

# **Karim Chamari** (Aspetar, Doha, Qatar)

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**Doctor in Exercise Physiology**  
**University Full Professor**  
**Professional football physical coach**

Former elite athlete (Olympian), Prof. Karim Chamari is one of the most active Sport Science Researchers in the fields of **Football** (soccer) and **Ramadan**, with more than 20 years of experience in the field.

His **H-index is: 79** and his publications has been **cited 24.000+ times**.

He co-authored more than **320 scientific manuscripts** (of which 99 on football) and **21 book chapters** in different topics in Sports Science and Medicine.

Prof. Karim Chamari **led the Tunisian Research Laboratory** "Sport Performance Optimization" of the National Tunisian Centre of Medicine and Science in Sport (Tunis) since its' creation back in 2004 until March 2013. Prof. Karim led the research team that successfully conducted the **Research Cluster to become a Research Laboratory**. In the same institution he has been **Head of the Scientific support** to elite athletes for more than 4 years (2001-2005). Prof. Karim is one of the pioneers and leaders of sports science research in Tunisia.

In the field of Football, Prof. Karim has been senior author of many publications on football science. Amongst others, (i) creating the first ever test where the football players are assessed while dribbling the ball on a specific circuit (**Chamari et al. BJSM 2005**), and (ii) an update on football physiology (which is the most cited article on football so far, **Stolen et al. Sports Med 2005**, cited 2800+ Times).

In 2020, Prof. Karim has been ranked 3<sup>rd</sup> globally, as researcher in football sports science and Medicine.

In the field of Ramadan, Prof. Karim has published many original studies as well as many reviews about the effects of Ramadan on athletic performance and the way to manage training during the fasting month. Amongst other, (i) an article on the effects of Ramadan fasting on injuries in elite athletes (**Chamari et al. JSS 2012**) and (ii) advices to Muslims athletes fasting during Ramadan (**Chamari et al. Tun Med 2019**).

Prof. Karim has also an extensive experience in **football fitness coaching**, as he has been Fitness coach of elite Tunisian Footballers for **more than 10 years**, participating to National leagues and African confederations Clubs' Cups.

In March 2013, he moved to Doha for joining the Research department at Aspetar, as Research Scientist. Since 2015 he joined ASPREV (Injury and illness prevention program) at Aspetar in which **he has been leading the "Injury and Illness Surveillance Programs"** for (i) Elite clubs and Federations in Qatar and (ii) the Asian Confederation, with the AFC Study. In this regard, Prof. Karim has co-led the 2020 IOC consensus on the Methodology for Recording and Reporting of Epidemiological Data on Injury and Illness in Sports with Prof. Roald Bahr (**Bahr et al. 2020**).

Pubmed Link: <https://www.ncbi.nlm.nih.gov/pubmed/?term=chamari+k>

Google Scholar Link: <https://scholar.google.com/citations?user=vOMcrgcAAAAJ&hl=en&oi=ao>