

CURRICULUM VITAE

Haifa Jamhour

Beit Anan, Jerusalem, Palestine

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Highly enthusiastic teaching professional with 22 years' experience. Proven ability to tailor lessons to accommodate multiple inelegancies and meet the diverse needs of regular and special education students. Talent for integrating training and educational activities, which seeks to promote learners well- being, team work, and sportsmanship. Active team member; dedicated to increase student's achievements and fostering positive relationship with the workplace community. Areas of expertise:

- Higher Education Experience.
- Adults Learning
- Fitness Development
- Individual Instructions
- Integrated Activities
- Behavior Modification
- Curriculum Development
- Motivational Techniques
- Hands-on instructions
- Performance Assessment
- Cooperative Learning

EDUCATION & TRAINING:

EDUCATION

- | | |
|---------|---------------------------------------------------------------------------------------------------|
| 1/2016 | Ph.D., in Physical Education and Sports,
University of Jordan, Amman, Jordan |
| 07/2011 | Ms., Methods and Teaching Techniques.
Al-Quds University-Abu Dis, Jerusalem, Palestine. |
| 01/2004 | B.A., Physical Education
Al-Quds University-Abu Dis, Jerusalem, Palestine. |
| 06/2000 | Diploma, Physical Education
Palestine Technical College for Girls, Ramallah, Palestine. |

TRAINING & LICENCING:

2012	Basketball Trainer – Class (A) Training Course ,(Full Time 6-months Training). Leipzig University , Leipzig, Germany.
2018	Aerobic Trainers Course (85 Training Hours)/ TRAINING, London-UK.
2009	Advanced Sports Training Techniques (25 Training Hours). Palestine Technical College for Girls, Ramallah, Palestine.
2005	Learning Methods for Supervisors (15 Training Hours) Ministry of Education and Higher Education, Ramallah, Palestine.
2005	Theories in Teaching and Education (30 Training Hour). Ministry of Education and Higher Education, Ramallah, Palestine.
2004	Advanced Computer Skills (30 Training Hour). Ministry of Education and Higher Education, Ramallah, Palestine.
2004	Teaching and Education Research (25 Training Hour). Ministry of Education and Higher Education, Ramallah, Palestine.
2003	Advanced Supervisory Skills in Teaching and Education (25 Training Hour). Ministry of Education and Higher Education, Ramallah, Palestine.
2002	Intermediate Supervisory Skills for Teaching and Education (15 Training Hours).
2002	Basic Supervisory Skills for Teaching and Education (20 Training Hours).

AWARDS/HONORS

08/ 2010

Represent Palestine in the Arab's Universities League in
Cairo, Egypt (Management team)

WORK EXPERIENCE:

HIGHER EDUCATION EXPERIENCE

02/2020- Present

**Instructor (Assistant Professor), Physical Education/ Head
of the physical education department.**

Palestine Technical University Kadoorie

- Currently teaching courses in the following subjects:
 - Gymnastics (1)
 - Basketball (2)
 - Gymnastics (2)
 - Advanced Studies in Selection
Game/Basketball
 - Physical education for special cases
 - Physical Activity
 - Introduction to Sport Psychology
 - Curricula of Physical Education
 - Measurement and Evaluation in Physical
Education
 - Fitness
 - Physical Preparation
 - Judo
 - Methods for Teaching Physical Education
 - Field Training (2)

09/2016- 2020

**Instructor (Assistant Professor), Physical Education
The Arab American University, Palestine**

- Currently teaching courses in the following subjects:
 - Basketball
 - EXERCISE
 - METHODS AND STYLES IN PHYSICAL EDUCATION
 - Gymnastics
 - Rhythm
 - Sports Psychology
 - CURRICULUM IN PHYSICAL EDUCATION
- Responsible for all aspects of teaching, including:

- Curriculum enrichment
- Evaluation of student skills
- Evaluation of student research
- Administrative duties include the following:
 - Curriculum development
 - Selection of course materials and equipment

09/2008-08/2016

Instructor, Physical Education

Palestine Technical College for Girls, Ramallah

- Currently teaching courses in the following subjects:
 - Basketball
 - Gymnastics
 - Rhythm
 - Anatomy
 - Physiology
 - Sports Psychology
- Responsible for all aspects of teaching, including:
 - Curriculum enrichment
 - Evaluation of student skills
 - Evaluation of student research
- Administrative duties include the following:
 - Curriculum development
 - Selection of course materials and equipment

SUPERVISORY EXPERIENCE

02/2002-09/2008

Physical Education Supervisor, Jerusalem Suburbs

Palestinian National Authority Department of Education
Al Ram

- Conducted annual performance evaluation and review of physical education teachers in all public and private schools within the suburbs/villages of Jerusalem
- Conducted annual evaluation and review of schools
- Provided individual feedback to teachers
- Taught physical and general training courses to teachers for professional enrichment
- Coordinated recreational games and activities for teachers as performance incentives
- Coordinated recreational games and activities for students

- Completed 138 hours of continuing education on physical and general education topics, including scientific research, computer skills, supervision, and educational resources, among others.

TEACHING EXPERIENCE

09/2001-02/2002

Physical Education Teacher

Bir Nabala Secondary School for Girls

- Responsible for all aspects of teaching physical education courses for grades 7-12
 - Developed lesson plans and evaluated skills
 - Coursework included basketball, handball, gymnastics, track and field, rhythm, badminton, volleyball, and tennis
- Coached teams for competitive and intramural sports

09/2000-09/2001

Physical Education Teacher

Beit Anan Primary School for Girls

- Responsible for all aspects of teaching physical education courses for grades 4-9
 - Developed lesson plans and evaluated skills
 - Coursework included basketball, handball, gymnastics, track and field, rhythm, badminton, volleyball, and tennis
- Coached teams for competitive and intramural sports

PUBLICATION/RESEARCHES/SCIENTIFIC PAPERS/PRESENTATIONS:

RESEARCHES & PAPERS:

- Some psychological variable and their relationship with sporting achievement motivation for single games players at the University of Jordan. Accepted in DIRASAT: VOL44, NO 4(2017).
- The level of physical activity in Palestine and its relationship to stress. Accepted in المجلة الدولية للإلكترونية الشاملة / (EIMJ) VOL 477, NO 5 (2022).
- Obesity and its relationship with smoking among people with motor disabilities in Palestine. Accepted in DIRASAT: EDUCATIONAL SCIENCES, VOL 44, NO 4 (2017).
- Level of physical activity among disabled people in Palestine and its relationship to some psychological and health variables, Accepted and

Discussed in International Conference of Special Education. Sharjah – UAE 7 – 9 Feb, 2017.

- The levels of Obesity among people with type 2 diabetes and Hypertension in Palestine and its relationship to smoking and age in Palestine. Accepted in Rihan Journal for Scientific Publishing: Issue 23 (2022) PP 422:433.
- Short-term memory and its relationship to physical activity and learning speed among students of Palestine Technical University. /المجلة العربية للعلوم التربوية والنفسية/. Accepted in JASEP: VOL 6, NO 1 (2022).
- Participant in International Conference of 6th of Asos Congress will be organized on April 18-20, 2019 hosted by Alanya Alaaddin Keykubat University in Alanya/Antalya.
- Participant in International Conference of The 7th International Conference on Social Sciences: Ankara-Turkey -25/27-oct-2019
- Participant in International Conference of sport science (ICSSCC) "Challenge of Change" 5-7 November 2014. Dead Sea-Jordan. organized by; Faculty of physical education, The University of Jordan-Amman. Otto von Guericke University Magdeburg and the German Academic Exchange Sewice (DAAD).
- Participant in seminar scientific for physical culture and health "Lack of physical activity is a major health risk" organized by; Arab Federation for Physical Culture. Amman –Jordan 4th of April 2015.
- Attitudes of sports activity supervisors towards the participation of students with disabilities in school sports activities in West Bank schools/ /المجلة العربية للعلوم ونشر الابحاث/. Accepted: VOL 6, NO 1 (2022).
- The level of obesity and its relationship to the level of visceral fat in adults in Palestine / د هيفاء جمهور مجلة كلية فلسطين التقنية للأبحاث / د بسام حمدان، د هيفاء جمهور مجلة كلية فلسطين التقنية للأبحاث / (المجلد التاسع 2022) والدراسات 9