

AHMED MABROUK

MASTER AND PHD RESEARCHER IN SPORTS HEALTH

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PROFILE SUMMARY

My name is Ahmed Hossameldin Ali Mabrouk, I was born in Mansoura, Egypt in 1996 and I currently reside in the United Arab Emirates. I am a lecturer in sports health sciences, and I hold a master's degree and a doctoral researcher in biosciences and sports health. In addition, I have research papers published in peer-reviewed scientific journals. On the professional level, I have developed my skills and knowledge by obtaining additional certificates and training in areas such as first aid, sports health, physical fitness, sports nutrition, and teaching methods in physical education. I have also participated in organizing programs and workshops in the fields of sports sciences and sports health. I have extensive experience and a deep passion for sports sciences and sports health, and I believe that I can contribute effectively to achieving the goals of the institution.

EDUCATION

PhD Researcher in Sports Science / Sports Health Sciences Aug 2024 / Dec 2026

Faculty of Sports Sciences / Alexandria University / Arab republic of Egypt

Currently working on completing his doctoral studies in the field of physical education and sports health.

Master in Physical Education / Sports Health Sciences (Equivalence in UAE) Mar 2020 / Dec 2023

Faculty of Sports Sciences / Mansoura University / Arab republic of Egypt

With the recommendation to publish the thesis at the expense of the university and exchange it with foreign universities.

Bachelor in Sports Science / Physical Education May 2015 / May 2019

Faculty of Sports Sciences / Mansoura University / Arab republic of Egypt

Gained the skills and knowledge necessary to design and implement training programs that promote sports health.

WORK EXPERIENCE

Rehabilitation Specialist, Health Awareness Lecturer May 2024

Psychological Assessment and Occupational Therapy Center / Dubai, Emirates

- Giving awareness lectures to specialists in other rehabilitation fields, in addition to parents, and within schools.
- Physical rehabilitation, sports and occupational therapy for children with autism and children with Down syndrome.

Sports Supervisor Feb 2024 / May 2024

Summit Champions Academy for Sports Facilities Management

- Leadership: Managed a diverse team, creating schedules and ensuring smooth operations.
- Efficiency: Streamlined operations, oversaw maintenance, and managed budgets.

Lecturer of Physical Education & Sports Health Oct 2021 / Aug 2020

Part-time / International Academy of Applied Sciences / Cairo, Egypt

- Gain in-depth knowledge in the field of physical education and sports health.
- Develop teaching and explanation skills in effective ways to transfer knowledge and inspire others.

Sports Activities Administrator & Sports Coach Jan 2017 / Sep 2019

Part-time / Chinese Sports Center / Al-Hawar Sports Club / Mansoura, Egypt

- Organized and coordinated various sports activities within the club to ensure high-quality programs.
- Managed teams and supervised member training to enhance their sports skills.

TRAINING PROGRAMMES

First Aid Course Egyptian Red Crescent	Dec 2023	Sports Event Management International Olympic Committee	Apr 2024
Peer-reviewed scientific research Sports Science Journal – SJSS	Jul 2023	Digital Transformation Testing Supreme Council of Universities	Jul 2023
Sports Psychology International Olympic Committee	Apr 2024	Diploma in Sports Medicine Federation of Football (FIFA)	Aug 2018
Sports health and injury courses Nile Center for Sports Consulting	Jul 2016	Rehabilitation of sports injuries the government sports federation	Apr 2016
Sports Nutrition Course UDC – Mansoura University	Jul 2016	Scientific Publishing Course UDC – Mansoura University	Apr 2016

RESEARCH & ACHIEVEMENTS & SKILL

Published academic research **Jul 2023**
American Journal of Sports Medicine

The effect of a rehabilitation care program on the physical and physiological competence of people with Down syndrome.

Published academic research ([View](#)) **Jul 2023**

The Scientific Journal of Physical Education and Sports Sciences (SJSS)

Title: The effect of a corrective exercise program on the lateral curvature of the spine for middle school students.

Published master's thesis ([View](#)) **Year 2023**

Faculty of Physical Education / Mansoura University

The effect of a corrective exercise program on simple lateral bending and its relationship to some physiological variables.

Sports tournaments ([View](#)) **2007/2023**

- Achieved first place in the Republic Championship in Kickboxing in 2012.
- Won several championships in Kung Fu and also hold a black belt.
- Honored by the Ministry of Youth and Sports and several prestigious sports clubs in Egypt.
- I have experience in Kung Fu and Kickboxing and have practiced them for approximately 10 years.
- I have good experience in swimming and team sports (football, basketball, volleyball).

Professional skill **2007/2024**

- Effective Teaching: Design and implement tailored educational programs.
- Sports Program Development: Create comprehensive training plans.
- Leadership: Demonstrate effective leadership skills in guiding and motivating teams.
- Fitness & Health Promotion: Advocate for physical fitness and healthy lifestyle choices.
- Classroom Management: Efficiently manage classrooms and motivate students.
- Sports Management: Managing sports institutions and supervising sports and health activities

LANGUAGE

Arabic language (C2) First
English language (B1) middle ([View](#))
Italian language (A1) Beginner

SEMANTIC WORDS

Health and Fitness PE teacher
Sports Coaching Sports teacher
Sports Supervisor Sports Management

REFERENCES

Prof. Dr. Ahmed Abu Abbas ([View](#))

- Position: Professor of sports anatomy
- Organization: Mansoura University
- Email: ahmedabuabbas@pem.mans.edu.eg

Prof. Dr. Ehab Ismail ([View](#))

- Position: Professor of Sports Physiology
- Organization: Helwan University
- Email: ehabismail@pem.helwan.edu.eg



**CONTACT
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