



Research Training Calendar 2020-2021

Training and Development Office
Planning and Development Department
Health Sciences Research Center
Princess Nourah bint Abdulrahman University

Overview

Research Training Calendar (RTC) 2020-2021 is a specialized training program in health research skills, which is offered by Health Sciences Research Center (HSRC) at Princess Nourah Bint Abdulrahman University (PNU). In order to achieve the objectives of the national vision 2030, and to establish a strong infrastructure for the scientific research culture

Calendar's topics were selected after careful consideration of the expectations and aspirations of all researchers, thus this calendar is provided by specialized and expert trainers in clinical research field.

Target Audience

- Clinical research scholars
- Faculty members of medical, sciences, and health sciences colleges
- Healthcare providers
- Graduate and post-graduate students with high research aptitude
- All other aspirants who are keen to seek knowledge about various aspects of research



RTC Features



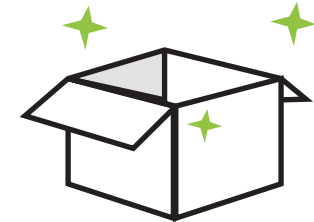
Virtual training



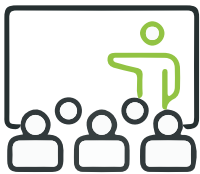
Free of Charge *



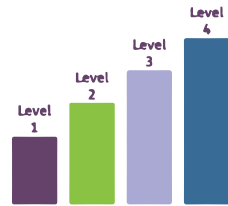
**CME accredited
(SCFHS) ***



**Specialized and unique
packages**



Expert trainers



**Workshops in different levels
(basic and advanced)**



**Short and intensive
workshops**



User-friendly website

* Most workshops

RTC Packages

RTC has five specialized packages, each package contains several intensive workshops, lectures and/or seminars on the basic and advanced skills of health research.



Research Methodology

Series of workshops aim to develop your skills in systematic plan for conducting a research.



Medical Laboratory Sciences

Advanced trainings in cell culture, human biology and molecular biology research.



Lifestyle & Health Research Workshops

Specialized activities in all areas of lifestyle behaviours which encompass but not limited to the following, physical activity, sedentary behaviours, dietary habits, sleep patterns and other as they relate to health outcomes.



Data Science in Health Research

Theoretical and practical knowledge in the analysis of data. workshops are provided in a variety of qualitative and quantitative approaches, as well as how to use data analysis software.



Research Ethics

Guidelines for the scientific researchers to ensure a high ethical standard.

HSRC Research Training Calendar 2020-2021



September 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 2020

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 2020

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 2020

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

January 2021

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

February 2021

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

March 2021

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April 2021

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Time	Medical Laboratory Sciences	Date
9:00 am to 12:00 pm	Clinical Cytogenetic and Molecular Cytogenetic	Nov 8, 2020
12:00 pm to 1:00 pm	Lab Operation: What does it mean?	Dec 3, 2020
12:30 pm to 2:30 pm	Application of Stem Cell Technology	Jan 24, 2021
12:30 pm to 2:30 pm	Principle of Molecular Genetics	Jan 26, 2021
12:30 pm to 2:30 pm	Design Experiment (Cells Imaging and Analysis) Part 1	Feb 7, 2021
12:30 pm to 2:30 pm	Molecular Genetic Technology	Feb 9, 2021
12:30 pm to 2:30 pm	Design Experiment (Cells Imaging and Analysis) Part 2	Feb 14, 2021
12:30 pm to 2:30 pm	Gene Editing Technology	Feb 16, 2021
12:30 pm to 2:30 pm	Design and Illustration Images for Publication	Feb 21, 2021
12:30 pm to 2:30 pm	Bioinformatics	Feb 23, 2021
12:30 pm to 2:30 pm	Potential of Transferring Your Research Project to Business	Feb 28, 2021
12:30 pm to 2:30 pm	The Genetics of Inherited Disease and Cancer	Mar 2, 2021

Time	Lifestyle & Health Research	Date
12:30 pm to 2:30 pm	Physical Activity and Health of Saudi Women: Past and Present (Arabic)	Oct 6, 2020
12:30 pm to 2:30 pm	Best Strategies to Promote Physical Activity	Nov 24, 2020
10:00 am to 12:00 pm	Healthy Pregnancy (Arabic)	Dec 2, 2020
10:00 am to 12:00 pm	Sports Programs in Saudi Schools and Universities (Arabic)	Dec 8, 2020
12:30 pm to 2:30 pm	Sports Injuries Among Females	Dec 9, 2020
12:30 pm to 2:30 pm	Nutrition for Injury Recovery and Rehabilitation	Dec 16, 2020
12:30 pm to 2:30 pm	Stress Management (Arabic)	Jan 28, 2021
12:30 pm to 2:30 pm	Nutrition to Support Active People	Feb 17-18, 2021
12:30 pm to 2:30 pm	Lifestyle Behaviors and Psychological Health	Feb 22, 2021
12:30 pm to 2:30 pm	New Approach to Improving Healthy Lifestyle	Mar 8, 2020
12:30 pm to 2:30 pm	Shift to Healthier Cooking Style Without Following any Weight loss Diet	Mar 23, 2021
12:30 pm to 2:30 pm	Sedentary Behaviors in Saudi Arabia: What do studies tell us?	Mar 29, 2021

Time	Research Methodology	Date
12:30 pm to 2:30 pm	How to Conduct a Literature Review	Sep 21, 2020
12:30 pm to 2:30 pm	Choosing the Right Research Design for Your Study	Oct 4, 2020
9:00 am to 12:00 pm	REDCap	Oct 11-12, 2020
12:30 pm to 2:30 pm	How to Manage Referencing Software	Oct 18, 2020
12:30 pm to 2:30 pm	Mendeley	Oct 19, 2020
12:30 pm to 2:30 pm	Essentials in Study Design	Nov 1, 2020
12:30 pm to 2:30 pm	Sampling Techniques	Dec 6, 2020
12:30 pm to 2:30 pm	Mastering a Research Proposal	Jan 31, 2021
12:30 pm to 2:30 pm	How to Present your Results by Poster or Presentation	Feb 8, 2021
12:30 pm to 3:00 pm	Perfecting Your Manuscript	Apr 7, 2021

Time	Data Science in Health Research	Date
10:00 am to 12:00 pm	Data Management and Pre-processing	Sep 29, 2020
10:00 am to 12:00 pm	SAS JMP	Oct 14, 2020
10:00 am to 12:00 pm	Basic Statistics - part 1 (Descriptive & Bivariate Analysis)	Nov 3-4, 2020
10:00 am to 12:00 pm	Basic Statistics - part 2 (Multivariate Analysis)	Feb 3, 2021
10:00 am to 12:00 pm	Visualization of Data	Mar 3, 2021

Time	Research Ethics	Date
1:00 pm to 3:00 pm	Ethico-legal Issues Relating to the Guardian	Oct 5, 2020

- Seminars
- Lectures
- Workshops

Date(s) and time(s) are subject to change, please check our website for updates.



RTC Trainers



Prof. Hazzaa AlHazzaa

Head of Lifestyle and Health Research Center, HSRC, PNU
Former Director, Pediatric Exercise Physiology Research
Laboratory, King Saud University



Prof. Omar Kasule Sr.

Professor of Epidemiology and Bioethics
and Chairman of the PNU Institutional
Review Board



Dr. Ibrahim Alabdulkareem

Director of Research Department, HSRC, PNU
Specialty in Molecular and Genetics Medicine



Dr. Abdullah Alghannam

Research Scientist & Deputy Head of Research, Lifestyle and
Health Research Center, HSRC, PNU



Dr. Bedayah Alanazi

Associate Consultant Obstetrics and Gynecology,
King Abdullah Bin Abdulaziz University Hospital, PNU



Dr. Hana Alsobayel

Associate Professor in Physical Therapy, College of
Applied Medical Sciences, King Saud University



Dr. Amel Fayed

Associate Professor in Public Health, College of
Medicine, PNU



Dr. Alaa Almasud

Associate Researcher, Lifestyle and Health Research
Center, HSRC, PNU



Dr. Shaima Alothman

Associate Researcher, Lifestyle and Health Research
Center, HSRC, PNU
Specialty in Physical Therapy and Rehabilitation Sciences
& Sedentary behaviour in healthy and people with
Diabetes.



Dr. Rasha Doumi

Assistant Professor of Community
Medicine, College of Medicine, PNU



Dr. Mezna Almarzooqi

Assistant Professor in Public Health, College of Sports
Sciences and Physical Activity, King Saud University
Head of Women's Sports Development Committee at the
Saudi Universities Sports Federation



Dr. Amany Ballow

CEO, and Consultant in Immunology, Histocompatibility
and Immunogenetics, the vision office for technical and
laboratory consultation

RTC Trainers



Dr. Dunia Alfarraj

Assistant Professor in Medical Microbiology, College of Sciences, King Saud University



Dr. Aljawhara Aljbelh

Assistant Professor, College of Education, PNU



Dr. Sahar Aldosari

Senior Clinical Lab Specialist, Molecular Genetics and Diagnostics of Blood Cancer, Cytogenetics and Molecular Genetics Laboratory, Prince Sultan Military Medical City



Dr. Mariam Aleissa

Director of Molecular Genetic department, Saudi Center for Disease Prevention and Control



Mr. Muhanad Aljabiri

Research Technology Specialist, Lifestyle and Health Research Center, HSRC, PNU



Ms. Azad Jan

Research Assistant, Lifestyle and Health Research Center, HSRC, PNU



Ms. Arwa Altalhi

Research Technology Specialist, HSRC, PNU



Ms. Reem Alkharji

Assistant Researcher in Stem Cell Technology, HSRC, PNU
PhD Candidate, University College London



Ms. Doaa Aljasser

Research Epidemiologist, HSRC, PNU



Ms. Lama Alrasheed

Research Epidemiologist, HSRC, PNU



Eng. Maryam Almasi

Research Informatics Manager, HSRC, PNU

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Princess Nourah bint Abdulrahman University

مركز أبحاث العلوم الصحية
Health Science Research Center



Training and Development Office

For registration and more details:

<https://em-hsrc.pnu.edu.sa>

For any suggestions, or inquiries contact us at:

hsrc-ata@pnu.edu.sa

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