



Zaher El Hage, Ph.D.

Assistant Professor

O: FH 1.20

T: 09.218950, Ext. 2543

E: zelhage@ndu.edu.lb

Biography

Zaher El Hage is an athlete who took his passion for sports to a career level, receiving his Ph.D. from the Université du Littoral Côte d'Opale (ULCO), Dunkirk, France. He continuously strives to stay updated on sports research by frequently participating in workshops, summits, conventions, and the like. At 45 years old, El Hage is an avid cyclist and snowboarder who practices on an international level. He also plays tennis, drives a kart, skis, and trail runs. El Hage enjoys sharing his sports knowledge through his university teaching career. Currently, he is an Assistant Professor at NDU's Faculty of Humanities in the Department of Psychology, Education, and Physical Education.

Peer-reviewed Journals

Local

- El Hage Z, Theunynck D, Jacob C, Moussa E, Baddoura R, Zunquin G, El Hage R. Bone mineral content and density in obese, overweight and normal-weight adolescent boys. *J Med Liban* 2012.
- El Hage R, El Hage Z, Moussa E, Baddoura R, Theunynck D, Jacob C. Influence of the weight status on hip bone strength indices in a group of sedentary adolescent girls. *J Med Liban* 2012;60(1):30-6.

International

- El Hage Z, Theunynck D, Jacob C, Moussa E, Baddoura R, Zunquin G, El Hage R. Bone mineral content and density in obese, overweight and normal-weight adolescent boys. *J Med Liban* 2012.
- Saddik H, Pinti A, Antoun A, Al Rassy N, El Hage Z, Berro AJ, Lespessailles E, Toumi H, El Hage R. Limb Muscular Strength and Bone Mineral Density in Elderly Subjects with Low Skeletal Muscle Mass Index. *J Clin Densitom.* 2021 Apr 8:S1094-6950(21)00039-1. doi: 10.1016/j.jocd.2021.03.011.
- Khawaja A, Sabbagh P, Privoux J, Zunquin G, Baquet G, Maalouf G, El Hage Z, Antoine A, El Hage R. The relationship between skeletal muscle and bone variables in a group of young adults. *J Clin Densitom.* Doi:10.1016/j.jocd.2019.02.007.
- El Hage Z, Theunynck D, Jacob C, Moussa E, Baddoura R, Kamlé P, El Hage R. Hip bone strength indices in overweight and control adolescent boys. *J Bone Miner Metab* 2011;29(6):691-8.
- El Hage Z, El Hage R, Moussa E, Jacob C. Consommation d'oxygène chez des cyclistes confirmés lors d'une séance composée d'intervalles courts (30 s/30 s) sur bicyclette ergométrique. *Science et Sports* 2012;27:57-60.
- El Hage R, El Hage Z, Moussa E, Jacob C, Zunquin G, Theunynck D. Geometric Indices of Hip Bone Strength in Obese, Overweight, and Normal-Weight Adolescent Girls. *J Clin jocd.*2012.03.010.
- El Hage R, El Hage Z, Jacob C, Moussa E, Theunynck D, Baddoura R. Bone mineral content and density in overweight and control adolescent boys. *J Clin Densitom* 2011;14(2):122-8.

- El Hage R, Moussa E, El Hage Z, Jacob C. Birth weight a negative determinant of whole body bone mineral apparent density in a group of adolescent boys. J Clin Densitom 2011;14(1):63-7.
- El Hage R, Moussa E, El Hage Z, Theunynck D, Jacob C. Influence of age and morphological characteristics on whole body, lumbar spine, femoral neck and 1/3 radius bone mineral apparent density in a group of Lebanese adolescent boys. J Bone Miner Metab 2011;29(4):477-83.

Papers under review

- A one-year sprint training program improves bone mineral density and physical performance parameters in a group of young overweight men (submitted to Journal of Clinical Densitometry).
- Lower limbs relative strength and composite indices of femoral neck strength in a group of young adult men (submitted to Journal of Clinical Densitometry).

Peer-reviewed Conference Proceedings

Local

- Speaker University of Balamand research seminar series June 2014.
- Speaker NDU sports symposium (2014-2017-2019).

International

- Speaker: AUB Third international symposium on sports cardiology and sudden cardiac arrest prevention (2022).