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PRESENT APPOINTMENT:

Assistant professor, Department of Rehabilitation Sciences, Faculty of Applied Medical Sciences, Jordan University of Science and Technology.

EDUCATION

BS Physical Therapy Jordan University of Science & Technology (J.U.S.T)

PhD in Rehabilitation Sciences/ Kansas University Medical Center (Neurological Rehabilitation)

PROFESSIONAL REGISTRATION:

License to practice physiotherapy Jordan Ministry of Health

PROFESSIONAL ASSOCIATION MEMBERSHIP

Member of Jordanian Physical Therapy Association

Associate member of Association of Physiotherapists in Parkinson's disease Europe (APPDE)

Associate member of International Organization of Physical Therapy Working with Older People (IPTOP)

Member of the International Parkinson and Movement Disorder Society (MDS)

PROFESSIONAL EXPERIENCE

September 2013- present: Assistant professor, University of Science and Technology, Faculty of Applied Medical Sciences, Irbid-Jordan

Oct 2007- February 2013: Full time PhD student, Kansas University Medical Center, School of Health profession, Kansas(scholarships from Jordan University of Science and Technology)

Oct 2008- February 2013: Full time Research Assistant, Kansas University Medical Center, School of Health profession, Kansas

2005-2007: Full Time Teaching Assistant, Jordan University of Science and Technology, Faculty of Applied Medical Sciences, Irbid-Jordan

2001 – 2005: Full time BSc student, Jordan University of Science & Technology (J.U.S.T)
BS Physical Therapy.

TRAINING COURSES:

2015: Promoting arm recovery in stroke survivors with sever paresis. World Congress of Physical Therapy (WCPT), Singapore.

2016: Basic Vestibular Rehabilitation: An Evidence Based Course with Practical Intervention. Susan L. Whitney

2016: The MDS-AOS Rehabilitation Updates in Parkinson's Disease.

FUNDED PROJECTS

Understanding the Perception of Physical Therapists and Occupational Therapists in Jordan about the Importance of Sleep in the Rehabilitation and Motor Learning: A Survey Study. Funded since 05-02-2017

Understanding Motor Learning in Patients with Multiple Sclerosis. (10,000) 64-2016 Funded since 31-08-2016

The effect of aerobic exercise on serum and saliva melatonin and cortisol, sleep disturbances, fatigue, depressive symptoms, and ambulatory function in individuals with multiple sclerosis (15.000); funded by Jordan University of Science and Technology; fund since July 2015.

Gait variability and risk of falls in people with multiple sclerosis (MS): which clinical characteristics are important? (10.000 JD); funded by Jordan University of Science and Technology; fund since July 2014.

The association between physical activity and sleep deficits and biomarkers in patients with multiple sclerosis (6.000 JD); funded by Jordan University of Science and Technology; fund since November 2014.

Virtual Reality Based Motor Control Learning for People with Multiple Sclerosis: A Pilot Study (25.000JD); funded by EU commission (Support to Research and Technological Development & Innovation initiatives and Strategies in Jordan scheme); funded since December 2014.

PEER REVIEWED PUBLICATIONS

Hanan Khalil ; **Alham Al-sharman**; Khalid El-Salem: NourAbdo: Alia A. Alghwiri: AseelAburub. Fear of falling in people with multiple sclerosis: which clinical characteristics are important? Submitted to Physical Therapy.(in press)

Aseel Aburub, Hanan Khalil, **Alham Al-Sharman** , Mahmoud Alomari , Omar Khabour. (2017) The association between physical activity and sleep characteristics in people with multiple sclerosis. Multiple Sclerosis and Related Disorders. 12 29–33

Siengsukon, CF, Al-dughmi M, **Al-Sharman A**, Stevens S. (2015) Sleep parameters, functional status and time post-stroke are associated with off-line motor skill learning in people with chronic stroke. *Frontiers in Neurology*. 30(6):225.

Al-dughmi M, Stevens S, Siengsukon, CF, **Al-Sharman A**. (2015) Sleep characteristics of individuals with chronic stroke: A pilot study. *Nature and Science of Sleep*. 21(7):139-45.

Al-Sharman A and Siengsukon CF. (2014) Sleep-Dependent Learning of a Functional Motor Task Declines with Age. *Journal of the American Geriatric Society*. 62(9):1797-8

Al-Sharman A and Siengsukon CF. (2014) Performance on a Functional Motor Task is Enhanced by Sleep in Middle-Aged and Older Adults. *Journal of Neurologic Physical Therapy*. 38(3):161-9

Al-Sharman A and Siengsukon CF. (2014) Time Rather than Sleep Enhances Off-Line Learning and Transfer of Learning of an Implicit Continuous Task. *Nature and Science of Sleep*. 5(6): 27-36

Al-Sharman A and Siengsukon CF. (2013). Sleep Enhances Learning of a Functional Motor Task in Young Adults. *Physical Therapy*. 93(12): 1625-1635.

Siengsukon, CF and **Al-Sharman, A**. (2011). Sleep promotes offline enhancement of an explicitly learned discrete but not an explicitly learned continuous task. *Nature and Science of Sleep*. 2011(3): 39-46.

PEER REVIEWED SCIENTIFIC AND PROFESSIONAL PRESENTATIONS:

Al-Sharman A, Khalil H, Nazzal M, Algwiri A, El-Salem K., "Perspective and experiences of Jordanian people with multiple sclerosis?A qualitative study [abstract]. , " Multiple Sclerosis Journal, vol. S1:1-24, no. , pp. 0-0, 2016

Algwiri A, Khalil H, **Al-Sharman A.**, "Reliability and validity of the Arabic Activities-specific Balance Confidence scale in people with multiple sclerosis study [abstract]," Multiple Sclerosis Journal, vol. S1:1-24, no. , pp. 0-0, 2016

Aburub A, Khalil H, **Al-Sharman A**, Batayha , "The association between physical activity and sleep deficits and biomarkers in patients with multiple sclerosis [abstract]," Multiple Sclerosis Journal, vol. S1:1-24, no. , pp. 0-0, 2016

Siengsukon C, Al-dughmi M, **Al-Sharman A**, Stevens S. Sleep Characteristics of Individuals with Chronic Stroke: A Polysomnographic Study.. SLEEP 2015, Seattle, WA, poster presentation, June 2015.

Siengsukon C, **Al-Sharman A**, Stevens S. An Increase in Stage R and a Decrease in Stage N3 is Associated with Motor Skill Learning in Individuals with Chronic Stroke. SLEEP 2015, Seattle, WA, poster presentation, June 2015.

Al-Sharman A, Khalil H, Alomari M, Aburub A, Batayha W, Darwish M, "Sleep latency is a predictor of physical function and physical activity in individuals with Parkinson's disease [abstract]," Physiotherapy, vol. 101, no. Suppl 1, e61-e62, pp. 0-0, 2015, no. Suppl 1, e742-e743, pp. 0-0, 2015

Khalil H, **Al-Sharman A**, Alomari M, Aburub A, Batayha W, Darwish M, "The comparative ability of three physical function tests for predicting physical activity levels in people with parkinson's disease [abstract]," Physiotherapy, vol. 101

Siengsukon C, **Al-Sharman A**, Aldughmi M, Bruce J, Lynch S. Sleep promotes off-line motor skills learning and visuospatial memory consolidation in people with multiple sclerosis: A pilot study. American Physical Therapy Combined Sections Meeting, Las Vegas, NV, platform presentation, 2/5/14

Aldughmi, M., **Al-Sharman, A.**, Bruce, J., Lynch, S., Siengsukon, C. Sleep promotes off-line motor skills learning and visuospatial memory consolidation in people with multiple sclerosis: A pilot study Kansas Physical Therapy Association Spring Conference, Wichita, KS, poster presentation, 4/6/13
Siengsukon, C. Al-Sharman, A Stevens, S. REM Sleep is Moderately Associated With Off-line Motor Skill Learning in Individuals with Chronic Stroke. International Stroke Conference Stroke Nursing Symposium, Honolulu, HI, platform presentation, 2/5/13

Siengsukon, C. **Al-Sharman, A.** Examining the Influence of Cognitive Function on Off-line Motor Skill Learning in Individuals Following Stroke. American Physical Therapy Combined Sections Meeting, San Diego, CA, platform presentation, 1/23/13

Siengsukon, C. **Al-Sharman, A** Stevens, S. REM Sleep is Moderately Associated With Off-line Motor Skill Learning in Individuals with Chronic Stroke. International Stroke Conference Stroke Nursing Symposium, Honolulu, HI, platform presentation, 2/5/13

Al-Sharman A, & Siengsukon, C. The Role of Sleep in Learning a Functional Motor Task. Kansas Physical Therapy Association Spring Conference, Wichita, KS, platform presentation, 3/31/12

Al-Sharman A, & Siengsukon, C. The Role of Sleep in Learning a Functional Motor Task. American Physical Therapy Combined Sections Meeting, Chicago, IL, poster presentation, 2/11/12

Siengsukon, C, **Al-Sharman A**, and Stevens, S. Sleep Parameters Associated with Off-line Learning in Individuals with Stroke: A Preliminary Report. American Physical Therapy Combined Sections Meeting, Chicago, IL, poster presentation, 2/10/12

Blasing M, Hay K, **Al-Sharman A**, Siengsukon C. Examining the Role of Sleep in Learning a Complex Skill, Kasnas Physical Therapy Association Spring Conference, Wichita, KS, poster presentation, 4/9/11

PAPERS UNDER REVIEW

Alham Al-Sharman, Hanan Khalil, Mohammad Nazzal, Nihaya A. Al-Sheyab, Alia A. Alghwiri, Khalid El-Salem. Perspective and Perceived Quality of Life of Jordanian People with Multiple Sclerosis. Submitted to the Rehabilitation Psychology

Alia A. Alghwiri1; Hanan Khalil ; **Alham Al-sharman**; Khalid El-Salem. Arabic Activities-specific Balance Confidence Scale in people with multiple sclerosis: reliability, validity, and minimal detectable change Submitted to Physiotherapy theory and practice journal

Hanan Khalil ; **Alham Al-sharman**; Alia A. Alghwiri1; Khalid El-Salem. Arabic Modified Fatigue Impact Scale: Reliability and Validity in People with Multiple Sclerosis. Submitted to Disability and Rehabilitation Journal.

TEACHING COURSES at JORDAN UNIVERSITY of SCIENCE and TECHNOLOGY:

ADVANCED CLINICAL PRACTICE

CLINICAL PRACTICE IN BURNS AND RECONSTRUCTIVE SURGERY

CLINICAL PRACTICE IN BURNS AND RECONSTRUCTIVE SURGERY (LAB)

CLINICAL PRACTICE IN NEUROLOGY

DISABILITY AND THE SOCIETY(NOT ALLOWED FOR REHABILITATION SCIENCE DEP.STUDENTS)

INTRODUCTION TO CLINICAL MEDICINE

INTRODUCTION TO CLINICAL MEDICINE (LAB)

MUSCULOSKELETAL ASSESSMENT

MUSCULOSKELETAL ASSESSMENT (LAB)

MUSCULOSKELETAL ASSESSMENT LAB

PT IN GERIATRICS

PT IN SURGICAL CONDITIONS & BURNS

THERAPEUTIC EXERCISE

THERAPEUTIC EXERCISE (1)

THERAPEUTIC EXERCISE (1) (LAB)

THERAPEUTIC EXERCISE (2) LAB

THERAPEUTIC EXERCISE (LAB)

THERAPEUTIC EXERCISE(2)

PRESENTATION'S AWARDS

Best presentation prize at the Students Research Forum. Kansas University Center, 2013.

COMMUNITY SERVICES

Open Medical Day at Almazar school,2015

Open Medical Day at Kofer Almaa, 2015

ACADEMIC CONTRIBUTIONS:

Reviewer in the following Journals:

Journal of the American Geriatrics Society