

Dr. Thekra Al Awalmeh

Nationality: Jordanian

Gender: Female

### **CONTACT**

📍 Amman, Jordan

📧 zekra.zawawi@gmail.com 📧

(+962) 798022873



### **WORK EXPERIENCE**

Amman, Jordan

The University of Jordan

Teaching many courses at the University of Jordan / College of Sports:

Swimming course 1

Swimming course 2

Physical preparation course

Field training course

Training course using equipment and weights Popular Games Course

#### **2006 –CURRENT – Amman, Jordan**

Lifeguard and supervisor of the fitness center in the

College of Sports

University of Jordan

## **EDUCATION AND TRAINING**

**2020 –Amman, Jordan**

PhD in Swimming, mechanics and sports training

The University of Jordan

"The effect of the (sets drop) and (sets super) resistance training systems On some physical and physiological measurements and kinematic variables in crawl swimming On the abdomen of the student of the Faculty of Physical Education"

**2016 –Amman, Jordan**

Master's Degree in Specialization Swimming

The University of Jordan

"The extent to which public health, safety and security standards are applied in swimming courses in Jordanian universities."

**2004 –Amman, Jordan**

Bachelor's Degree in Physical Education

The University of Jordan

**02/01/2019-09/02/2019**

Personal Training Course, Grade: A

**24/04/2011-24/05/2011**

Therapeutic massage course

ICDL

**05/04/2007-25/07/2007**

Massage principles course

**05/04/2006-02/06/2006**

Lifeguard course

## **LANGUAGE SKILLS MOTHER TONGUE(S): Arabic**

OTHER LANGUAGE(S): English

Listening	Reading	Spoken production	Spoken interaction	Writing
B2	B2	B2	B2	B2

## **CONFERENCES AND SEMINARS**

01/11/2017-03/11/2017

The Arab-European Conference on Sport and Health Sciences  
(Challenges of Change 2)

05/11/2014-07/11/2014

The Arab-European Conference on Sport and Health Sciences  
(Challenges of Change )

## **HOBBIES AND INTERESTS**

### **Including:**

- Practical training is the basis of development
- Find new challenges and face challenges
- Keeping abreast of everything new in the field of sports sciences to achieve development
- Achieving the spirit of teamwork and following up on developments in sports sciences
- Teaching is a passion that I enjoy when practicing, achieving efficiency and socializing with the
- recipient based on respect and responsibility SKILLS

## **SKILLS**

### **Including:**

- Microsoft Office
- Ability to Work Under Pressure ◦ Team-work oriented
- Efficient multi-tasking
- Time management

## **RESEARCHES**

- The effect of a suggested training program with a high-intensity interval training method on the anaerobic capacity of the Philadelphia University basketball players
- Predictive Models of Front Crawl Swimming Achievement in Terms of Some Anthropometric, Physical and Kinematics Variables among Physical Education Students
- The effects of two resistance training systems (Drop sets) and (Super sets) on some kinematics variables in crawl Swimming among physical education college students
- The effects of two resistance training systems (Drop sets) and (Super sets) on some body and physical measurements among physical education college students