

**MAY, 2021**

**Michal Arnon**

## **CURRICULUM VITAE**

### **Personal details**

Name: Michal Arnon

Date of birth: 16/9/1962, Israel

Address: 14 Yearot St., Haifa

### **Higher Education**

2005 - 2010	University of Haifa. Ph.D. Major: Peace Education
1994 - 1977	University of Haifa. M.A. Major: Development of Educational system
1983 - 1987	Zinman College, Wingate Institute. B.Ed. Major: Physical Education. Teaching Certificate

### **Graduate theses.**

M.A. Thesis: The effect of goal setting, competition, self-efficacy and sport orientation on the performance of an endurance task.

Ph.D. Dissertation: Reflection on the contents of the Education for Peace program as way of restoring/rehabilitating the effects of the program.

### **Additional professional and academic courses**

2020-2021	Learning design in the information age: Mofet institute
2016	Visitor scholar at Florida state university
2011-2012	Academic management. Mofet institute.
2009–2010	Information and communication technologies.
2005	Coaching certificate. University of Haifa. Extracurricular program.
1983	Computer programing. Technion. Extracurricular program.
1995	SAS

1994	SPSS
2000	SPSS - AMOS
1997	Web Master
1996	ACCESS

#### **Academic ranks and tenure in institutions of higher education**

1999	Tenure. Zinman College, Wingate Institute.
1998 – present	Head of data analysis center. Zinman College, Wingate Institute.
1995 - present	Instructor. Zinman College.

#### **Active participation in scientific conferences**

**Arnon, M.** (1995). Changes in circulating insulin-like growth factor I of trained and untrained subjects following brief intense exercise. *Masters Student Conference*. Zinman College. (In Hebrew).

**Arnon, M.** (1995). Development of a prototype of a multimedia application for the study of human anatomy. *Masters Student Conference*. Zinman College. (Poster Presentation). In Hebrew).

**LIDOR, R., & Arnon, M.** (1995). Is it possible to predict the final placing of a basketball team based on specific technical measurement? Field study report. *Proceedings of The AISEP World Congress*, Wingate Institute.

Scheinowitz, M., **Arnon, M.**, Cizer, V., Winkler, A., Sagiv, M., & Barak, V. (1995). Effects of brief exercise on circulating basic fibroblast growth factor of trained and untrained individuals (The Wingate Anaerobic Test). *Proceedings of The AISEP World Congress*, Wingate Institute.

Scheinowitz, M., **Arnon, M.**, Cizer, V., Winkler, A., Sagiv, M., & Barak, V. (1995). Changes in circulating insulin-like growth factor 1 of trained and untrained subjects following brief intense exercise (Poster Presentation). *Proceedings of The AISEP World Congress*, Wingate Institute.

Raz-Lieberman, T., & **Arnon, M.** (1998). Development of a glossary of sports skills. *Internet Applications Conference*. Mofet Institute.

Ayalon, J, **Arnon, M.**, & Harari, I. (1998). Computer Based Training. *Proceedings of The AISEP World Congress*. Adelphi University. USA.

**Arnon, M.**, & Rosenberg, N. (1998). The active Recess multimedia application. (Poster presentation). *Proceedings of The AISEP World Congress*. Adelphi University. USA.

Raz-Lieberman, T., & **Arnon M** (1998). A multimedia sport skill lexicon. (Poster presentation). *Proceedings of The AISEP World Congress*. Adelphi University. USA.

Ashkenazi, Y., Kislev-Cohen, R., **Arnon, M.**, & Yechiel, A. (2018). Anthropometric and physiological characteristics of elite handball players: the influence of playing position *Proceedings of the 5th International Congress of Exercise and Sport Sciences*. The Academic College at Wingate.

Cohen, R., Lidor, R., Goodway, J. D., & **Arnon, M.** (2018). Gender differences and previous experience in the overhand throw. *Proceedings of the 5th International Congress of Exercise and Sport Sciences*. The Academic College at Wingate.

Yazdi-Ugav, O., & **Arnon, M.** (2018). Identifying indicators in pregnancy, infancy and childhood for development of probable developmental coordination disorder. *Proceedings of the 5th International Congress of Exercise and Sport Sciences*. The Academic College at Wingate.

Sky, B., Galily, Y., & **Arnon, M.** (2018). Motivational and Demographic Aspects of International Sporting Event Volunteers: An Israeli Perspective. *Proceedings of the 5th International Congress of Exercise and Sport Sciences*. The Academic College at Wingate.

Arnon, M., & Sky, B. (2018). Closing the Ethnical Gap: A Case Study from the Physical Education Realm. *Proceedings of the 5th International Congress of Exercise and Sport Sciences*. The Academic College at Wingate.

**Articles in peer reviewed journals**

Lidor, R., Ehrlich, N., & **Arnon, M.** (1996). Is it possible to detect young athletes based on a physical-motor battery test? *Movement – Journal of Physical Education and Sport Sciences*, 3, 283-308.

Lidor, R., & Arnon, M. (1997). Is it possible to predict a final placing of a basketball team based on its technical achievements? *Movement – Journal of Physical Education and Sport Sciences*, 1, 30-58.

Lidor, R., & **Arnon, M.** (1997). Correlational relationships between technical variables and final placing of basketball teams. *Coaching and Sport Science Journal*, 2(2), 39-47.

Lidor, R., **Arnon, M.**, & Bronstein, A. (1999). The effectiveness of a learning (cognitive) strategy on free-throw performances in basketball. *Applied Research in Coaching and Athletics Annual*, 14, 59-72.

Lidor, R., & **Arnon, M.** (2001). Developing indexes of efficiency in basketball: "Talk with the coaches in their own language". *International Journal of Fundamental and Applied Kinesiology*, 32(2), 31-41.

Lidor, R., Melnik, Y., Bilkevitz, A., **Arnon, M.**, & Falk B. (2005). Measurement of talent in judo, using a unique judo-specific ability test. *The Journal of Sport Medicine and Physical Fitness*, 45(1), 32-37. (IF 0=.17) SJR - *Orthopedic and sport medicine*- 76 out of 143

Lidor, R., Falk, B., **Arnon, M.**, Cohen, Y., Segal, G., & Lander, Y. (2005). Measurement of talent in team handball: The questionable use of motor and physical tests. *Journal of Strength and Conditioning Research*, 19(2) 318-325. (IF =1.85) SJR - *Orthopedic and sport medicine* – 56 out of 143

Lidor, R., **Arnon, M.**, Hershko, J., & Falk, B. (2005). An instrument for assessing skill level and game understanding in volleyball: Rationale and procedures. *International Journal of Volleyball Research*, 8, 7-13.

Netz, Y., Zeev, A., **Arnon, M.** & Daniel S. (2005). Translating a single-word items scale with multiple subcomponents - A Hebrew translation of the Profile of Mood States. *The Israeli Journal of Psychiatry and Related Sciences*, 42(4), 263-270.

Lidor, R., Hershko, J., Bilkevitz, A., **Arnon, M.**, & Falk B. (2007). Measurement of talent in volleyball: 15-month follow-up of elite adolescent players. *Journal of Sports Medicine and Physical Fitness*, 47(2) 159-168. (IF 0=.17) SJR - *Orthopedic and sport medicine* - 76 out of 143

Lidor, R., **Arnon, M.**, Hershko, J., Mayan, G., & Falk, B. (2007). Accuracy in a volleyball service test in rested and physical exertion conditions in elite and near-elite adolescent players. *Journal of Strength and Conditioning Research*, 21(3) 937-942. (IF =1.85) SJR - *Orthopedic and sport medicine* – 56 out of 143

Netz, Y., Zeev, A., **Arnon, M.**, & Tenenbaum, G. (2008). Reasons attributed to omitting exercising: A population based study. *International Journal of Sport and Exercise Psychology*, 6, 9-23. (IF=2.80) SJR -*Social Psychology* - 33 out of 79

Lidor, R., Bar-Eli, M., **Arnon, M.**, & Bar-Eli, A. (2010). On the advantage of playing the second game at home in the knock-out stage of European soccer cup competition. *International Journal of Sport and Exercise Psychology*, 8, 312-325. (IF=2.80) SJR - *Social Psychology* - 33 out of 79

Ziv, G., Lidor, R., & **Arnon, M.** (2010). Predicting team ranking in basketball: The questionable use of on-court performance statistics. *International Journal of Performance Analysis in Sport*, 10, 103-114.

Lidor, R., Côté, J., **Arnon, M.**, Zeev, A., & Cohen-Maoz, S. (2010). Relative age and birthplace effects in Division 1 players – Do they exist in a small country? *Talent Development & Excellence*, 2(2) 181-192.

Lidor, R., **Arnon, M.**, Aloni, N., Yitzak, S., Mayan, G., & Afek, A. (2012). Pre-preparatory and preparatory routines in free-throw shots in basketball: Are routines influenced by situational pressure? In R. Schinke (Ed.), *Sport psychology insights* (pp. 307-325). New York, NY: Nova Science Publishers.

Lidor, R. Galily, G., **Arnon, M.**, & Pilz-Burstein, R. (2012). A preliminary one-year study of Elite female adolescent volleyball players. *Applied Research in Coaching and Athletics Annual*, 27, 53-78.

Nikolaidis, P., Ziv, G., **Arnon, M.**, & Lidor, R. (2012). Physical characteristics and physiological attributes of female volleyball players – The need for individual data. *Journal of Strength and Conditioning Research*, 26, 2547-2557.

**Arnon, M.**, Galily, Y. (2014). Monitoring the effects of an education for peace program: An Israeli perspective. *Human Affairs*, 24, 531–544. <https://doi.org/10.2478/s13374-014-0247-4>.

Lidor, R., **Arnon, M.**, Maayan, Z., Gershon, T., & Côté, J. (2014). Relative age and birthplace effects in Division 1 female players – The relevance of sport-specific factors. *International Journal of Sport and Exercise Psychology*, 12(1), 19-33.

Nikolaidis, P., Ziv, G., Lidor, R., & **Arnon, M.** (2014). Inter-individual variability in soccer players of different age groups playing different positions. *Journal of Human Kinetics*, 40, 213-225.

Ashkenazi, Y., Cohen, Y., Arnon, M., Lidor, R., & Ziv, G. (2015). Measuring talent in female adolescent basketball players – Do objective tests and coaches' subjective assessment have equal weight? *Applied Research in Coaching and Athletics Annual*, 30, 171-191.

Nikolaidis, P., Ziv, G., **Arnon, M.**, & Lidor, R. (2015). Physical and physiological attributes of soccer goalkeepers – Should we rely only on means and standard deviations? *Journal of Human Sport and Exercise*, 10, 602-614.

Zach, S., Xia, Y., Zeev, A., **Arnon, M.**, Choreshe, N., & Tenenbaum, G. (2015). Motivation dimensions for running a marathon: A new model emerging from the Motivation of Marathon Scale (MOMS). *Journal of Sport and Health Science*, 6(3), 302-310.

- Cale-Benzoor, M., Dickstein, R., **Arnon, M.**, Ayalon, M. (2016) Dynamic push-pull characteristics at three hand-reach envelopes: Applications for the workplace. *Applied Ergonomics*, 52, 216-221. <https://doi:0.1016/j.apergo.2015.06.027>.
- Calé-Benzoor, M., Maenhout, A., **Arnon, M.**, Tenenbaum, G., Werrin, M., & Cools, A. (2017). Quality assessment of shoulder plyometric exercises: Examining the relationship to scapular muscle activity, *Physical Therapy in Sports*, 26, 27-34 <https://doi:10.1016/j.ptsp.2017.05.002>
- Dunsky, A., Yahalom, T., Lidor, R., & **Arnon, M.** (2017). The use of step aerobics and stability ball to improve balance and quality of life in community-dwelling older adults – A randomized exploratory study. *Archives of Gerontology and Geriatrics*, 71, 66-74.
- Scheinowitz, M., Yanovich, R., Sharvit, N., **Arnon, M.**, & Moran, D.S. (2017). Effect of cardiovascular and muscular endurance is not associated with stress fracture incidence in female military recruits: a 12-month follow up study. *Journal of Basic and Clinical Physiology and Pharmacology*, 28(3), 219–224, <https://doi:10.1515/jbcpp-2015-0098>.
- Ziv, G., Lidor, R., **Arnon, M.**, & Zeev, A. (2017). The vividness of movement imagery questionnaire (vmiq-2) – translation and reliability of a hebrew version. *Israel Journal of Psychiatry and Related Sciences* 54(2), 48-52
- Shoval, E., Sharir, T., **Arnon, M.**, & Tenenbaum, G. (2018). The effect of integrating movement into the learning environment of kindergarten children on their academic achievements. *Early Childhood Educ Journal*, 46, 355–364
- Samuel, R., Roy, J., Lew, P., Arnon, M., & Tenenbaum, G. (2018). A new approach in evaluating athletes' pre-performance mental states in an applied context. *Journal of Contemporary Athletics Volume* 12(1), 31-47.
- Sabag, E., Lidor, R., Morgulev, E., **Arnon, M.**, Azar, O. & Bar-Eli, M. (2018). To dive or not to dive in the penalty area? The questionable art of deception in soccer. *International Journal of Sport and Exercise Psychology*, 18(3), 296-307. <https://doi.org/10.1080/1612197X.2018.1462100>.

Zach, S., Cohen R. & **Arnon, M.** (2020). Motivational climate in physical education classes: is it really determined by the instructional model? *The Physical Educator*, 77(2), 425–445. <https://doi:10.18666/TPE-2020-V77-I2-9855>.

Ashkenazi, Y., Kislev-Cohen, R., **Arnon, M.**, Yehiel, A., Cale-Bonzoer, M., Dar, G., Samuel, R., & Cancellario, S. (2020) Anthropometric characteristics and physical abilities of Israel male junior and national handball players- the influence of playing position *ARCAA*, 35, 178-204.

Goldstein, E., Shoval, E., **Arnon, M.**, & Tenenbaum, G. (2020). The link between body mass index (BMI) and bone properties, muscle strength, and motor coordination in boys and girls aged 7–9. *Baltic Journal of Health and Physical Activity* 12(1):54-64. <https://doi.org/10.29359/BJHPA.12.1.06>

Hellerstein, D., Waldman, T., Solomon, H. & **Arnon, M.** (2020). When students can choose: online self-study or in-college learning of English for academic purposes. *World Journal of English Language*, 10(2) 25-38.

Lidor, R., Maayan, Z., & **Arnon, M.** (2021). Relative Age Effect in 14-to 18-Year-Old Athletes and Their Initial Approach to This Effect-Has Anything Changed Over the Past 10 Years? *Frontiers in Sports and Active Living*, 3, 1-12. <https://doi.org/10.3389/fspor.2021.622120>.

### **Articles in peer reviewed journals in Hebrew**

Lidor, R., Ehrlich, N., & **Arnon, M.** (1996). Is it possible to detect young athletes based on a physical-motor battery test? *Movement – Journal of Physical Education and Sport Sciences*, 3(3), 283-308.

Lidor, R. & **Arnon, M.**, (1997). Is it possible to predict a final placing of a basketball team based on its technical achievements? *Movement – Journal of Physical Education and Sport Sciences*, 4(1), 30-58.

Lidor, R., Ben-Sira, D., Sharvit, N., & **Arnon, M.** (1998). Physical activity achievements among adolescents in Israel. Tel-Aviv: Ministry of Culture and Sport. (Hebrew).



**Arnon, M.** & Raviv, S. (2005). The effect of goal setting, competition, self-efficacy and sport orientation on the performance of an endurance task. *Movement – Journal of Physical Education and Sport Sciences*, 3(4), 177-223.

Lidor, R., Talmor, R., & **Arnon, M.** (2013). "What's in a Name?" – An analysis of the names of the undergraduate and graduate programs in physical education in Israel. *Movement – Journal of Physical Education and Sport Sciences*, 3, 367-383.

Goldstein, E., Shoval, E., **Arnon, M.** & Tenenbaum, G. (2020). Estimates of the Connection between Organized After-School Physical Activity and the Bone Metrics and Muscle Strength of Young Children. *The Giv'at Washington Research Journal*, 5, 15-34.

Lidor, R., & **Arnon, M.** (2021). Everyone is talking about peace" – A content analysis and the ecological validity of Israeli sport programs aimed at peace-building. *Megamot*, 13(1), 6 - 25

לידור, ר., אשכנזי, י., וארנון מ. (2015) תרומת הגיל היחסי להתפתחות הספורטאי : רקע וממצאים על שחקני כדוריד צעירים בישראל. *הספורט ההישגי*, 6, 72-77.

### **Books & Edited text books**

**Arnon, M.** (2000). Racquet games for 5<sup>th</sup> to 10<sup>th</sup> grade students. Jerusalem. Ministry of Education. Section of Curriculum Development

### **Articles or chapters in non-scientific books that are not conference proceedings**

Lidor, R., & **Arnon, M.** (1996). Correlational relationships between technical variables and final placing of basketball teams. In *Challenges head for improving sports statistics* (pp. 229-245). CONY: Italian National Olympic Committee.

Lidor, R., & **Arnon, M.** (1999). Developing indexes of efficiency in basketball: Where is the spirit of the team? In V. Hosek, P. Tilinger, & L. Bilek (Eds.), *Proceedings of the 10<sup>th</sup> European Congress on Sport Psychology – Part 2* (pp. 19-21). Prague: Charles University

### **Technical Reports**

Lidor, R., Ben-Sira, D., Sharvit, N., & **Arnon, M.** (1998). *Physical activity achievements among adolescents in Israel*. Tel-Aviv: Ministry of Culture and Sport. (Hebrew).

Evaluation Report of Bridges for Peace a program (years 2017,2018, 2019 & 2020). This project is a cooperation between the Peres Center for Peace and Innovation, the ORT school network, the Ortov department, the Edmond de Rothschild Foundation, the Ministry of Education and Google. The "Bridges for Peace" project, uses technological tools to lead to dialogue and cooperation. Among young Jews and Arabs in Israel, to get to know each other through face-to-face meetings and using Google's technology platforms, including Google Hangouts.

### **Instructional materials**

“Working with SPSS” software instruction booklet.

Introduction to Statistics course Booklet

Developing an application for Statistics analysis tool in excel.

Developing an application for preparing Achievement table in physical education

### **Selected offices in academic administration and other scholar activities**

1995	Masters Student Conference. Zinman College. Member of the Organizing committee.
2005 - present	Member of the Center for Research on Peace Education (CERPE). Haifa University.
1997 - present	Advisor for computer applications in physical education and sports. Zinman College.
1996 - 1998	Developer - multi-media applications in sports. Wingate Institute. Multi-media Unit.
1996 - 1997	Member of the committee for design and development of the Zinman College Internet home site.

## **Michal Arnon**

1997 - 1998	Member of the development team of a multi-media application of sports' skills lexicon – long jump. Zinman College
1990 - 1991	Physical education instructor. "Morasha" Elementary School. Irvine, Cal.
1983 - 1987	Computer programmer. Baltzan civil engineering comp. Givataim. Israel.

### **Courses taught in Academic Programs.**

Introduction to computers applications in physical education

Introduction to statistics

Measurement and evaluation in education and physical education

SPSS (Masters' program)

Statistics (Co-teaching in the Masters' program)

Statistics (in the Masters' program)

Application of ACCESS and data bases in teaching physical education.

Application of multi-media in teaching physical education.

Sport as a mediator between cultures

Sport for development

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