

Omar B. El-Kurd, M.S.

Department of Kinesiology
San Francisco State University



EDUCATION

MS – Kinesiology

Emphasis: Exercise Physiology

SAN FRANCISCO STATE
UNIVERSITY

San Francisco, CA

2022 - 2024

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

SEP 2022 - PRESENT

Lead Research Assistant | Muscle Physiology Lab | 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.
2. Babcock, M.C., **El-Kurd, O.B.**, Bagley, J.B., Linder, B.A., Stute, N.L., Jeong, S., Vondrasek, J.D., Watso, J.C., Robinson, A.T., Grosicki, G.J. (2024) Acute Cardiovascular Responses to the World's Oldest 100-Mile Trail Ultramarathon. *Journal of Applied Physiology*, (under review; JAPPL-00412-2024)

PEER-REVIEWED ABSTRACTS & PRESENTATIONS

1. **El-Kurd OB**, Bialy P, Jeong S, Linder BA, Stute NL, Vondrasek JD, Lee CM, Lorenz KA, Robinson AT, Watso JC, Babcock MC, Bagley JR, Grosicki GJ. Predictors of Performance during a 161 km Mountain Footrace. American College of Sports Medicine Southwest Chapter Meeting. Costa Mesa, CA. October 2023 (Poster Presentation)
2. Vondrasek JD, Jeong S, **El-Kurd OB**, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, Watso JC. Age-Related Cardiovascular Health Among Elite Ultra-Endurance Athletes. American College of Sports Medicine Southeast Chapter Meeting. Greenville, SC. February 2024. (Poster Presentation)
3. Jeong S, Linder BA, Stute NL, **El-Kurd OB**, Vondrasek JD, Bagley JR, Watso JC, Babcock MC, Schlader ZJ, Grosicki GJ, Robinson AT. Aging is not Associated with Decreased Kidney Vascular Conductance in Ultra-Marathon Runners. American College of Sports Medicine Southeast Chapter Meeting. Greenville, SC. February 2024. (Poster Presentation)



4. Linder, BA., Stute NL., Jeong S., **El-Kurd, OB.**, Vondrasek JD., Pasternak IV, AV., Schlader ZJ., Bagley, JR., Babcock MC., Watso JC., Grosicki GJ., Robinson, AT. Urinary hydration biomarkers, but not renal blood velocity, are impacted by a 161-km ultra-endurance footrace. American Physiological Summit. Long Beach, CA. April 2024 (*submitted; ID#1528*)
5. Vondrasek JD, Jeong S, **El-Kurd OB**, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, Watso JC. Blood Pressure and Central Arterial Stiffness before and after a 161-km Ultra-Endurance Race. American Physiological Summit. Long Beach, CA. April 2024. (*submitted; ID: 904*)
6. Vondrasek JD, Jeong S, **El-Kurd OB**, Linder BA, Stute NL, Domeier C, Bissen TG, Bagley JR, Robinson AT, Babcock MC, Grosicki GJ, Watso JC. Running a 161-km Ultra-marathon Acutely Reduces Central Blood Pressure and Improves Pulse-wave Characteristics. American College of Sports Medicine Annual Meeting. Boston, MA. May 2024 (*submitted; 24-LB-5439-ACSM*)
7. **El-Kurd OB**, Bialy P, Jeong S, Linder BA, Stute NL, Vondrasek JD, Lee CM, Lorenz KA, Robinson AT, Watso JC, Babcock MC, Bagley JR, Grosicki GJ. Predictors of Performance during a 161 km Mountain Footrace. American College of Sports Medicine Annual Meeting. Boston, MA. May 2024 (*Oral Presentation*)

HONORS & AWARDS

University Achievement Award <i>San Francisco State University</i>	2015
University Scholarship <i>San Francisco State University</i>	2023
Franam Endowed Scholarship <i>San Francisco State University</i>	2023
Ruby "Outside the Lab" Award <i>American College of Sports Medicine Southwest Chapter</i>	2023
Masters Scholar Award <i>American Kinesiology Association</i>	2024



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

- Course Taught: 6
- Sections Taught: 13
- Students Taught: 275

