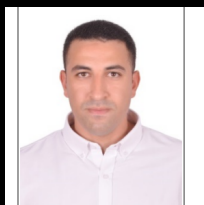


EL HASSAN ABDEL MAGEAD HASSAN ABDEL MAGEAD



CONTACT

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📍 6 October - Giza

PERSONAL DETAILS

Date of Birth : 15/7/1987

Nationality : Egyptian

SKILLS

spss . analytical statistics

Entrepreneurship in the light of
Egypt's vision 2030

Modern training methods

Artificial intelligence

Intellectual Property Basics

Research Ethics

ACHIEVEMENTS & AWARDS

Fitness course from NSCA 2020.

Planned course of physical loads
from the Institute for Sports
Sciences Insp.

Preparation course for lecturers at
the International Federation of
Athletics Federations.

Modern equipment training course
(Techno Gym).

OBJECTIVE

Teaching and learning activities -Basic principles of track and field competitions (1) -Fitness -Basic principles of track and field competitions (2) -Training course planning -determinants of skill performance -Specialty Sports Training Third Division Athletics - Seniors fitness -Athletics optional other sections -Scientific determinants of the training program -Junior Training -Training Specialty Sports Fourth Division Athletics -Codification of training loads in basic mathematics -Physical preparation in basic sports - Training planning in basic sports -Junior training programs -

EXPERIENCE

Hellwan University

6/9/2010 - 5/5/2012

Teaching Assistant, Department of Physical Training

Hellwan University

5/6/2012 - 30/8/3/2016

Assistant Lecturer, Basic Mathematics Training Department

Hellwan University

31/3/2016 - Until now

Teacher

EDUCATION

Physical Education / Hellwan University

2016

PHD The effectiveness of ability training according to the daily biorhythm on the concentration of some hormones in the blood of the throwing runners

Physical Education/ Hellwan University

2016

Master The effectiveness of developing some combinatorial abilities related to performance and its relationship to the digital level of throwing juniors

Physical Education/Hellwan University

2008

Bachelor

PROJECTS

A course of physical loads planner from the Faculty of Physical Education for Boys / Helwan University.

• A first aid course from Benha Teaching Hospital in cooperation with the Faculty of Physical Education for Boys / Helwan University.

Fitness course from the Academy of Fitness and Health.

Health Clubs Course from Fitness and Health Academy Fit Gym

Addiction and abuse control course.

The English Language Test "TOEFL" - Faculty of Arts / Cairo University.

ICDL Certificate, International Computer Driving License.

All the subjects that I taught at the Faculty of Physical Education for Boys / Helwan University, the teaching content for them was made as follows

- Develop course descriptions.
- Explaining the objectives of the courses.
- Distribution of course content over the course of study.
- Determining the appropriate teaching methods to explain the educational material.
- Determining the appropriate methods of evaluating students.
- Write a list of scientific references associated with each course and to which the student refers.
- Making samples of the year's business exams.
- Samples of reports and research submitted by students.
- Some recent information is added to each course every year.

PUBLICATION

Identification of Actin-3 gene patterns and some physical and biochemical variables as an indication of the selection of speed and endurance players, a research published in the Scientific Journal of Physical Education and Sports Sciences - Faculty of Physical Education for Boys - Helwan University 2018 AD.

Response of myoglobin, creatine kinase and lactate dehydrogenase to interval training exercises of different intensity as an indicator of muscle damage for 1500m runners. A research published in the Scientific Journal of Physical Education and Sports Sciences - Faculty of Physical Education for Boys - Helwan University 2019 AD.

The effectiveness of using high pressure oxygen HBO₂ and ice on the levels of prostaglandin PGE₂ for recovery from lactate endurance training for short-distance runners, research published in the Scientific Journal of Physical Education and Sports Science - Faculty of Physical Education for Boys - Helwan University 2020 AD.

The effect of endurance training on some indicators of inflammation and oxidative stress during the special preparation period for 800m runners. A research published in the Scientific Journal of Physical Education and Sports Science - Faculty of Physical Education for Boys - Helwan University 2020 AD.

The effectiveness of a short-term training program using the Vertimax device and weights on developing ability rates after the downtime covered by COVID-19. Research published in the Scientific Journal of Physical Education and Sports Sciences - Faculty of Physical Education for Boys - Helwan University 2020 AD.

A comparative study between two training programs using fixed and variable intensity on some biochemical and physical variables, research published in the Scientific Journal of Physical Education and Sports Sciences - Faculty of Physical Education for Boys - Helwan University 2020 AD.

A proposed training program to improve the dynamic balance of beach volleyball players, a research published in the Assiut Journal of Physical Education Sciences and Arts - Faculty of Physical Education for Boys - Assiut University, refereed with a grade of good (72) 2015.

Response of growth hormone, testosterone and cortisol to weight training during different times of the day for throwing runners.

Research accepted for publication from a PhD thesis in the Scientific Journal of Physical Education and Sports Sciences - College of Physical Education for Boys - University of 2015 AD.

The effectiveness of functional strength training on developing muscular ability and the level of digital achievement among shot put youths, a research accepted for publication from a master's thesis in the Scientific Journal of Physical Education and Sports Science - College of Physical Education for Boys - Helwan University 2019 AD.

Studying the relationship of biomechanical variables and levels of muscular ability exerted during the pushing process while raising the level of achievement in the long jump. Research accepted for publication from a master's thesis in the Scientific Journal of Physical Education and Sports Sciences - Faculty of Physical Education for Boys - Helwan University 2020 AD.

ADDITIONAL INFORMATION

- One of the authors of the book (Resistance Training for the Professional Trainer) 2021 AD.
- Chart of the loads of the first volleyball team in Al-Ahly Club from 2016 AD to date.
- The load chart of Egypt's first volleyball team participating in the Bulgaria 2018 World Championships.
- Chart of the loads of the 23-year-old girls' volleyball team 2016 AD.
- Egypt's national beach volleyball team load chart 2016 AD.
- Chart of the loads of the first volleyball team at Tala'a Al-Jaish Club from 2013 to 2016 AD.
- Volleyball equipment load chart (men/women) at 6th of October Club.
- Director of the Rehabilitation Unit for Military and Police Faculties at the Faculty of Physical Education for Boys / Helwan University.
- Lecturer at the International Federation of Athletics Federations.
- Lecturer at the Olympic Academy and many sports academies inside and outside Egypt.
- Lecturer in the Sports Professions Syndicate in the basic session.
- The physical preparation for the junior sector in F C Masr Club.
- I fitness gym October 6, 2013 AD until 2015 AD.
- Fitness coach for the Egyptian national volleyball team for juniors 2012.
- Fitness trainer at Al-Said Sports Club from 2009 to 2013.
- Fitness trainer at Dreamland Sports Club, 2010.
- Fitness trainer at the Academy of Fitness and Health, from 2006 AD



until 2009 AD.

- Fitness trainer for the quadruple rowing team at the Arab Contractors Club 2007 AD.

- Specialist massage and health clubs Fit Gym.

- Personal fitness trainer for many

football/handball/basketball/swimming/gymnastics/tennis teams and some other games.

- Awareness of the use of nutritional supplements.

- Making nutritional programs to increase and lose weight.