It is not permissible to accept holders of a bachelor's degree, or its equivalent, to obtain another bachelor's degree, and the university director may make an exception.
- It is not permissible to accept a student registered for another university degree or below, whether in the same university or another.

Conditions for admission to the program:

- Prior to entering the physical therapy and health rehabilitation program, students must complete one year of undergraduate college course work including a total of 29 credit hours at the deanship of common first year (health track) according to the admission requirements approved by the University Council and announced at the time.
- Students must pass all the required courses with a Cumulative GPA 3/5.
- The department board determine the number of seats available each semester (usually around 60 seats (30 male and 30 female students)) according to the capacity of labs and clinical training sites.
- Placement of student is based on the available seats and the student's request and is done through the deanship of admission and registration
- Full-time study as per schedule.
- The applicant must be able to distinguish between colors.
- The applicant must be able to communicate effectively in English.

10. Study system in the program:

The study system (regularity) is the semester system, the program has eight semesters.

A) Attendance:

- The student will not allow entering the final test if the percentage of his/her absence exceeds 25% of the total course credit hours without excuse. Otherwise, s/he will not be allowed to appear in the final exam and obtain an F grade.
- The student can apply for postponement of the study before the beginning of the semester with an acceptable excuse by the department council and approval by the college. However, the duration of the postponement is for two consecutive or three non-consecutive semesters.

B) Progress from year to year:

- The transition from the academic year to the next year takes place after passing the courses of each academic semester to the next level.

C) Completion of the program or graduation requirements:

- Graduation requirements after completing 139 and 137 credit hours for the old and new plan, respectively, according to the university and college regulations

11.Duration Of study:

- The duration of the study is a five years, divided into eight semesters and addition to one year of internship.
- The academic year divided into first and second term with duration of 15 weeks for each. The student have an option to attend summer classes for 8 weeks too.

12.Registration Rules:

- Students will be able to select and register for the desire courses one week before the beginning of the semester before the first week.
- Students will be able to delete the courses he\she do not want to study according to the period Specified by university calendar.
- The registration must not exceed the maximum credit hours (18 credit hours) and the minimum credit hours (12 credit hours), that load can be specified student degree average for the previous academic year. The graduated students allowed to exceed the maximum credit hours not more than 3 hours.
- The completion of registration for the courses shall be done after consultation with his/her academic advisor.

13.Conversion rules:

The student can be transferred to and from the Department of physical therapy and health rehabilitation according to the following:

- The student should not spend more than four semesters out of the first year.
- The transfer procedures must be finished during the first week of the first semester.
- Transferring process will not allow unless the student spent at least one semester at his section.
- Student allowed transferring once during his/her university study.

14. Academic warning and dismissal of the program:

- The student will give an academic warning when his/her cumulative average is less than 2 out of 5.
- If the student receives three consecutive warnings, he/she considered academically dismissed until college council for him/her makes decision.

15.Rating Codes:

The degrees obtained by the student in each course are calculated as follows:

No	Degree out of 100	Appreciation	Code	Degree out of 5	Degree out of 4
1	100-95	Excellent high	A+	5.0	4.0
2	94-90	Excellent	A	4.75	3.75
3	89-85	Very good high	B+	4.5	3.5

4	84-80	very good	B	4.0	3.0
5	79-75	Good high	C+	3.5	2.5
6	74-70	Good	C	3.0	2.0
7	69-65	Acceptable high	D+	2.5	1.5
8	64-60	Acceptable	D	2.0	1.0
9	Less than 60	Failed	F	1.0	0.0

The general assessment of the cumulative average at the graduation of the student is based on his cumulative average as follows:

1. (Excellent): If the cumulative average is at least 4.50 out of 5.00 or 3.50 out of 4.00.
2. (very good): if the cumulative average of 3.75 to less than 4.50 out of 5.00 or from 3.75 to less than 3.50 out of 4.00.
3. (Good): If the cumulative average of 2.75 to less than 3.75 out of 5.00 or from 1.75 to less than 2.75 out of 4.00
4. (Acceptable): If the cumulative average of 2.00 to less than 2.75 out of 5.00 or from 1.00 to less than 1.75 out of 4.00.

16. Program study Plan:
Old Academic Plan

Level	Course Code	Course Title	Required or Elective	* Pre-Requisite Courses	Credit Hours	College or Department
Prep Year Level A	ENGL 001	English Language	Required	----	8	University
	COMM 001	Communication Skills	Required	----	2	University
	MATH 101	Mathematics	Required	----	2	University
	IT 002	Information Technology	Required	----	2	University
	PE 001					
	ARED 001	Physical Education (Males)	Required	----	1	University
Prep Year Level B	ENGL 002	English Language	Required	----	8	University
	PYD 003	Skills of University Studies	Required	----	2	University
	MATH 002	Mathematics	Required	----	2	University
	IT 003	Information Technology	Required	----	2	University
	PE 001					
	ARED 001	Physical Education (Males)	Required	----	1	University
Level 1	ARAB 101	Language skills	Required		2	University
	CSC101	Introduction to computer programming	Required	----	4	college
	ENGL 101	Into. to acad. discourse	Required	----	3	college
	MATH 101	Calculus 1	Required	----	3	college
	PHYS 101	General physics 1	Required	----	4	college
Level	IC 101	Introduction in Islamic Culture	Required		2	University
	ENGL 102	Introduction to report writing	Required	ENGL 101	3	College

2	CHEM-106	Organic Chemistry	Required	CHEM 105	2	College
	ZOOL 106	General Zoology	Required		4	College
	ENGL 125	Medical terminology	Required		2	College
	CHSE 221	Advanced biostatistics	Required	MATH 101	2	College
	BMTE 227	Computer application in health sciences	Required	CSC 101	2	College
Level 3	IC 102	Islam and Society Building	Required		2	University
	ARAB 103	Arabic (Expository Writing)	Required		2	College
	CLS 221	Basic Human Anatomy & Physiology	Required	CHEM 105 CHEM 106 ZOO 106	4	College
	NURSE 241	Basics of Emergency Care	Required	CHEM 105 CHEM 106 ZOO 106	3	College
	CHSE 241	Health-Care Professions & Systems	Required		2	College
	RHS-221	Introduction to Physiotherapy Techniques	Required		3	Department
	RHS-333	Clinical Practice (1)	Required		1	Department
Level 4	IC-103	Economic System in Islam	Required		2	University
	RHS-241	Human Anatomy	Required	CLS 221	3	Department
	RHS-243	Clinical Physiology	Required	CLS 211	2	Department
	RHS-321	Physiotherapy Techniques 1	Required		3	Department
	RHS-322	Physiotherapy Techniques 2	Required		3	Department
	RHS-325	Electrotherapy	Required		3	Department
	RHS-341	Clinical Kinesiology	Required		3	Department
	IC 105	Human rights	Required		2	University

Level 5	CLS-323	Pathophysiology	Required	RHS 243	3	Department
	RHS-231	Introduction to Clinical Studies	Required	RHS 341	2	Department
	RHS-244	Neuro-anatomy	Required		3	Department
	RHS-327	Hydrotherapy	Required		3	Department
	RHS-346	Neurophysiology for Physiotherapy	Required		3	Department
	RHS-366	Pharmacology	Required	RHS 243	2	Department
Level 6	BMT 228	Introduction to Biomechanics	Required		2	Department
	RHS 326	Physical Therapy in Pediatrics	Required	CLSE 323	3	Department
	RHS 331	Clinical Studies 1	Required	RHS 231	4	Department
	RHS 336	Clinical Practice in Physiotherapy	Required	RHS 322	2	Department
	RHS 372	Rehabilitation Psychology	Required		2	Department
	RHS 422	Techniques in Medical Rehabilitation	Required	RHS 341	2	Department
	RHS 424	Geriatric Physical Therapy	Required		2	Department
Level 7	IC 104	Basics of Political System in Islam	Required		2	University
	BMT 438	Orthopedic Surgery and Technological Rehabilitation	Required		2	Department
	RHS 323	Physiotherapy Techniques 3	Required	RHS 346	3	Department
	RHS 332	Clinical Studies 2	Required	RHS 346, RHS 244	4	Department
	RHS 421	Advanced Techniques in Physiotherapy	Required	CLSE 323	2	Department
	RHS 425	Occupational therapy			2	Department
	RHS 481	Special study 1	Required		2	Department

Level 8	RHS 423	Management and arrangement of physiotherapy services	Required		2	Department
	RHS 431	Clinical studies 3	Required	RHS 421	3	Department
	RHS 433	Clinical Practice 3	Required		3	Department
	RHS 434	Selected Clinical Topics 1	Required	RHS 326, RHS 331	2	Department
	RHS 442	Medical Aspects of Different handicapped patients	Required	RHS 422	3	Department
	RHS 423	Management and arrangement of physiotherapy services	Required		2	Department
	RHS 463	Radiological Image	Required		3	Department
	Include additional levels if needed (i.e. summer courses).					

New Academic Plan

Level	Course Code	Course Title	Required or Elective	Pre-Requisite Courses	Credit Hours	Type of requirements (Institution, College or Department)
Level 1	ENGL 001	English Language (1)	Required		6	University
	CHM 103	Chemistry	Required		3	College
	EDU 101	University Life Skills	Required		2	University
	CIS 101	Computer Skills	Required		3	University
Level 2	ENGL 002	English Language (2)	Required	ENGL 001	6	University
	PHS 103	Medical Physics	Required		3	College
	BIO 103	Biology	Required		3	College
	MTH 103	Bio Statistics	Required		3	College
Level 3	ANA 221	Anatomy	Required	Co-requisite PHYS 211	3	College
	PHYS 211	Physiology	Required	Co-requisite ANA 221	3	College
	PTR 211	Medical Biochemistry	Required		2	Department
	PTR 212	Psychology	Required		2	Department
	PTR 221	Electrophysical Modalities	Required		3	Department
	PTR 222	Ethics for Physical Therapy Profession	Required		2	Department
		Compulsory (Uni.)			2	University
		Compulsory (Uni.)			2	University

Level	Course Code	Course Title	Required or Elective	Pre-Requisite Courses	Credit Hours	Type of requirements (Institution, College or Department)
Level 4	PTR 213	Anatomy for physical therapy	Required	ANA 221	4	Department
	PTR 214	Physiology for physical therapy	Required	PHYS 211	3	Department
	PTR 223	Therapeutic Exercises	Required		4	Department
	PTR 224	Physical therapy examination procedures	Required		3	Department
		Compulsory (Uni.)	Required		2	University
		Compulsory (Uni.)	Required		2	University
Level 5	PTR 311	Pathology	Required		1	Department
	PTR 312	Radiology	Required		2	Department
	PTR 331	Biomechanics I	Required		2	Department
	PTR 341	Musculoskeletal Physical Therapy for upper quadrant	Required	Pre-request PTR 213, PTR 224	3	Department
	PTR 342	Musculoskeletal Physical Therapy for lower quadrant	Required	Co-requisite PTR 341, PTR 343	3	Department
	PTR 343	Clinical Practice I	Required	Co-requisite PTR 342	3	Department
	PTR 344	Introduction to sport physical therapy	Required		2	Department

Level	Course Code	Course Title	Required or Elective	Pre-Requisite Courses	Credit Hours	Type of requirements (Institution, College or Department)
		Elective (Uni.) (group 1)	Elective	---	2	University
Level 6	PTR 382	Scientific Research Methods	Required		2	Department
	APPH351	Pharmacology	Required		2	Department
	PTR 332	Biomechanics II	Required	PTR 331	2	Department
	PTR 351	Physical therapy for surgical conditions of neuromuscular system	Required	Pre-requisite PTR 214	3	Department
	PTR 352	Physical therapy for neuromuscular disorders	Required	Co-requisite PTR 351, PTR 353	3	Department
	PTR 353	Clinical Practice II	Required	Co-requisite PTR 352	3	Department
	PTR 381	Introduction to women's health	Required		2	Department
		Elective (Uni.) (group 1)	Elective	---	2	University
	PTR 481	Independent Study	Required	PTR 382	2	Department
	PTR 482	Management and leadership in physical therapy	Required		1	Department
	PTR 483	Wound care physical therapy	Required		2	Department

Level	Course Code	Course Title	Required or Elective	Pre-Requisite Courses	Credit Hours	Type of requirements (Institution, College or Department)
Level 7	PTR 484	Rehabilitation psychology	Required		2	Department
	PTR 461	Cardiopulmonary physical therapy	Required	Pre-requisite ANA 221, PTR 214	4	Department
	PTR 462	Clinical Practice III	Required	Co-requisite PTR 461	3	Department
		Elective (Uni.) (group 2)	Elective		2	University
		Elective (Department)	Elective		2	Department
Level	PTR 485	Geriatric Physical Therapy	Required		2	Department
	PTR 486	Selected topics	Required	Completion of 90 credit hours	2	Department
	PTR 487	Orthotics and Prosthetics	Required		1	Department
	PTR 471	Physical Therapy for Growth and Developmental Disorders	Required	Pre-requisite PTR 214	3	Department
	PTR 472	Physical Therapy for Pediatric and its Surgery	Required	Co-requisite PTR 471	3	Department
	PTR 473	Clinical Practice IV	Required	Co-requisite PTR 472	3	Department

1	Orthopedics (inpatient)	6 Weeks
2	Neurology (inpatient)	10 Weeks
3	Pediatrics (inpatient)	5 Weeks
4	Cardiovascular and pulmonary (inpatient)	7 Weeks
5	General surgery (inpatient)	2 Weeks
6	Plastic surgery and burn (inpatient)	2 Weeks
7	Phyiotherapy unit (outpatient)	16 Weeks
TOTAL		48 Weeks

Level	Course Code	Course Title	Required or Elective	Pre-Requisite Courses	Credit Hours	Type of requirements (Institution, College or Department)
8		Elective (Department)	Elective		2	Department

17. Internship:

A) Program of training the students of the program for the period of internship:

18.Regulations applicable to the program:

- The program relies on the regulations for undergraduate studies and examinations - Jouf University, shown in the link below:

https://dar.ju.edu.sa/forms/regulations_JU_Final_Version-3.pdf

- The program relies on the rules governing the training of students during the internship training period - College of Applied Medical Sciences - Jouf University, as shown in the link below:

https://drive.google.com/file/d/1g17sI8vq3iEXZsucSaMqWRnsc4_3M9xY/view?usp=sharing

- The program relies on the regulations for disciplining students at Jouf University, which are explained below:

https://www.ju.edu.sa/fileadmin/Deanship_of_Student_Affairs/al3madah/%d9%84%d8%a7%d8%a6%d8%ad%d8%a9_%d8%aa%d8%a3%d8%af%d9%8a%d8%a8_%d8%a7%d9%84%d8%b7%d9%84%d8%a8%d9%87.pdf

- The program relies on the rules for accepting excuses for absence from lectures - Jouf University, which are shown in the link below:

<https://drive.google.com/file/d/1Ps5oHvDm24ggTTdsIjsMKX-Hq40mSqBu/view?usp=sharing>

- The program relies on the controls for accepting excuses for absence from the final final exams - Jouf University, which are shown in the link below:

https://drive.google.com/file/d/1f1W_wAFddZCsPMnwfo7Kuxen7QbXHDEc/view?usp=sharing

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19.Services provided to students of the program:

A) Academic and student counseling:

- Encouraging male and female students to meet with his/her academic advisor every semester before or during the registration week in order to review the student's academic progress. This will be an individual or group advisory meeting to discuss the study program or any problems that he may face in the study program.
- A follow-up schedule is organized between the student and the academic advisor to hold periodic meetings to study the student's academic progress.
- The academic guides and counselors follow up the study schedules for male and female students every semester and make sure that they are strictly committed to their approved study plans.
- Following up the defaulting students who face difficulty in pursuing their study plans, as well as the continuous care of the outstanding and talented students in the program.

B) Learning resources:

- Providing the faculty member with a special form to list the course references for each of them with full information including, date of publication, ISBN, publishers and then providing students with references.

- Visiting the university's central library to get acquainted with books and references related to students by the Learning Resources Committee.
- Requesting necessary references and books and subscribing to relevant international journals
- Review the current prospectus to update the books and references and submit it to the department.
- Participation in the university database, which provides access to most of the international publishing houses.
- Encouraging department members to write and translate books.
- Holding educational sessions on the mechanism of writing a report for students and urging faculty members to teach students in a scientific research method to avoid plagiarism.

C) Student activities:

- Encouraging male and female students to participate in the extra-curricular activities proposed by the college, which include seminars and workshops within the university.
- The participation of students in the sports and cultural activities and competitions held by the university.
- The participation of male and female students in the health and awareness services provided by the college to the community, such as participating in the celebration of the National Day and International Days for various health specialties, as well as blood donation campaigns, festivals, and events held in the region and awareness campaigns in schools in the area.

D) Classrooms, laboratories and equipment:

Classrooms:

- There are twelve classrooms with numbers (301 to 311), with a capacity of 15 to 50 seats, equipped with an internet network, an overhead projector, a smart board, a traditional blackboard, and a display table.

Laboratories:

- The department has five laboratories equipped with an internet network, an overhead projector, a smart board, a traditional blackboard and a display table. According to the attached table:

No.	Lab	Lab No.	Capacity
1.	Physiotherapy Lab 1	G139	Lab capacity ranges from 15 to 30 seats
2.	Physiotherapy Lab 1	G129	
3.	Physiotherapy Lab 1	G122	
4.	Physiotherapy Lab 1	F118	
5.	Hydrotherapy lab	G114	

E) E-learning:

- The electronic learning system, which is Blackboard, which facilitates communication between teachers and students. The teacher can send the course curriculum, e-book, and other academic activities to his students through the blackboard. Students can also be evaluated by preparing all kinds of tests electronically.

20. Staff members:

Main Campus, Sakaka (Male Section)			
Name	Position	Extension	EMAIL
Ammar Mohammad Al Abbad	Assistant Professor	4086	aalabbad@ju.edu.sa
Moataz Mohamed Elsemary	Associate Professor	-	mmelsemary@ju.edu.sa
Elsadat Saad Soliman Hickl	Assistant Professor	4053	esabdallah@ju.edu.sa
Tahir Masood	Assistant Professor	-	tmasood@ju.edu.sa
Owis Jafar Eilayyan	Assistant Professor	4044	ojeilayyan@ju.edu.sa
Elbadawy Ibrahim Elheneidi	Lecturer	4062	eielhinidi@ju.edu.sa
Kirubakaran Kirshnamoorthy Gunasekaran	Lecturer	4055	kirubakarankg@ju.edu.s a
Saif Ullah Sahib Ul Haque	Lecturer	-	sul@ju.edu.sa
Female Section, Sakaka			
Amani Eid Abdallah	Assistant Professor	7931	aeabdullah@ju.edu.sa
Mariam Abdulmoneem Mahmoud	Associate Professor	7931	maabdu@ju.edu.sa
Radwa Talaat Mohamed Elshorbagy	Assistant Professor	7931	rtelshorbagy@ju.edu.sa
Nesma Morgan Allam	Assistant Professor	7931	nmallam@ju.edu.sa
Hadaya Mosaad Eladl	Lecturer	7931	hmaladl@ju.edu.sa
Nabeela Kashif Awan	Lecturer	7931	nabeela@ju.edu.sa
Nora Agla Almoadi	Teaching Assistant	7931	noalmoadi@ju.edu.sa

Qurayyat Campus (Male Section)			
Name	Position	Extension	EMAIL
Khaled Zaki Saleh Fouda	Associate Professor		kzsfouda@ju.edu.sa
Gaber Sayed Amin Soliman	Assistant Professor		gssoliman@ju.edu.sa
Fahad Alanazi	Assistant Professor		fsalenezi@ju.edu.sa
Thamer Ahmad Altaim	Assistant Professor		taaltaim@ju.edu.sa
Shakeel Ahmad	Lecturer		sahmad@ju.edu.sa
Female Section, Qurayyat			
Heba Ahmd Bahey El-Deen	Associate Professor		hbahey@ju.edu.sa
Zeinab Abd El-fattah Ali	Assistant Professor		zahamada@ju.edu.sa
Hala Taj Elsir Ahmed	Lecturer		htajelsir@ju.edu.sa
Hebatalla Maaz	Lecturer		hmmagbol@ju.edu.sa
Anwar Alsharari	Teaching Assistant		aahalsharari@ju.edu.sa
Haifa Abdullah Alfouzan	Teaching Assistant		haalfawzan@ju.edu.sa