



# Qusai Al-Yaseen

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## Address

Amman, Jordan

## Nationality

Jordanian

## Year of Birth

1991

To leverage my experience in Sports Sciences, and to mentor students while conducting impactful research, in order to advance the field of sports sciences through academic excellence.

## EDUCATION

### **PhD. in Physical Education (Sports Science) - University of Jordan (2020)**

Practical Major: Swimming

Specific Major: Sports Psychology

PhD. Dissertation title: Psychological Flexibility Technique and its Relation with Jordanian National Swimmers Motivation Achievement

Rating: Excellent

### **MSc in Sports Sciences - Yarmouk University (2015)**

Practical Major: Swimming

Specific Major: Sports Psychology

Thesis title: The Effectiveness of Mental Training in Improving the Level of Swimming Learning Among Students of the Faculty of Physical Education

Rating: Very Good

### **BSc in Physical Education - Yarmouk University (2013)**

GPA: 81.4 / Rating: Very Good

## WORK EXPERIENCE

### **Assistant Professor - Jadara University (2023 - Present)**

Faculty of Educational Sciences, Department of Sports Education

### **Sports Teacher - Ministry of Education (2013 - 2023)**

Teaching school students basic training routines in order to achieve a healthy lifestyle.

### **Swimming Coach & Lifeguard - Fitness Place (2013 - 2023)**

Giving private swimming lessons to different age groups and being a lifeguard.

## **Swimming Trainer - Jerash Sports Club Team**

**(2016-2022)**

Personal swimming trainer for Jerash Sports Club Team

## **Fitness Trainer - Jerash Sports Center**

**(2012)**

Personal trainer and coach for multiple sports at the center.

**Swimming Referee for many local sports courses**

**Coach of the Jerash Education Directorate for Swimming**

**Coach of the Jerash Athletic Club Team for Athletics**

## **CONFERENCES**

- **3rd International Conference "Future Educational Visions & Aspirations (Pioneering & Creativity)" / Jadara University in Irbid Jordan - 2023.**
- **10th International Conference "International Development in Sports (Qatar World Cup 2022)" / Yarmouk University in Irbid, Jordan - 2023.**

## **TRAINING COURSES**

- **Teaching and Learning Using Modern Teaching Methods and Educational technology for Practicing Academic Work - Jordan, 2022.**
- **Fitness training course from the Emirates Leadership Preparation Center - United Arab Emirates.**
- **Psychological preparation course for trainers from the Emirates Leadership Development Center - United Arab Emirates**
- **Aquatic rescue course, Leaders Preparation Center, under the supervision of the Jordanian Swimming Federation, 2012.**
- **Swimming Instructor's Course, Jordan Swimming Federation.**
- **The Jordan Volleyball Federation Volleyball Referee Course.**
- **Swimming Referee Course, Jordan Swimming Federation.**
- **Holds International Computer Driving License (ICDL), 2013.**
- **Teacher's Training Course of 160 hours.**
- **TOT Training Course.**
- **Attended many sports research seminars conducted in the field of physical education.**

## **RESEARCHES**

- **The Effect of Therapeutic Massage & Stretching Exercises on Ankle Flexibility Among Patients with Spastic Cerebral Palsy, Journal of Physical Education and Sport. (In Process).**
- **The Kinematic Analysis of the Straight Punch in Two Ways for Amateur Boxing Players in Jordan, Journal of Universidad De Murcia.**
- **Attitudes of Physical Education Teachers Towards the Participation of Students with Disabilities in the Physical Education Class in Schools, Journal of Membrane Science and Technology.**
- **The Causes of Burnout Between Individual and Group Athletes from the Point of View of the Trainers, Journal of Applied Science Private University.**
- **The Level of Application of the Curriculum Based on the Knowledge Economy from the Point of View of Physical Education Teachers in the Schools of Ajloun Governorate, Journal of Applied Science Private University.**
- **Mental Rigidity and its Impact on the Competitive Behavior of Jordan Basketball Players, Jordan Journal of Education Sciences.**
- **The Relationship of Mental Toughness to the Competitive Behavior of Women Players in Certain Individual and Group Sports. Journal of Social Sciences, Kuwait University.**
- **A Comparative Study of the Quality of Life among the Visitors of Al Hussein Sports City, for Some Demographic Variables. Jordan Journal of Applied Sciences.**