



HAMZEH ALTARAWNEH

SPORT SCIENCE LECTURER

Over the course of my career, I have honed my skills in effective communication, interpersonal relations, and organizational management. My adaptability and problem-solving abilities have been instrumental in navigating various challenges and achieving success in dynamic environments. I have demonstrated a commitment to fostering a culture of inclusivity and diversity, both in my interactions and through active participation in related initiatives. My dedication to ongoing learning and professional development aligns with the values of academia, making me a valuable addition to any university team.



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SKILLS

- Positive Communication Strategies
- Outstanding Communication
- Performance Management
- Professional Assistance
- Strong Interpersonal Skills & Exceptional Organizational Proficiency.
- Proven Adaptability & Effective Problem-Solving Aptitude.
- Critical Analytical Thinking & Collaborative Teamwork Skills.

EDUCATION

MASTER OF SPORTING SCIENCES

Mu`tah University 2014 - 2016

BACHELOR OF SPORTS SCIENCE

Mu`tah University 2008 - 2012

RESEARCHES

- **Three Researches Under Publishing (2024).**
- **The Impact of the proposed training program in -according to the biorhythm cycles in (50) meters freestyle swimming performance, Mutah University(2015).**
- **Emotional intelligence among football players in southern universities -The Hashemite Kingdom of Jordan, Yarmouk University(2015).**
- **Sports nutrition among students of the Faculty of Sports Sciences at Mutah University, Yarmouk University(2014).**

EXPERIENCE

○ LIFE COACH, TEACHING & COACHING/VOLUNTEERING

University Of Western / Ontario, Canada

Aug 2023 - Feb 2024

My role involved conducting coaching sessions, leading workshops, and supporting students in their personal and professional development.

○ VIP PERSONAL TRAINER & LIFE COACHING

Freelancer/Online

Mar 2022 - Jul 2023

During my tenure as a VIP Personal Trainer & Life Coach working as a Freelancer/Online for Three years, I provided tailored fitness training and life coaching services to high-profile clients.

○ FITNESS AND NUTRITION CONSULTANT

TurboGym

Feb 2017 - Mar 2022

As a Fitness and Nutrition Consultant at TurboGym from 2017 to 2022, I developed personalized fitness and nutrition plans, conducted assessments, and provided ongoing support to clients.

○ TEACHING ASSISTANT

Mu`tah University

Feb 2014 - Nov 2016

I provided valuable support to faculty members and contributed to the academic success of students. I assisted in classroom instruction, grading assignments, and providing additional guidance to students to facilitate their learning experience.