



Faculty Member – Faculty of Sport Sciences / University of Jordan

## PERSONAL

Date of Birth: 20-6-1990  
Nationality: Jordanian  
Gender: Male  
Marital status: Divorced and I have a child

## Contact

Phone  
00962-799504445

Email  
s.qarra@ju.edu.jo  
Salem\_alqarra@yahoo.com

Address  
Amman, Jordan

## Language

Arabic    ● ● ● ●  
English   ● ● ● ●

# Dr. Salem Atef Al. Qarra

## About me

15 years of practical experience in the field of education and training for various sports environments in universities, schools, clubs and sports academies, armed with professional preparation at the academic and practical levels that focuses on strategic planning and building sports achievement in football, developing the personality of children and youth, programming training work and developing the capabilities of players and teams from the grassroots to professionals.

## Education

- PHD Degree in Supervision and Instruction in Physical Education – Faculty of Sport Sciences, University of Jordan (Sep2020-Sep2023) with distinction
- Diploma from Faculty of sport science – Leipzig University, ITK online 20/21 (20th of September to 31st of January)
- Masters of Physical Education–University of Jordan (Sep2013–Aug2015) with distinction.
- Diploma in sports training ‘Football’ Faculty of sport science Leipzig University / Germany from 2nd of March to 29th of July 2015 international coaching course (ITK)
- Bachelor of Physical Education– University of Jordan (2009–2013) ranked first in class with distinction.

## Academic Experiences

- Lecturer – Physical Education Department of Sport Science at University of Jordan (Oct2024–until now).
- Teacher of Sport Science at University of Jordan (Apr2021–Oct2024).
- Lecturer of Sport Science at University of Jordan (Sep2016–Apr2021).  
Responsible for teaching the following courses:
  - Basic Skills in Soccer
  - Advanced Skills in Soccer
  - Physical Conditioning
  - Aerobic and Anaerobic Exercises
  - Application in Teaching Physical Education to Deferent Age Groups
  - Field Training
- Lecturer in numerous workshops on education, training, and football.
- Member of several committees at the Faculty of Sports Sciences, University of Jordan, from September 2016 to present.
- Rapporteur of the Sports Committee at the Faculty of Sports Sciences, University of Jordan, from October 2024 to present.

## Academic Experiences

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- Member of the Sports Excellence Committee, Football and Fitness, University of Jordan, from September 2016 to present.
- Participation in international conferences held by the Faculty of Sports Sciences at the University of Jordan in collaboration with international organizations and universities.
- Participation in the organizing committees of conferences held by the Faculty of Sports Sciences at the University of Jordan.
- Participation in the German DAAD project "Education and Communication in Sports with Children and Adolescents in Various Locations" at the Karlsruhe Institute of Technology, Germany, in September 2021.

## Coaching Experiences

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- Head Coach of the Orthodox Club's Women's Team, participating in the Jordan Football Association's Professional Women's Championships for the 2022, 2023, and 2024 seasons.
- Second Place in the Jordanian Professional Women's League for the 2023 season Second Place in the Jordan Professional Women's Cup for the 2024 season, and Semi-finalists in the Jordan-Saudi Clubs Championship for the 2023 season, with the participation of Al-Nasr, Al-Hilal, Al-Ittihad, and Al-Shabab from Saudi Arabia, in addition to Jordanian clubs.
- General Coach of Ma'an Club, participating in the Jordanian Professional League, 2022 season
- Assistant Coach of Ma'an Club, participating in the Jordanian Professional League, 2021 season
- Football Coach - University of Jordan National Teams, December 2021 to January 2022
- Technical Director of Al-Ahli U15 Team, participating in the Jordanian Professional League, 2019-2020 season
- Football Coach - Amman Elite Academy and International Academy Amman School (IAA), from September 2015 to September 2019
- Monitoring and analyzing the technical, physical, and tactical aspects of various age groups at RB Leipzig for a period of five months as a requirement for the Football Diploma at the University of Leipzig (2015)
- Football and Weight Training Coach at the Faculty of Physical Education at the University of Jordan from September 2013 to August 2016
- Football Coach at Al-Mashreq International School from 2010 to 2014

## Player Experiences

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- Football player for Al-Faisaly Club from 2006 to 2009, participating in tournaments for the under-16, under-17, under-18, and under-20 age groups.
- Player for the Jordanian national youth football team at the under-13 and under-14 age groups from 2003 to 2004.
- Player in Prince Ali Youth Centers 2001-2004.

## Certificates

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- AFC A License Football
- AFC B License Football
- AFC C License Football
- FIFA Fitness Coaching Course
- Fitness – Personal Trainer from Sport Performance Institute SPI
- Fitness – Personal Trainer from University of Jordan
- Participate in many workshops related to sport sciences, sport training and football training.

## Research published, In English

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- Nutritional Knowledge, Practices, and Habits of Elite Female Soccer Players According to Playing Position
- Anthropometric and Physical Indicators Among Jordanian Female Soccer Players According to Playing Position
- The Relationship Between Screen Time, Sleep Quality, and BMI Among Students at the University of Jordan
- The Validity of the Borg Scale for Perceived Exertion in Determining Levels of Aerobic Exercise Intensity Through
- The Relationship Between Mindfulness and Self-Efficacy and Its Impact on Performance Level in Practicing the Front Crawl Swimming Skill of the Deaf Student Enrolled at the Faculty of Sports Sciences at the University of Jordan
- Psychosocial Compatibility and Its Relationship with Motivation Among Sport Science Students During the COVID-19 Pandemic
- Self-Coping Strategies Among Jordanian Athletes During Ramadan Fasting: A Questionnaire Proposal
- Reference Values of Hand-Grip Strength for 6 to 18-year-olds in Jordan

## Research published, In Arabic

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- The Level of Self-Confidence and Its Relationship with Motivation to Learn Basic Football Skills among Students of the Faculty of Sports Sciences at the University of Jordan
- The Motivation Level of Football Course Students According to the Teaching Method Used
- Kinematic analysis of the skill of receiving the ball front the inner sole of the foot and shooting in the front face of football players in faculty of physical education
- The Reality of Using Modern Technological Tools in Physical Education Lessons from the Perspective of Physical Education Teachers
- An Evaluation of the Role of Field Training Supervisors in the Faculty of Sports Sciences in the Development of the Competencies of the Student Teacher
- Self Esteem level of Students enrolled in Football Context according to Teaching Methods Applied, A Comparative Study
- The level of mental alertness among students of individual and team sports courses at the Faculty of Sports Sciences at the University of Jordan.
- The Effect of Using the Cooperative Learning Strategy on The Skills Achievement of Students Studying Soccer Skills at Faculty of Sport Science at The University of Jordan

## Awards

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- Coach of the 2023 Jordanian Women's Professional League Football Season - Al-Ghad Newspaper.
- Coach of the University of Jordan's Student Team and Winner of the 2022 Jordanian Universities Championship.
- Coach of the University of Jordan's Female Team and Winner of the 2022 Jordanian Universities Championship.
- The distinctive experience in E-learning at the level of higher education in Jordan during the beginning of the Corona pandemic, the second semester of the university year 2019-2020

## Research Interests

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- Sports Training
- Measurement and Evaluation
- Football