UNIVERSITY OF BELGRADE
FACULTY OF SPORT AND PHYSICAL EDUCATION
Belgrade, June 15, 2022.

TO THE TEACHING AND SCIENTIFIC COUNCIL OF THE FACULTY OF SPORTS AND PHYSICAL EDUCATION

Subject: Report on the review and evaluation of the final version of the doctoral dissertation of Fadi Fayed, a student from the doctoral studies program.

At the 10th session of the Teaching and Scientific Council of the Faculty of Sports and Physical Education, held on 09.05.2022. year, in accordance with Art. 40 of the Rulebook on Doctoral Academic Studies - revised text (02-No. 893/20-3 of June 17, 2020) and Article 41 - 43 of the Statute of the University of Belgrade - Faculty of Sports and Physical Education - revised text (02-No. 227/22-7 of April 1, 2022), on the proposal of the Council of Doctoral Academic Studies (02-No. 422/21-13 of May 9, 2022), the decision on the formation of the Commission for Review, Evaluation and Defense was adopted the final versions of the doctoral dissertation of Fadi Fajad, a doctoral academic student, entitled: "PHYSICAL ACTIVITY PROFILE, EATING HABITS, AND BODY COMPOSITION STATUS IN LEBANESE UNIVERSITY STUDENTS: COMPARATIVE STUDY STUDY)" (Act-02-No. 422/21-4 dated May 11, 2022). The commission was formed in the composition of:

- Dr. Marina Đorđević Nikić, full professor, University of Belgrade - Faculty of Sports and Physical Education, president of the commission;
- Dr. Goran Prebeg, associate professor, University of Belgrade - Faculty of Sports and Physical Education, member;
- Dr. Miloš Maksimović, associate professor, University of Belgrade - Faculty of Medicine, member.

After reviewing the submitted material, the Commission submits the following to the Teaching and Research Council

R E P O R T

Biography

Fadi Fayad was born on September 1, 1977. in Beirut, Lebanon. He completed his basic academic studies at the Faculty of Education, Department of Physical Education and Sports of the Lebanese University in Beirut (1997-2001). He completed his Master of Academic Studies at the same University and Faculty in the Sports Management program (2013 - 2016). In 2018, he enrolled in Doctoral academic studies at the Faculty of Sports and Physical Education of the University of Belgrade, on the program Research of Experimental Methods of Human Locomotion.

After completing his basic studies, from 1998 to 2001 he worked as a physical education and sports teacher at the International School in Chouaifat (Chouaifat, Sabis), from 2002 to 2003 he worked as a sports teacher and football and athletics coach at the Military College in Fayyadiyeh. while from 2003 to 2006 he worked at the Women's High School in Farhima (Kfarchima), also as a professor of Physical Education and Sports. After that, from 2007 until today, he works as a sports director and instructor of physical education and sports at the Modern University for Business and Science (MUBS), in Beirut, Lebanon. He was the main organizer of several cycles of University competitions, both within the University where he works, as well as within the University teams of Lebanon, in national and international competitions.He speaks English and French.

On 05.04.2022. the procedure of checking the originality of the submitted doctoral dissertation was started by sending it to the Svetozar Marković University Library. The first check determined the index of similarity with other already published and available literary sources at the level of 34%, so the given version of the dissertation was returned for technical adjustment and correction. On 07.05.2022. In 2008, a second check was carried out, for which the similarity index was determined at the level of 30%. The subsequent analysis of the structure of similarity showed that this is mostly due to the recognition of legitimately used questionnaires, as applied data collection tools, shown in the appendices (Appendix). All other similarities belonged to the category of universal terms from the field of: nutritional knowledge, dietary beliefs, and physical activity and lifestyle, as highly researched and scientifically methodologically developed fields.

List of published works:

Candidate Fadi Fayad has so far published four (4) scientific papers as an author or co-author, namely:

1. papers published in indexed journals from the WoS list - 2 (two),
2. papers published in international journals from the SCOPUS list - 2 (two).

M22

1. Kukić F, Streetman A, Koropanovski N, Ćopić N, **Fayed F**, Gurevich K, Zaborova V, Krikheli N, Dopsaj M, Heinrich K. (2022). Operational stress of police officers: A cross-sectional study in three countries with centralized, hierarchical organization. *Policing: A Journal of Policy and Practice*, 16(1):95–106, https://doi.org/10.1093/police/paab065 IF 2021 - 3.000, M22.

M23

2. **Fayed F**, Kukić F, Ćopić N, Koropanovski N, Dopsaj M. (2021). Factorial analysis of stress factors among the sample of Lebanese police officers. *Policing: An International Journal*, 44(2): 332-342. https://doi.org/10.1108/PIJPSM-05-2020-0081, IF 2021 – 1.919, M23.

M24

3. **Fayed F**, Dopsaj M. (2021). Level of physical activity at Lebanese Universities' students of both genders: A Comparative Study. *International Journal of Kinesiology and Sports Science*, 9(3):8-17, DOI: 10.7575/aiac.ijkss.v.9n.3p8,
<u>SJR 2021 - 0.29, Q3.</u>

4. Dopsaj M, Andraos Z, Richa C, Abou Mitri A, Makdissi E, El Zoghbi A, Dandachi R, Erlikh V.V, Cherepov E.A, Masiulis N, Nenasheva A.V, Zuoziene I.J, Marković S, **Fayyed F**. (2022). Maximal and explosive strength normative data for handgrip test according to gender: International standardization approach. *Human Movement*, 23(4), doi: https://doi.org/10.5114/hm.2022.108314,
<u>SJR 2021 – 0.28, Q3.</u>

In his previous scientific work, candidate Fadi Fajad achieved scientific competence at the level of 17.0 scientific points, and the index of international influence from WoS NB (Scientific points = (1 x 5) + (1 x 4) + (2 x 4) = 17.0); WoS IF = 3.000 + 1.916 = 4.916). From the narrow field of the topic of the doctoral dissertation (quality and life habits of students), the candidate published one (1) paper /3/, while in relation to the broader field (measurement of physical abilities, professional stress) which is thematically connected at the basic level by examining life habit, the candidate published three (3) more works /1, 2, 4/.

Structure of the doctoral dissertation

The dissertation is written in the volume of 179 pages of double - two-page text, and has one (1) graph and 48 (forty-eight) tables. The dissertation is structured through twelve (12) chapters, namely: 1). Introduction; 2). Theoretical framework and previous research; 3). Problem, subject, goal, task and importance of research; 4). Hypotheses; 5). Methods; 6). Results; 7). Discussion; 8). Conclusion; 9). References; 10). Appendix; 11). Biography of the author; 12). Author's bibliography.

1). ***Introduction***: In recent decades, lifestyle has been recognized as an important determinant of health status and has become the focus of increasing research interest worldwide. The World Health Organization (WHO) has stated that 60% of an individual's health quality of life depends on his/her lifestyle.
Lifestyle is the way individuals, families and society live, which can be healthy or unhealthy in terms of personal behaviors such as diet, physical activity and stress management. A healthy lifestyle can result in better health and happiness, and in contrast, an unhealthy lifestyle can cause disease and morbidity.

According to the World Health Organization (WHO), health is a state of complete mental, physical and social well-being and not merely the absence of disease and/or infirmity. In terms of health and fitness, attention is also focused on energy expenditure mainly due to physical activity (PA), and a healthy lifestyle related to proper energy balance and physical activity. The global problem of overweight and obesity and its increasing prevalence, which concerns both children and adolescents, testifies to the risks of the modern lifestyle. In order to achieve positive health, it is necessary to define the optimal range of both nutrition and physical activity, especially during growth and development.

It has been established that eating habits and physical activity (PA) have an important impact on the quality of life of children and young people. The connection of these factors with obesity is a central public health problem in developed and developing countries. Therefore, the quality of life construct refers to health-related quality of life, given the relevance of its relationship with variables such as eating habits and physical activity. University students' lifestyles and health risk factors are important determinants of their continued health, as well as academic achievement and future career success.

Universities and schools are institutions for raising awareness and educating students about healthy behavioral habits, including healthy eating, regular physical activity and weight control. The period of attending school is a critical period when lifelong habits are formed that can have a lasting impact on the development of chronic diseases. Young adults in universities generally face various challenges such as getting used to a new environment, stress from studying, lack of proper time management, and busyness and irregular class schedule usually lead to an irregular lifestyle, especially among young people who have a lack of awareness of their health.

During this period of life, students often practice some unhealthy eating patterns and lifestyles such as skipping meals, eating snacks, consuming fast food, smoking, excessive internet use, inactivity and sedentary behavior. Low levels of physical activity (PA) combined with sedentary behavior (eg, watching TV, sitting, and using the computer) are also associated with weight gain and obesity.

Therefore, it is very important to understand and identify differences in body composition and lifestyle behavior among Lebanese students of different specialties in order to develop specific health promotion recommendations that would give them a better foundation of knowledge during the university period of life. The results of this study will help health educators to develop the necessary interventions and programs aimed at improving the well-being and lifestyle of students and young people in Lebanon. Due to all of the above, it can be concluded that there is a need for research to identify and compare profiles of physical activity, eating habits and body composition based on student majors and gender characteristics among Lebanese university students.

The methods in nutritional epidemiological research that are most often used in recent years are semi-quantitative food frequency questionnaires. However, the aforementioned questionnaires are designed to measure dietary energy and nutrient intake and do not investigate other aspects of diet such as eating habits and eating behavior, both related to nutrition and food safety. All these aspects are very important in a nutrition surveillance program. In the last 10 years, other questionnaires have been developed that aim to investigate some of the above aspects and are structured with scores and scales. It is well documented that any questionnaire must be tested to measure reliability before use in large studies.

Traditional dietary assessment methods commonly used to measure dietary intake are not always suitable for obtaining information on dietary behavior and for evaluating the impact of nutrition education programs, while the Italian questionnaire developed by Tarconi et al. 2003, which was used in this research, can measure the effects of nutrition interventions on students in terms of its reliability and external validity. Also, the mentioned instrument has low usage costs and is easy to administer and analyze. Today, physical activity is evaluated very efficiently, reliably and externally using standardized

questionnaires, while the optimal method of measuring body composition is the method of applying bioelectrical impedance (BIA).

2). ***Theoretical framework and previous research***: This chapter is divided into the following sub-chapters, namely – 2.1. PHYSICAL ACTIVITY; 2.1.1. Terms and definitions; 2.1.2. Prevalence of activity/inactivity in the world; 2.1.3. The importance of physical activity; 2.1.4. Physical activity levels; 2.1.4.1. Qualitative classification of physical activity; 2.1.4.2. Quantitative classification of physical activity; 2.1.4.3. Recommended levels of physical activity; 2.1.4.4. Recommended FA in minutes per day and per week; 2.1.4.5. Recommended FA in METs per week; 2.1.4.6. Recommended FA in caloric consumption per week; 2.1.4.7. Recommended FA expressed in realized steps per day; 2.1.5. FA assessment methods; 2.2. EATING HABITS; 2.2.1. Ways of eating; 2.2.2. Food and nutrients; 2.2.2.1. Macronutrients; 2.2.2.2. Micronutrients; 2.2.3. Energy and Nutrients needed for FA; 2.2.4. Energy balance; 2.2.5. Obesity and nutritional management; 2.2.6. Basic standards and guidelines for nutrition; 2.2.7. Methods of assessment of eating habits; 2.3. BODY COMPOSITION; 2.3.1. Terms, definitions and background information; 2.3.2. Basic components of the body; 2.3.2.1. Skeletal muscles; 2.3.2.2. Body fat; 2.3.3. Body composition assessment methods; 2.4. ANALYSIS OF PREVIOUS RESEARCH.

In the given chapter, all the terms and definitions used in the dissertation are described in relation to the topic of the same. For the need to describe the term - physical activity (FA), the candidate used an internationally recognized technical definition: "any activity in which skeletal muscles work and which results in energy consumption above the basal level, i.e. resting level". Physical activity is classified in relation to all valid gold standards of positive practice, in relation to qualitative criteria such as - High-intensity physical activity, Moderate-intensity physical activity, and Light-intensity physical activity, as well as in relation to quantitative criteria such as - A (>3 days of intensive FA with >1500 MET/week) and B (>5 days of combined FA intensity with >3000 MET/week). A moderate level of FA also includes two activity levels: A - (>3 days of intense FA with >20 minutes per day) and B - (>5 days of moderate or medium intensity FA with >30 minutes per day). Low level of FA or sedentary behavior is defined as FA with criteria lower than the previous two mentioned levels of PA. Also, all relevant methods of assessing and measuring FA are explained in relation to different types of standardized questionnaires, energy expenditure assessment methods (METs), as well as pedometry methods (automatic step counting: less than 5000 steps per day - sedentary FA; between 5000 and 7499 steps per day - low FA level; between 7500 and 9999 steps per day - below average FA level; between 10000 and 12499 - desirable FA level; and people with more than 12500 steps per day are categorized as high FA people). All relevant information related to the field of nutrition is also explained with all the necessary clarifications regarding the meaning of macro and micro nutrients important for a healthy human diet. The facts from the aspect of balanced (proper) nutrition are given and explained, as well as the problems associated with the phenomenon of defining the level of nutrition, that is, obesity and nutritional control, in general. At the end of the part of the chapter that deals with eating habits, methods of assessing this phenomenon are presented. In the part that dealt with body composition, the latest theoretical propositions in relation to knowledge from the phenomenology of the composition of the human body were explained in detail, all basic and relevant terminological determinants and definitions of the current

anthropological and scientific-professional standards of the given area were given. All body components important for FA research are described, while the variables that represent the area of skeletal muscles and body fat in relation to body composition in humans are explained in detail. At the end, all validated methods for assessing the given body composition are described. In the last part of this subsection, the candidate gave a detailed analysis of all previously published and relevant research.

3). ***Defining the problem, purpose, goal, tasks and significance of the study***: This chapter is divided into the following sub-chapters namely – 3.1. DEFINING THE PROBLEM; 3.2. PURPOSE OF RESEARCH; 3.3. OBJECTIVE OF THE RESEARCH; 3.4. RESEARCH TASK; 3.5. IMPORTANCE OF RESEARCH.

University students generally face various critical challenges in adapting to a new environment. This environment also includes the severe negative effects of study stress, lack of proper time management, and busy class schedules. The process of adapting to this new environment includes consequences such as reduced levels of physical activity, unhealthy eating patterns, smoking, excessive alcohol consumption, reduced hours of rest and increased stress levels. Such unhealthy behaviors, along with a sedentary lifestyle, have been found to be common among young adults, all of which expose them to potentially serious health problems such as obesity, type 2 diabetes, cardiovascular disease (CVD), hypertension, and other public health issues that lead to risks of chronic non-communicable diseases and mortality.

The main goal of this study was to examine the relationship between the two most important factors of quality of life, such as physical activity and eating habits, and to determine their influence on body composition, all in relation to the educational direction and gender of Lebanese students.

The specific objectives of this study are defined as follows:
• Determining the profile of physical activity, eating habits and body composition among Lebanese university students;
• Comparing these profiles between students of physical education and sports sciences and students of other specialties;
• Comparing these profiles among the genders of the examined sample;
• Establishing a clear statistical analysis from the profiles of the samples compared above to determine the descriptions, correlations and differences between the lifestyle factor variables;
• Creating an optimal model of behavior towards physical education and eating habits of

Lebanese students according to gender, which will be implemented as a strategic educational policy for the future.
Based on the defined problem and objectives of the study, this research will be carried out through the following tasks:
• Defining the level of physical activity with continuous and categorical scores;
• Defining patterns of eating habits;
• Defining the body composition profile;
• Defining groups of participants and their characteristics;
• Data collection of sample groups;

• Analyzing data using software for statistical analysis SPSS;

• Describing the analyzed variables and interpreting the results;

• Create an optimal behavioral model for physical activity and eating habits for Lebanese students.

The importance of the study could be recognized in relation to the following three outcomes:

• Create a real model of body composition, physical activity and eating habits for students of both sexes in Lebanese universities;

• Develop specific recommendations on health promotion that should be provided to students upon transition to university;

• Develop tailored interventions and programs aimed at improving student health and lifestyle behaviors.

4). **Research hypotheses**: Based on the analysis of the literature, as well as the defined problem, subject, goal and tasks of the research, the candidate defined the following hypotheses:

General hypothesis –

HG - Eating habits and physical activity are dependent factors that statistically significantly affect the quality of body composition in Lebanese students.

Subsidiary hypotheses were defined as follows -

H1 - Students of the Faculty of Physical Education and Sport have better eating habits, a higher level of physical activity and a better body composition than students of other university majors.

H2 - Physical education and sports science students meet international standards of physical activity levels.

H3 - Students of other university majors do not meet international standards of physical activity level.

H4 - There are significant differences in the level of physical activity and body composition between female students of physical education and sports sciences and other university specialties.

H5 - There are significant differences in the level of physical activity and body composition between physical education and sports science students of other university specialties.

H6 - Physical activity has a greater influence on body composition than eating habits, regardless of gender.

5). **Research methods**: This chapter is divided into the following sub-chapters - 5.1. DESIGN OF STUDIES; 5.2. CHARACTERISTICS OF THE SAMPLE; 5.3. DATA COLLECTION AND TESTING PROCEDURES; 5.3.1. Physical activities; 5.3.2. Eating habits; 5.4. VARIABLES; 5.4.1. Variables for evaluating FA; 5.4.2. Variables for assessing eating habits; 5.4.3. Body composition variables; 5.5. STATISTICAL PROCEDURES.

This research is an applied deductive quantitative research – descriptive cross-sectional study. For the purposes of this study, 384 (170 men and 214 women) with an

average age of 22.1 ± 4.1 years were examined. The respondents studied at the two largest Lebanese universities specializing in sports or health sciences, as well as other social and technical sciences. For the purpose of assessing the level of physical activity, the participants filled in the extended English version of the IPAQ (International Physical Activity Questionnaire), which contained 27 questions covering four (4) domains of physical activity (physical activity at work, physical activity related to transport, household chores) and gardening /yard/ activities, and physical activity in free time), along with an assessment of sedentary time. All questions in the given questionnaire were related to the respondent's activity realized in the previous 7 days. The Italian Turconi questionnaire, which is also internationally standardized for use among the student population, was used to assess eating habits. In this research, 43 questions were used that covered the main nutritional aspects, including the frequency of food consumption, eating habits, but also physical activity and lifestyle, students' beliefs about nutrition and knowledge about nutrition. Eleven questions were added to cover socio-demographic data on respondents. Body composition was measured using the bioimpedance method (BIA, InBody 270 - Biospace Co. Ltd, Seoul, Korea). All respondents were chosen randomly by the method of random sampling, with voluntary consent to participate in the study (students filled out an online questionnaire - assessment of physical activity and eating habits).

All statistical analyzes were performed using the IBM Statistical Package for the Social Sciences (SPSS, version 25) and with the level of significance set at $p < 0.05$. The following statistical procedures were used for data processing:

• Descriptive statistics (Mean, Standard deviation - SD, Minimum - Min, Maximum - Max, Coefficient of variation - cV%).
• The regularity of data distribution will be determined using the Kolmogorov-Smirnov test for homogeneity of distribution - KSZ.
• The statistical methods below will be used to determine relationships, significant differences, and predictions between variables: Pearson Correlation, Chi Square Analysis, Independent Samples T-Test, Mann Whitney U Test, Analysis of Variance (ANOVA), Multivariate Analysis of Variance (MANOVA) and Multiple regression analysis (MRA).

6). **Results**: This chapter is divided into the following sub-chapters - 6.1. DESCRIPTIVE STATISTICS; 6.1.1. Demographic and other characteristics of the respondents; 6.2. STATISTICS OF LIFESTYLE VARIABLES; 6.2.1. Mann Whithey U test for non-parametric FA parameters; 6.2.2. Mann Whithey U test for non-parametric parameters of eating habits; 6.2.3. Independent t-test of differences in body composition in relation to gender and type of study; 6.2.4. Pearson correlation; 6.2.5. Chi-square for FA and dietary habits; 6.2.6. Multiple analysis of variance (MANOVA); 6.2.7. Multiple regression analysis: prediction of body composition based on FA and dietary habits.

In general, the results of the research showed that the basic anthropometric and body composition indicators of students of Sports and Physical Education were TV = 177.0 ± 7.0 cm, BMI = 72.8 ± 10.2 kg, BMI = 23.2 ± 2.4 kg•m-2, PBFM = 12.0 ± 4.3 %, and PSMM = 60.4 ± 7.7 %, while in sports and physical education students were TV = 164.0 ± 6.0 cm, BMI = 56.4 ± 7.0 kg, BMI = 20.9 ± 2.3 kg•m-2, PBFM = 22.2 ± 5.8 %, and PSMM = 42.0 ± 3.4 %. In students from the group of non-sports faculties, the same variables had the following values: TV = 177.0 ± 7.0 cm, BMI = 87.4 ± 16.4 kg, BMI = 27.8 ± 4.9 kg•m-2, PBFM = 24.3 ± 4.3 %, and PSMM = 60.3 ± 7.8 %, while for female students the given values were: TV = 163.0 ± 5.0 cm, BMI = 59.7 ± 10.1 kg, BMI = 22.4 ± 3.4 kg·m-2, PBFM = 24.1 ± 7.5 %, and PSMM = 41.5 ± 3.6 %. The results showed that 82% of male and 78% female students from

the Faculty of Sports and Physical Education have a BMI value in accordance with WHO standards of normal nutrition, while the percentage of male and female students from non-sports faculties was 25% and 64%, respectively.

In relation to the level of physical activity, it was determined that the given summary weekly level is 205 min/week, namely 113.7 min/week of high-intensity FA, and 91.4 min/week of medium-intensity FA, while those values are statistically significantly lower for students of non-sports faculties i.e. - a total weekly level of 85.2 min/week, with 41.3 min/week of high-intensity FA and 43.9 min/week of medium-intensity FA. In female sports students, the total weekly value of FA was 184.4 min/week, where 88.8 minutes belonged to high-intensity and 95.6 minutes to medium-intensity FA. For female students of non-sports faculties, the total value of FA was 79.2 min/week, of which only 29.9 min belonged to high intensity and 49.3 minutes to medium intensity FA. A statistically significant difference between the analyzed FA variables was also found in female students.

On average, the daily volume of sedentary activities of non-sports faculty students, regardless of gender, was 6.85 hours/day, while among sports faculty students it was 5.65 hours/day. In general, it was determined that, regardless of gender and type of study, Lebanese students had 6.25 hours/day of sedentary behavior on average. Men, regardless of the type of study (sports or non-sports faculty) have a statistically significantly higher level of weekly FA (observed via energy consumption) compared to girls (METs - student athletes 6447.1 MET/min/week, female student athletes 5434.3 MET/min /week vs non-athlete students 2845.6 MET/min/week, non-athlete students 2413.3 MET/min/week). The results of this research showed that the average total FA observed over energy consumption in Lebanese students was at the level of 4285 MET/min/week.

It should be noted that among sports students, the results of the correlation analysis showed a statistically significant positive association between the variables that define the amount of fat in the body (BFM, PBFMi BFMI) and weekly pizza consumption (r = 0.271, 0.288 and 0.283, respectively) , while in female students of the same field of study, the same connection was established with the consumption of cakes and fast food. Similar addictions were also found among male and female students of non-sports faculties.

7). *Discussion*, and 8). *Conclusion*: These chapters are written systematically and in accordance with all methodological and academic rules for writing doctoral dissertations of the University of Belgrade. In the end, the candidate concluded that, nevertheless, the level of FA among Lebanese university students is alarming, because 46% of respondents according to WHO standards are classified in the category of young people with a low level of FA, while 30.5% are classified in the group with a medium level of FA, and only 23.5% were classified in the group with a high level of FA. In relation to the quality of life from the aspect of eating habits and nutritional knowledge, the results showed that Lebanese students do not have significant deficits in both areas, although it was determined that students of the Faculty of Physical Education and Sports have healthier eating habits and a higher level of knowledge about nutrition, which is the most likely consequence of academic curricula between faculties of different orientations. However, generally speaking, only 1/3 of the respondents showed satisfactory knowledge about nutrition in the entire sample. The results of the regression analysis showed that in Lebanese students,

regardless of gender and educational orientation, eating habits have a greater influence on body composition than the level of physical activities. In relation to the set hypotheses, all hypotheses were confirmed, ie. accepted (HG, H1, H2, H3, H4 and H5), except hypothesis number 6, which was rejected.

CONCLUSION AND PROPOSAL OF THE COMMISSION

Student Fadi Fayed has fulfilled all the requirements stipulated by the Law for acquiring the right to defend his doctoral dissertation. The topic of the dissertation is focused on researching issues related to physical activities, eating habits and body composition of Lebanese university students of different educational orientations. The topic was formulated on the basis of a careful analysis of extensive bibliographic material, and the dissertation was written in English in accordance with all applicable academic and scientific-methodological rules of the University of Belgrade.

The research problem is explained in detail, and the goal and hypotheses are clearly formulated. The applied methods in the research made it possible to realize the set goals of the research and in accordance with all ethical standards of scientific work.

The commission is unanimous in its assessment that the research provided new, scientifically-methodologically based, knowledge from the descriptive and causal aspects of physical activity, eating habits and body composition among Lebanese students. The findings of the research have the potential of direct application in academic practice, because they directly indicate the current state of the given phenomenology and thus provide the possibility of applying the results in terms of developing the program and the content of the promotion and improvement of the given spaces among the young population of Lebanon.

Based on the overall qualitative and quantitative analysis of the content of the doctoral dissertation, scientific and practical work and the candidate's contribution, the Commission is unanimous in its assessment that the student Fadi Fayad has fulfilled all the legal requirements that are required of him in terms of writing a doctoral dissertation, and the same, under the name "PHYSICAL ACTIVITY PROFILE, EATING HABITS, AND BODY COMPOSITION STATUS IN LEBANESE UNIVERSITY STUDENTS: COMPARATIVE STUDY" we submit to the Teaching and Scientific Council of the Faculty for adoption and forwarding in further procedure.

In Belgrade, 15.06.2022. years

Commission members:

_____
Dr. Marina Đorđević Nikić, full professor,
University of Belgrade - Faculty of Sports and Physical Education, president of the commission

_____
Dr. Goran Prebeg, associate professor,
University of Belgrade - Faculty of Sports and Physical Education, member

_____
Dr. Miloš Maksimović, associate professor,
University of Belgrade - Faculty of Medicine, member