







## Alaa Abu AlOyoun


### INFO


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00962 79 7366644


 Email  
Aboaloyoun.alaa@gmail.com

 Address  
Amman, Jordan

 Nationality  
Jordanian

 Date of Birth  
15<sup>th</sup> of May, 1986

 Marital Status  
Married

 Place of Birth  
Kuwait

 Driving License  
Available

### LANGUAGES

Arabic - Native

English - Very Good

### CAPABILITIES/SKILLS

- Computer Skills
- Communication
- Teamwork
- Motivation
- Public Speaking

### HOBBIES

Boxing      Traveling      Shooting

### REFERENCES

Available upon request.

### > OBJECTIVE

A hard worker with a wide knowledge in the physical education field. Looking for an opportunity that matches my educational level and my practical experience, to share it with others and learn from them, in order to improve my skills.

### > EDUCATION

- 2012 - 2015 University of Jordan, Jordan  
PhD in physical education – GPA of 3.79
- 2009 - 2011 University of Jordan, Jordan  
Masters in physical education – GPA of 3.75
- 2004 - 2008 University of Jordan, Jordan  
Bachelor in physical education – GPA of 3.26
- 2004 Umama Bint Abi Al Aas School, Jordan  
High school Diploma – 80.01%

### > ACADEMIC WORK EXPERIENCE

- 2021 - 2022 Lecturer, Jordan  
At the sports science college in the Hashemite University
- 2016 - 2017 Lecturer, Jordan  
At the sports science college in the Hashemite University.
- 2014 - 2018 Instructor, Jordan  
In “Message Skills” courses at the University of Jordan.
- 2014 - 2018 Instructor, Jordan  
In “Therapeutic Message” courses at the University of Jordan.

### > PRACTICAL WORK EXPERIENCE

- 2010 - present Freelancer, Jordan  
Working privately in injuries rehabilitation.
- 2012 - 2014 Physical Education Teacher, Jordan  
In Doroob Al Asala Schools.
- 2010 Practical Training, Jordan  
In the Rehabilitation Department in the University of Jordan Hospital.
- 2008 - 2012 Instructor/Coach, Jordan  
In multiple gyms across Amman.

## > Conferences

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- 2023 10<sup>th</sup> International Conference “International Development in Sports (Qatar World Cup 2022)” / Yarmouk University – Irbid, Jordan
- 2022 3<sup>rd</sup> International Scientific Conference for Physical Education and Sports Sciences / Hashemite University – Amman, Jordan.
- 2020 1<sup>st</sup> Physical Therapy and Rehabilitation Medicine Congress - Dubai, UAE.
- 2018 IV International Scientific Practical Conference “ Sport-Way to Peace Among Nations” - Moscow, Russia.
- 2018 14<sup>th</sup> Annual International Conference on Kinesiology and Exercise Sciences - Athens, Greece.
- 2018 1<sup>st</sup> International Scientific Conference for Ajman Club for Disabled - Ajman, UAE.
- 2017 6<sup>th</sup> International Conference for Sports in Facing Crime - Dubai, UAE.
- 2017 Arabic European Conference for Sport and Health Sciences - JU, Jordan.
- 2016 11<sup>th</sup> International Sport’s Scientific Conference for Physical Education Colleges - JU, Jordan.
- 2013 5<sup>th</sup> Creative Sport’s Conference - JU, Jordan.

## > Training Courses

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- 2023 Teaching and Learning Using Modern Teaching Methods and Educational technology for Practicing Academic Work – Jordan.
- 2017 Sports Therapist Course - Jordan.
- 2017 Basic Life Sport (CPR) - Jordan.
- 2016 ICDL Diploma - Jordan.
- 2014 Therapeutic Message - JU, Jordan.
- 2012 Track and Field Training Course - Jordan Athletics Federation, Jordan.
- 2009 Message Skills Course - JU, Jordan.
- 2008 Swimming Training Course Level 3 - Jordan.

- بحث بعنوان " الاصابات الرياضية الشائعة لدى لاعبي كرة القدم المحترفين في فلسطين – بحث مقبول للنشر في الدورية السعودية للطب الرياضي – 2018.
- بحث بعنوان " أثر التدليك العلاجي وتمارين الاطالة على مرونة مفصل الكاحل لدى المصابين بالشلل الدماغي التشنجي "، بحث منشور – المؤتمر العلمي الدولي الاول لنادي عجمان لذوي الاعاقة – أصحاب الهمم إنجاز وأمل – الامارات العربية المتحدة – 6-9 أيار 2018 .
- بحث بعنوان " الاصابات الرياضية الأكثر شيوعا لدى لاعبات الجمباز في بعض المراكز الخاصة في مدينة عمان"، بحث مقبول للنشر – المجلة التربوية الاردنية - الجمعية الاردنية للعلوم التربوية – عمان، 2018.
- بحث بعنوان " الاصابات الرياضية الشائعة لدى لاعبي كرة الطائرة في الاردن – دراسة مقارنة "، بحث منشور – المؤتمر العربي الاوروبي لعلوم الرياضة – الجامعة الاردنية – عمان ، 2017.
- بحث بعنوان " الاصابات الرياضية الشائعة لدى لاعبي الكراتيه في الاردن "، بحث منشور – المؤتمر العلمي الرياضي – كلية التربية الرياضية-الجامعة الاردنية، عمان، 2016
- بحث بعنوان " اثر برنامج علاجي مقترح باستخدام مجموعة وسائل علاجية على درجة الانزلاق الغضروفي في الفقرات القطنية من العمود الفقري " ، بحث منشور في المجلة العلمية - كلية التربية البدنية وعلوم الرياضة - جامعة بغداد-2016.
- بحث بعنوان " الاصابات الرياضية الشائعة لدى لاعبي كرة الطاولة في الاردن"، بحث منشور في المجلة العلمية للتربية البدنية وعلوم الرياضة- جامعة حلوان-2016.
- بحث بعنوان "أثر استخدام التمرينات العلاجية لتأهيل المرضى بعد إجراء عمليات استبدال مفصل الركبة" ، رسالة ماجستير منشورة – مؤتمر الابداع الرياضي الخامس – الجامعة الاردنية- عمان ، 2013.

الابحاث المنشورة والمقبولة للنشر باللغة الانجليزية

- "The kinematic analysis of the straight punch in two ways for amateur boxing players in Jordan" Sport TK American journal of sport science, (ISSN; 2340-8812), 2024
- "Sources of anxiety among students enrolled in swimming courses in the faculty of physical education and sports sciences" Journal of sport and health science no. 6, Volume 12, 2023
- "The effect of a proposed training program using weights to improve the muscular strength of the lower part and the back kick skill of jumping for kickboxing players" Journal of positive school psychology, Vol. 6 No. 6 (2022).
- "The effect of a proposed training program using weights to improve the muscular strength of the lower part and the back kick skill of jumping for kickboxing players" Journal of positive school psychology Vol. 6 No.6(2022).
- "Effect of massage and therapeutic exercise on adolescent with mild scoliosis". World physical therapy and rehabilitation medicine congress – 22-23 Feb 2020, Dubai.
- "The effect of rehabilitation program on the degree of movement satisfaction and depression for patients with breast cancer after mastectomy". Biology of exercise Vol 15.1.2019
- "Effect of therapeutic exercises on adolescent with scoliosis" - IV International scientific practical conference "SPORT-WAY TO PEACE AMONG NATIONS "16-20 October 2018, Moscow.
- "The effect of a therapeutic program on the degree of cervical herniated disk". Journal of the Romanian Sport Medicine Society - Medicine Sportiva (2018), vol. XIV no 1, 2992-2998.
- "The effect of different methods of treatment for patients with lumbar herniated disc" - ATHENS INSTITUTE FOR EDUCATION AND RESEARCH- 14th Annual International Conference on Kinesiology and Exercise Sciences 30-31- July & 1-2 August 2018, Athens, Greece.
- "The most common sports injuries among aerobics practitioners in Jordan 2017", Journal of physical fitness, medicine, & treatment in sports Vol.2, issue 1-feb 2018.
- "Common sports injuries among physical activities practitioners at the physical fitness centers in Jordan" (Comparative study) - Asian social science; Vol. 12, No. 5; 2016.

## > Subjects were taught

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- Anatomy
- Sports Injuries
- Sports Rehabilitation
- Evaluation and treatment of body injuries
- Motot Learning
- Massage Skills
- Therapeutic Massage Skills

## > References

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- Upon Request