JASON MICHEL KARAM
PHYSICAL EDUCATOR

Beirut-Lebanon
Mobile : +961 81 817822
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Born on:
03/9/2003|lebanese|Male|Single

As a physical educator, I have exceptional skills in helping people reach their health and fitness goal. Having a career that is high in demand. Reaping good financial rewards. My excellent communication public relations, problem-solving and leadership skills, combined with my deep knowledge of sports make me a well-grounded physical educator with multiple schools and on my own. Courage, care, continuous improvement and commitments are values I live and work by, I look forward for my next challenge in my career and I believe I can add value and contribute too many projects in my field.

PROFESSIONAL EXPERIENCE:

Football Coach 08/2022 - Present
ANTONINE SCHOOL - BAABDA
AIM ACCADEMY - ALEY
ISTIKLAL JABAL ACADEMY

Life guard
AL YARZ LEISURE CLUB - BAABDA
RABIYE MARINE RESORT – Safra

SUPERVISOR 05/2016 - 05/2020
AL KARAM RESTAURANT – BHAMDOUN

DUTIES AND RESPONSIBILITIES:
Design and Implement Lessons - Teach Physical Activities - Adapt for Different Abilities - Assess Progress - Provide Feedback - Educate on Health Topics - Promote Healthy Lifestyles - Ensure Safety – Work with Other Educators - Communicate with Parents - Maintain Records - Organize Events - Demonstrate Healthy Behaviors.

EDUCATION:

Lebanese University, Faculty of Education – deanery, Furn el Chebbak

10/2024 – Present

Master in Sports Management

Lebanese University Faculty of Education, New Rawda 10/2021 – 07/2024

Bachelor in Physical Education

Inspire Fitness Academy 05/2024

Inspire fitness academy workshop entitled: monthly update on the science of training

Inspire fitness academy educational day: second educational day

Antonine University (LFA-042), Lebanon

Lebanese Football Association's Award – Diploma 02/2022

Sagesse University, Furn-El- Chebak, Lebanon

Bachelor in physical therapy education 10/2021 – 10/2022

Sports academy school -SAS, Baabda, Lebanon

BT1, BT2, BT3 09/2018 - 06/2021

National renaissance school , Aley, Lebanon 09/2006 - 06/2018

National Higher Conservatory of Music, Lebanon 10/2014 – 10/2021

TRAINING :

Sport Teacher – Elysee Hazmieh

2022-2024

CERTIFCATIONS :

DELF B2

BWF shuttle time teacher – Knowledge of Badminton

Participation in the webinar(s): Sports Events, Major Events

HARD SKILLS:

- MS OFFICE: Word – excel – PPT

SOFT SKILLS:

- Leadership, Communication, Negotiation, Teambuilding, Teamwork, Organizational, Public Speaking, writing reports and proposals, Value education, Respectable, Attentive, Dedicated, Competitive, Punctual, Work well under pressure, etc.…

INTERESTS AND HOBBIES:

- Football, Basketball, Swimming, Ping Pong, Hiking

REFERENCES AVAILABLE UNDER REQUEST