


# Tharwat Sayel

## Al-Mohsen

PhD in physical Education

 22 / 8 / 1987

 Amman – Jordan

 +962781110463

 [leen.dareen@yahoo.com](mailto:leen.dareen@yahoo.com)



### PROFILE

Diligent and motivated to learn everything new, looking forward to developing myself and the place I am in, keen to achieve all my ambitions and goals, I have patience and perseverance that enables me to see my future in front of me now, I raise the slogan of life to whoever wants it.

A leadership personality capable of making decisions and bearing responsibility, I have high communication and social skills, and the ability to withstand work pressure by showing work

### LANGUAGES

Arabic

English

### PERSONAL INFO

**Nationality :** Jordanian

**Marital status :** Married

### EDUCATION

- **The University of Jordan ( 2016 – 2020 )**
- PhD in physical Education
- **Yarmouk University - Irbid – Jordan ( 2013 – 2015 )**
- Master's degree in Sports Science/Kinesiology
- **Yarmouk University - Irbid – Jordan ( 2005 – 2009 )**
- Bachelor's degree in physical education, good grade

### WORK EXPERIENCES

- **the Ministry of Education - Jordan (2009 - 2023)**
- **Job title :**
- Teacher
- **German Center for Physiotherapy and massage (hidden) / Jordan (2015 – 2016 )**
- **Job title :**
- Therapeutic massage specialist
- **Fitness One center / Jordan (2016-2017)**
- **Job title :**
- Fitness trainer and personal training PT
- **The Hashemite University ( 2021 )**
- **Job title :**
- Part-time lecturer

- **Al al-Bayt University ( 2022 )**
- **Job title :Part-time lecturer :Gymnastics - Health Education**
- **El Hassan Youth City ( 2022 )**
- **Job title :Gymnastics coach**

## CONFERENCES

- **The Arab-European Conference on Sport and Health Sciences ( 11/1/2017 - 11/4/2017 ) between (Dead Sea)**
- **London International Forum for Sport Science in the Age ( 15 / 2 / 2018 - 20 / 2 /2018 ) between digital-**
- **International Scientific Conference - Arab Women's Sport -Challenges and Opportunities (Egypt) from (27/3/2019 - 30 / 3/ 2019 )**
- **The third international conference on research in the humanities and social Turkey - Antalya 25-11-21-20**
- **The Fourth International Conference on Modern Trends in International Relations, Media and Social Sciences / Ankara – Turkey ( 1-2 Aug 2022 )**

## COURSES

- **Right to Play course / UNICEF ( Jan 2011 )**
- **Interactive learning course / Jordan River Foundation (2013)**
- **A training course for teacher training for the case support program emergency to maintain the quality of education for Syrian students in Jordan**
- **The Ministry of Education in cooperation with the United Nations in ( Sept 10, 2013 – Sept 19, 2013)**
- **A course in physiotherapy and massage / Khafaya Center to provide treatmentNatural and rehabilitation by German methods / ( April 2015 - June 2015 )**

- **Swimming Arbitration Course / Jordan Swimming Federation ( 2014 )**
- **Table Tennis / Al al-Bayt University / August 2016**
- **Badminton / Al al-Bayt University / August 2016**
- **Preparing trainers for fitness centers and personal training**
- **The Hashemite University ( Sept 2016 – Oct 2016 )**
- **KOICA Modern School Course ( 2021 )**
- **Gender Course Ministry of Education ( 2022 )**
- **ICDL Course**
- **TOEFL Course**
- **Artistic gymnastics training course - Jordan Gymnastics Federation 2023**
- **Certificate of Practacticing the profession, Yarmouk University 2023**
- **National Coaching Certification Program-The first levelFrom 16-21 / 9 / 2023 Jordan Olympic Committee**

## SKILLS

- **The ability to innovate in the field of sports**
- **Incorporating sports into information technology**
- **The ability to train many sports onMinistry of Education level**
- **Leadership, teamwork and work under pressure**
- **Oral and written communication in both Arabic languages And English.**
- **Awareness and management**
- **Time management skill**
- **Negotiation, decision making and problem solving**
- **Flexibility, adaptability, collaboration and creativity**
- **jadara university - teaching gymnastics 2023**

# RESEARCH

- **Scopus :Review of International Geographical -Education Online (RIGEO) (ISSN 2146- 0353) Issue 2022.**

**TITLE: The Most Common Sports Injuries in Gymnastics Courses Among Female Students of Physical Education Faculty at the University of Jordan. Tharwat Sayel AL mehsen 2**

- **Scopus: Attitudes of Students of Physical Education at the University of Jadara towards Distance Education, International Journal of Membrane Science and Technology, 2023, Vol. 10, No. 3, pp 1467-1475ah6 ,Dr.Tharwat sayel almehsen3**
- **Scopus: Social Relations between Faculty Members and Students of the Faculty of Physical Education at Al-Yarmouk University from the Students' Perspective.” has been accepted for publication on KURDISH STUDIES, ISSN 2051-4883, E-ISSN 2051-4891, An international journal indexed by DOAJ and EBSCO, Scopus, Scimago and WoS. 2023**