**Karwan**

[**Karwan.363855@2freemail.com**](mailto:Karwan.363855@2freemail.com)

# PROFILE

As an Assistant Teacher and a Sports Coach, I have the professional ability and motivation towards teaching. I always demonstrate great communication and organisation skills. I am currently on placement at a Primary school and Further Education college to continue gain experience in a range of different sectors. These placements have had a huge impact on my development in areas such as planning, adaptability and delivering P.E. classes. I have worked with Reception, Key Stage 1 and Key Stage 2 children, also students at College. I have received positive feedback from the Primary school which has given me the motivation to keep up the good standard of work and achieve the first teaching role.

While at placement at Barnard Grove Primary School as an assistant P.E. Teacher, I have learnt to communicate effectively with various age groups and different attitudes towards many different types of sports. This has also allowed me to find individual techniques to interpret instructions to the participants. Within this role I have also been able to react positively towards the behaviour of different children and how to deal with them.

**EDUCATION & QUALIFICATIONS**

**TEESSIDE UNIVERISTY - BSc (Hons) Sport and Exercise (Coaching Science) 2013- 2016**

Year one: Anatomy and Biomechanics, Introduction to Sport and Exercise Physiology, Motor Control and Learning: Principles and Applications, Research Methods for Sport and Exercise 1, Sport and Exercise Psychology, The Science of Sports Coaching.

Year two: Applied Exercise Physiology, Coaching Practice and Placement 1, Human Movement in Sport and Exercise, Psychology of the Human Performer, Research Methods for Sport and Exercise 2, Strength and Conditioning for Sport and Exercise,

Year three: Dissertation, Nutrition for Sport and Exercise (Chosen Module), Physical Education and Physical Activity, Coaching Practice and Placement 2.

**Living like an athlete: A 24-hour approach to Nutrition and Performance Lifestyle. – 2016**

* Diet planning
* Training programme
* Nutrition guide

**Use of Technology within Coaching and Physical Conditioning. – 2016**

* Go Pro Cameras
* Video analysis

**Hartlepool College of Further Education 2010 – 2013**

1. **Years of BTEC LEVEL 3 EXTENDED DIPLOMA – DDD\* achieved.**

**Year one:** Principles of Anatomy and Physiology in Sport, The Physiology of Fitness, Assessing Risk in Sport, Fitness Training and Programming, Sports Coaching, Sports Development, Fitness Testing for Sport and Exercise,

**Year two:** Practical Team Sports, Sports Nutrition, Psychology for Sports Performance, Current Issues in Sport, Leadership in Sport, Exercise, Health and Lifestyle, Instructing Physical Activity and Exercise, Exercise for Specific Groups, Analysis of Sports Performance, Organising Sports Events, Physical Education and the Care of Children and Young People.

**Sports Leaders UK Level 2 Award in Community Sports Leadership (QCF) – 2012**

**St Hild’s C of England school. 2006 – 2010**

**HOBBIES & INTERESTS**

Playing and Coaching football has been my interest and hobby since the day I started participating in sport during my time at secondary school. Since then I have also been involved with 2 semi-professional football teams, Horden FC and Seaton Carew FC. Alongside of playing football, I have been involved in many years of football/sports coaching and specific Goalkeeper Coaching. Coaching sports has allowed me to set my own goals each time I coach and for me to achieve those aims and set more goals for the next session.

My main interest is to become a great leader and role model, and to be able to take charge of any responsibilities set.

**EMPLOYMENT / WORK EXPIERENCE**

**Assistant Football Academy Coach (2016) at Hartlepool College of Further Education, Hartlepool, UK**

* Assistant with training sessions and matches
* Delivering gym recovery sessions for players to get the correct recovery treatment after matches.
* Assistant Teaching in classrooms alongside with the sports Lecturers at this College to give support towards the students.

**Assistant PE Teacher (2014 - 2016) Barnard Grove, Hartlepool, UK.**

* Teaching PE for two Reception classes
* Key stage 1 & 2 Change for Life after school club for 20+ children
* Sports events: Year 6 Football tournament, Year 5&6 Tag Rugby Tournament
* Kit and equipment organisation

**Manager - Delhi Express, Indian Takeway. Hartlepool, UK**

* Healthy & Saftey
* Staff working rotas and weekly payments
* Deal with customer complaints and making sure customers are happy with the service
* Taking orders over the phone and making sure the orders are sent out correctly
* High customer service is maintained at all times through being friendly, welcoming, polite and professional.

**Hartlepool College of F.E development team (2013 - 2015), Hartlepool Cleveland, UK.**

* Organising and performing training drills for the team
* One on one coaching with the goalkeepers and individual players
* Organising for away matches: Kit, player’s availability and venue.

**Greatham under 15’s football team. Brierton Community Sports Centre, Hartlepool. 2012 – 2016**

* Specific goalkeeper training
* One on one technique drills
* Drill organisation
* Match day assistant manager