



Mona Nawwash Yousef Al-Ma'aitah

Date of Birth: 11/3/1982 – Adra / Karak

Residence: Jordan – Karak

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Marital Status: Married

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ACADEMIC QUALIFICATIONS

- PhD in Physical Education | University of Jordan – 2017, Sociology (Gymnastics and Rhythm).
- Master of Physical Education | Mutah University – 2013, Physical Fitness & Gymnastics/Sports Training.
- Bachelor of Physical Education | Mutah University – 2004
- Bachelor of Secondary Education, Science Branch | 2000

PRACTICAL EXPERIENCES

- Assistant Professor – Sports Training Department. 11/2/2021.
- Head of Sports Training Department, Faculty of Sports Sciences for the year 2024- until now.
- Assistant Dean of Student Affairs (for female students) for the year 2023.
- Full-time lecturer, Faculty of Sports Sciences, Mu'tah University 9/20/2020
- Part-time lecturer, Faculty of Sports Sciences, Mu'tah University 2009–2014.
- Head of the Organization and Administration Division, Sports Activities Department – Deanship of Student Affairs, Mu'tah University – 2018.
- Supervisor of female students in the Sports Activities Department – Deanship of Student Affairs, Mu'tah University – 2005.
- Head of the Student Affairs Committee in the Deanship of Student Affairs at Mu'tah University for the year 2023.
- Member of the Disciplinary Council for Students at Mu'tah University for the year 2024.
- Member of the Committee for Receiving Applications for New Students in the Deanship of Student Affairs at Mu'tah University for the year 2021–2023.
- Mu'tah University National Team Coach – Deanship of Student Affairs, Mu'tah University – for athletics participating in the Olympics in South Korea in 2006.
- Field Training Supervisor – Faculty of Sports Sciences – Mu'tah University from 2009–2010.

- Member of the Student Elections Committee at Mu'tah University – Deanship of Student Affairs, Mu'tah University – in 2005.
- Mu'tah University National Team Coach – Deanship of Student Affairs, Mu'tah University – for athletics (males / females) 2005–2017.
- Mu'tah University Football Team Coach (Female) 2009.
- Mu'tah University Table Tennis Team Coach (Female) 2009–2012.
- Badminton Coach (Female) 2008–2012.
- Volleyball Coach (Female) 2005–2017.
- Member of the Sports Excellence Committee in (Athletics – Racket Games – Volleyball – Basketball) 2005.
- Player of the College of Sports Sciences Team in (Athletics – Racket Games – Volleyball – Basketball) 2000–2004.
- Female Gymnastics Coach in the Sports Activities Department – Deanship of Student Affairs – Mu'tah University for the year 2009–2015.
- Trainer of the movement sentences accompanying the music when presenting sports shows for the activities of the Sports Activities Department at Mu'tah University for the year 2010–2016.
- Player of Mutah University team (Athletics – Racket Games – Volleyball – Basketball) 2000–2004.
- Player of the Jordanian Universities National Team, Suburban Athletics (Males, Females) 2000–2004.
- Physical Education Teacher at the Ministry of Education from (9/1/2004 – 11/30/2004).
- Volunteer Coach at Karak Youth Directorate from (1/30/2004 – 12/30/2004).

TRAINING AND TECHNICAL EXPERIENCE

- Certificate of academic practice license in the following training courses:
- Design of the study material for (4) hours.
- Modern teaching and learning methods for (6) hours.
- University classroom management and organization for (4) hours.
- University education ethics for (2) hours.
- Student assessment strategies for (5) hours.
- E-learning for (9) hours.
- (ICDL) course, Maher Cultural Center, 2004.
- (TOFEEL) course, South Center for Consulting – Mu'tah University, 2011.
- (Chinese Point Massage) course, South Center for Consulting – Mu'tah University, 2011.
- (Therapeutic Massage) course, South Center for Consulting – Mu'tah University, 2014.
- (Shittle Time) course organized by the Jordanian Badminton Federation at the Faculty of Sports Sciences – Mu'tah University in cooperation with the International and Asian Badminton Federations in 2017.
- New Referees Course organized by the Jordanian Handball Federation at the Faculty of Sports Sciences – Mu'tah University in 2009.
- New Referees Course organized by the Jordanian Badminton Federation in 2018.
- New Referees Course organized by the Jordanian Table Tennis Federation in 2018.

- Anti-Doping Officers Liaison Course held by the Faculty of Sports Sciences on the sidelines of the Second International Conference on Sports and Health Sciences in cooperation with With the Jordanian Anti-Doping Organization (JADO).
- The Adhesive Tape Course in Sports Injuries, held by the Faculty of Sports Sciences on the sidelines of the Second International Conference on Sports Sciences and Health in cooperation with the Jordanian Sports Medicine Federation.
- The Talented Course from Discovery to Professionalism, held by the Faculty of Sports Sciences on the sidelines of the Second International Conference on Sports Sciences and Health.
- The Sports Paramedic Course, held by the Faculty of Sports Sciences on the sidelines of the Second International Conference on Sports Sciences and Health in cooperation with the Qusai Initiative.

TEACHING EXPERIENCES

Courses I teach at the university / as a part-time lecturer

- Field training course.
- Gymnastics course (1).
- Gymnastics course (2) females.
- Rhythmic exercises course (2) females.
- Rhythmic exercises course (1).
- Therapeutic massage course females 2014-2015.
- Badminton and table tennis course (1)

Courses I teach at the university /Assistant Professor

- Gymnastics training course.
- Advanced applications in gymnastics course.
- Expressive and movement exercises course.
- Small games and movement stories course.
- Physical exercises course.
- Sports program management course.
- Gymnastics course (1) females.
- Rhythmic exercises course (1) females.
- Physical fitness course.
- Sports trainer course.
- Racket games training course.

PUBLISHED SCIENTIFIC RESEARCH

Research in Arabic

- Published research - Mu'tah Journal of Research and Studies - Manuscript No. S 145/11/2013 entitled "An analytical study of the personality dimensions of kickboxing players in Karak Governorate".

- Published research - Mu'tah Journal of Research and Studies - Issue 6/ Volume 32/ Year 2017 entitled "Administrative competencies and the extent of their availability among workers in fitness and health centers in southern Jordan".
- Published research - Mu'tah Journal of Research and Studies - Issue 2/ Volume 33/2018 entitled "The effect of a proposed training program to improve some elements of physical fitness specific to some skills in gymnastics among female students of the Faculty of Sports Sciences at Mu'tah University".
- Accepted research for publication - Journal of Studies of the University of Jordan - Volume 49, Issue 2, Year 2022. Research No. 1877 entitled "Sources of psychological stress among students of the Faculty of Sports Sciences at Mu'tah University".

Research in English

- A published research - Journal - REVISTA IBEROAMERICANA DE PSICOLÍA DEL EJERCICIO Y EL DEPORTE (entitled) " COMPARING THE IMPACT OF USING THE COMMAND AND THE RECIPROCAL STYLE ON THE ACCURACY OF THE BACKHAND LOW SERVE SKILL IN BADMINTON GAME" Issue (18) Volume (4) for the year 2023.
- A published research - Journal - Federación Española de Asociaciones de Docentes de Educación Física (entitled): Biomechanical Fundamentals of Hand Standing and Somersaults: The Impact of Coaching Interference Fundamentos biomecánicos de la bipedestación y los saltos mortales: el impacto de la interferencia del entrenamiento , Issue 1, Volume 51, for the year 2024.
- A published research - Magazine - REVISTA IBEROAMERICANA DE PSICOLOGÍA DEL EJERCICIO Y EL DEPORTE (entitled): THE IMPACT OF A MENTAL IMAGERY BASED INSTRUCTIONAL PROGRAM ON LEARNING BASIC HANDBALL SKILLS, Issue 3, Volume 18, for the year 2023.

PARTICIPATION IN CONFERENCES

- Titled: "The effect of a proposed training program to improve some elements of physical fitness specific to some gymnastics skills among female students of the Faculty of Sports Sciences at Mu'tah University." Conference Research - University of Jordan - The Fifth Scientific Sports Creativity Conference for Faculties of Physical Education entitled "The Effect of a Proposed Educational Program on Improving the Accuracy of the Serving Skill in Table Tennis" in 2015.
- Conference Research - University of Jordan - The Activities of the Second European Scientific Conference on Sports and Health Sciences (Challenges of Change 2) in 2014 entitled "The Effect of a Proposed Educational Program for Motor Rhythm on Improving the Coordination Abilities of Middle Childhood (6-9) Years" in 2017.
- Conference Research - Mu'tah University - Activities of the Second International Scientific Conference on Sports and Health Sciences entitled "The Role of Social Factors in the Level of Self-Esteem" among Female Students of Gymnastics and Rhythm Courses in Faculties of Physical Education at Jordanian Universities in 2019.

- Conference Research - Mu'tah University - Activities of the Second International Scientific Conference on Sports and Health Sciences entitled "The Level of Psychological Burnout among Table Tennis Referees" in 2019.
- Conference Research - Mu'tah University - Activities of the Second International Scientific Conference on Sports and Health Sciences.