

Amena Fareeq Saleh

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PROFESSIONAL SUMMARY

Forward-thinking, Highly enthusiastic physical education professional with 10 years' experience dedicated to promoting physical and mental well-being through dynamic education and training programs that support development and enhance health and physical education experiences. Proven ability to tailor lesson plans to accommodate multiple intelligences and meet the diverse needs of regular and special education students. Talent for integrating fun activities, which seek to enhance participant's fine and gross motor skills, as well as to promote physical well-being, teamwork, and sportsmanship.

EDUCATION

Master in sport physiology University of Tehran- Iran	Sep.2013 - Sep.2015 GPA: 82.35 %
Bachelor in physical education and sport sciences University of Duhok. Iraq with grade Very good and ranked 4th out of 61 students	Oct.2004 – Jul 2009 GPA: 80.92 %

WORK EXPERIENCE

Teacher **2009 - present**

University of Duhok, College of Physical Education

KEY RESPONSIBILITIES:

- Helped to teach and coach students of all ages and abilities to develop theoretical and practical swimming skills, technique and confidence in the water.
- Lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training, and stretching. Worked with people of all ages and skill levels.
- supervise and organize camping trips, plan and schedule group activities, explain all the rules of the camp, and guiding students in camping, swimming, hiking and other outdoor pursuits.
- Created lesson plans and delivered instruction to four physical education classes with an emphasis on achieving social and life skills through physical activities and teambuilding.

- Used team sports to create a sense of unity amongst the students while promoting a competitive desire to improve individual skills.
- Encouraged the importance of living a healthy and active lifestyle to all students through the promotion of accountability in nutrition and physical activity.
- Helped in organizing, supervising, and officiating games and other recreational activities.

Swimming Coach

2012 - 2013

(**Sewan**) swimming centre of women at Duhok province.

KEY RESPONSIBILITIES:

- Teach or coach one-to-one or in groups.
- Plan and deliver lessons ensuring adherence to the scheme of work and lesson plans.
- Provide explanations and demonstrate swimming techniques and skills.
- Correct faults in swimming techniques and identify ways to improve performance.
- Maintain constant surveillance of patrons in the facility.
- Act immediately and appropriately to secure safety of patrons in the event of emergency.
- Provide emergency care and treatment as required until the arrival of emergency medical services.
- Check that life-saving equipment is in full working order.

Fitness Trainer

2016-2017

(**Rizgar**) fitness center of women at Duhok province.

KEY RESPONSIBILITIES:

- Planning and completing bespoke fitness regimes for clients.
- Motivating clients to undertake an active, healthy lifestyle.
- Demonstrate how to carry out various exercises and routines.
- Watch clients do exercises and show them correct techniques to minimize injury and improve fitness.
- Explain and enforce safety rules and regulations on sports, recreational activities, and the use of exercise equipment correctly.
- Give clients information or resources about nutrition, weight control, and lifestyle issues.
- Organize and lead group exercise sessions, which can include aerobic exercise, stretching, muscle conditioning, or meditation. Some classes are set to music.
- Instruct and define Zumba to participants at the Rizgar Center
- Track payroll, record participation data and complete incident/accident reports
- Give emergency first aid if needed.

Fencing Player

2007-2010

Played Fencing with (**Duhok**) and (**Sanhareb**) clubs.

Volleyball Player

2002-2012

Played volleyball with (**GARA**) Club.

TRAINING

Participating in various training courses, workshops, and championships with certifications:

- April 2018: satisfaction the life skill workshop to live life more effectively in Duhok governorate.
- Aug.2017: participated in bodybuilding coaching course in Duhok and scored **excellent** grade.
- Dec. 2016: Teaching methods and research methodology course at Duhok University for the period of six months.
- Oct. 2009: the 1st Kurdistan woman championship and achieved **3rd** place in **fighting** for **senior** on weight 65+ kg.
- Oct. 2009: the 1st Kurdistan woman championship and achieved **3rd** place in **KATA** for **Senior**.
- Dec. 2012: volleyball arbitration course held in Erbil governorate and scored **First** grade.
- June 2010: volleyball arbitration course held in Duhok governorate and scored **second** grade.
- May 2008: fencing arbitration course held in Duhok governorate and scored **excellent** grade.
- April 2009: Fencing training course Duhok governorate and gained type (C) certification.
- May 2008: international table tennis course for disabled people in Tehran-Iran
- Aug. 2008: volleyball training course in Duhok governorate.

Language skill

- ❖ Kurdish: fluent, (Mother Tongue).
- ❖ Persian: Excellent at all sections (Second Language).
- ❖ Arabic: Intermediate speaker, and good at the other sections.
- ❖ English: Beginner.

Computer skill

Good command of following programs: Microsoft Office tools (Word, Excel, PowerPoint, Outlook...etc.).