



Firoozeh Ordooiazar

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Date of birthday: 1990-02-12

Educational record

- Associate's degree (2007-2009): Physical education, Dr. Shariati technical college.
- Bachelor's Degree (2010-2012): Physical education, Nassibeh teacher training center.
- Master's degree (2013- 2015): Motor control and learning. Azad University, Karaj.
- Professional doctorate (2017): Motor control and learning. Azad University, Tehran.

Teaching experience

- Education Official teacher

Primary school 2012-2017

Instructed fundamental motor skills, created a fun and interesting environment by group and individual games, managed classes of 25-30 primary students, Designed innovative lesson plans by various activities to increased their level of involvement, made them interested in physical activity

- Instructor, Sport Sciences

High school 2018- 2019

Instructed Sport Sciences theories to students, Broke down the difficult concepts and explained in an easier way, Designed tests high school to evaluate their learning, developed friendly and mutual communications

- Responsible for the mountaining and rock climbing board committee

Mountaineering Board of Urmia 2006

Establish coordination and communication between Rock Climbers and Committee members

- **Coach and swim savior**

Urmia Municipality Pool 2007

Teach swim to adults and children based on motor control and learning methods

- **Fitness instructor**

Practice and exercise as a personal trainer with adults

Research activities

- **Scientific article published in International Journal of Applied Science in Physical Education Volume 2, Issue 2 (4-2018):**

Firoozeh Ordooi Azar, Parasto Shahidian (March 2018)

The effect of perceptual motor training on children's development motor skills aged 8 to 11 with high function autism spectrum disorders.

A perceptual-motor training program that had a significant effect on development of fine scales of agility, running, balance, two-sided coordination and strength in HFA children.

- **Presentation as a lecture in 2nd national conference on new findings in sport sciences:**

Firoozeh Ordooi Azar, Hamed Abdol Maleki (Oct 2016)

The effect of general and non-general feedback on learning the skill of throwing darts in boys aged between 6-7 years old and 11-12 years old.

- **Senior thesis title:**

Firoozeh Ordooi Azar, Farshid Tahmasbi, Farzaneh Hatami (Feb 2015)

The effects of blocked, serial and random video modeling on performance and learning of basketball shooting skills in young boys.

Coaching and sports courses

- Third grade Handball coaching
- Swimming coach
- Third grade kick boxing coaching
- Third grade Pilates coaching
- Third grade physical fitness coaching
- Third grade kick boxing referee
- Lifeguard

- Getting the black waistband in kick boxing

Social-cultural activities

- An active member of holding national conference on new finding in sports science. The behavior-movement panel.
- Volunteer member for exercise training with autistic children
- An active member of volunteering committee of physical research institute education and sports science at the 8th international conference.
- An active member of the monthly magazine for physical education and health ministry of education.

Specialized courses

- Obtaining coaching mental skills in athletes.
- Obtaining training design degree at exceptional children (Autism, down syndromes, attention deficit hyper activity disorder)
- Obtaining first aid and medical emergencies degree under supervision of the Iranian nursing associate
- Participation in the seminar "Factors effecting sport performance with an emphasis on neurology and pathology sports"
- Participation in the specialized workshop "psychology of sports damage"
- Participation in the specialized work shop "GPS and routing in mountaineering"

Championships

- 2nd place in Volleyball-student matches
- 2nd place in Kickboxing-country championship
- 3rd place in Footstall-province championship
- 3rd place in Basketball-student Olympiad
- 3rd place in Basketball- championship competitions