

Omar B. El-Kurd

Teaching Associate

Department of Kinesiology

San Francisco State University



EDUCATION

MS – Kinesiology

Emphasis: Exercise Physiology

SAN FRANCISCO STATE
UNIVERSITY

San Francisco, CA

2022 - Present

Professional Culinary Arts

SAN FRANCISCO COOKING
SCHOOL

San Francisco, CA

2018 - 2019

BS – Business Administration

Emphasis: Finance

Magna Cum Laude

SAN FRANCISCO STATE
UNIVERSITY

San Francisco, CA

2011 - 2015

PROFESSIONAL EXPERIENCE

JAN 2023 - PRESENT

Teaching Associate | San Francisco State University | San Francisco, CA

JAN 2018 – AUG 2022

Instructor | San Francisco Cooking School | San Francisco, CA

PEER-REVIEWED PUBLICATIONS

1. **El-Kurd, O. B.**, Bialy, P., & Kirkes, M. (2023). What about hybrids? Supplemental methods for skeletal muscle fibre typing. *The Journal of physiology*, 601(2), 251-252.

INVITED LECTURES

1. *Exercise in Heat Lab.* Guest Lecturer. KIN 683 – Advanced Exercise Physiology, **San Francisco State University**, San Francisco, CA. 5/2/23.
2. *Deliberate Heat Exposure.* Guest Lecturer. KIN 482 – Exercise Physiology, **San Francisco State University**, San Francisco, CA. 11/29/22.
3. *Kinesiology & Nutrition for Cooks.* Guest Lecturer. **San Francisco Cooking School**, San Francisco, CA. 2/11/22.
4. *Kinesiology & Nutrition for Cooks.* Guest Lecturer. **San Francisco Cooking School**, San Francisco, CA. 3/24/21.
5. *Kinesiology & Nutrition for Cooks.* Guest Lecturer. **San Francisco Cooking School**, San Francisco, CA. 10/28/21.

TEACHING

SAN FRANCISCO STATE UNIVERSITY

KIN 189 – Weight Training: Beginners
KIN 191 – Individualized Weight Training
KIN 250 – Introduction to Kinesiology
KIN 483 – Exercise Physiology Laboratory

SAN FRANCISCO COOKING SCHOOL

Professional Culinary Arts Program
Recreational Culinary Arts Program





CERTIFICATIONS

Certified Strength and Conditioning Specialist: National Strength and Conditioning Association (NSCA)

Sport and Exercise Nutrition: National Strength and Conditioning Association (NSCA)

Functional Movement Systems LVL 1: Functional Movement Systems (FMS)

Confocal Microscopy Training: Cellular and Molecular Imaging Center (SFSU)

Basic Biomedical Research: Collaborative Institutional Training Initiative (CITI)

Adult and Pediatric First Aid/CPR/AED and Bloodborne Pathogens: American Red Cross

OSHA Hazmat First Responder Operations: California Specialized Training Institute

EDU: Eliminate Campus Sexual Misconduct: California State University