

Resume



1. Personal information

- Name: Tilahun Bereded Shiferaw (PhD),
- Age: 36
- Height: 1.78cm
- Weight: 80kg
- Email: berededtilahun@gmail.com
- Mobile: +251923958386
- Work place: Kotebe University of Education
- Position: Assistant professor, Exercise physiology

2. Education

- ✓ 2014-2018 Ph.D degree in Sport Science (Exercise Physiology) from **Punjabi University, Patiala, India**
- ✓ 2008- 2010 MSC degree in teaching physical education from Addis Ababa university
- ✓ 2003- 2006 BSC degree in physical education and sports from Addis Ababa university
- ✓ 2017, Yoga Instructor certificate, From Punjabi University, Patiala, India
- ✓ 2012, certificate in Higher diploma, from Haramaya University, Ethiopia
- ✓ 2020, certificate in science of Exercise, **Colorado University**
- ✓ 2020, certificate in Hacking Exercise for Health. The surprising new Science of Fitness, **McMaster University**

3. Working Experience

- 2018-now, Kotebe university of Education
- 2014- 2018, Adama Science and Technology University
- 2010 – 2014, Haramaya university
- 2006/7 – 2010, Jijiga university

4. Leadership experience

- 2019 – May, 2023, Coordinator of education quality assurance of sport science academy at Kotebe University of education
- May, 2023- now, head of department of Sport and Physical Education
- 2023 -now, Ethiopian Aquatic federation chairman for Technique Committee
- 2012 – 2014 Haramaya University extramural sport Competition head

5. Journal editor experience

- 2023- now, Associate Editor Kotebe Journal of Education (KJE)
- 2022- now, Associate Editor Ethiopian Journal of Sport Science (EJSS)

6. Publication

1. Shiferaw, Tilahun, Bereded. (2020). Effect of home physical exercise on obesity in social isolation period of Corona virus (COVID-19) pandemic, Ethiopia. *Journal of Physical Activity and Hormones*, 4(1), 41-56.
2. Bereded Shiferaw T. (2021). acute Acute Effect of a Static vs. Dynamic Stretching Warming up on Leg Muscles of Kotebe Metropolitan

- University Football Players, Ethiopia. *Asian Exercise and Sport Science Journal*, 5(1), 29-38. <https://doi.org/10.30472/aesj.v5i1.189>
3. Cheru Kussa Gelalechal and Tilahun Bereded Shiferaw.(2022).Effect of different training methods on strength of large muscle groups of Altus gymnasium participants in Lege Tafo Lege Dadi, Ethiopia. *International Journal of Sport, Exercise and Health Research*; 6(2): 92-96.
 4. Daniel Afework, Tilahun Bereded, Milkessa Bayissa, Meseret Teshome, Yohannes & Andargachew, Aschenaki TaddeseCardiac related risks among different sportive events of Ethiopian youth sport athletes; the unexplored side. *International Journal of Health, Physical Education and Computer Science in Sports*;43(2), ISSN 2231-3265.
 5. Shiferaw, Tilahun,Bereded and Paramvir Singh. (2016). Physiological Characteristics of Female Ethiopian Youth Sport Academy Football Players at Different Age Groups.*IOSR Journal of Sports and Physical Education (IOSR-JSPE)*,(3)(6),25-29.www.iosrjournals.org.
 6. Shiferaw, Tilahun,Bereded and Paramvir Singh.(2016).Determinants of vertical jump on football in Ethiopian youth sport academy.*Int J Phys Educ Sports Health* (3)(6),460-465.
 7. Shiferaw, Tilahun,Bereded. (2018). [Comparison of Performance Related Fitness of Ethiopian Youth Sports Academy U 15, U 17 and U 20 Male Football Players.](https://www.ijsr.net/search_index_results_paperid.php?id=ART2018360) *International Journal of Science and Research (IJSR)*,(7), 1947 – 1950. https://www.ijsr.net/search_index_results_paperid.php?id=ART2018360,
 8. Shiferaw, Tilahun,Bereded. (2019).Comparison between Static and Dynamic Warming-up Stretching Exercises on Lower Extremities of AdamaScience and Technology University (ASTU) GCcup players.*Journal of Sports Medicine & Doping Studies*,11(1),1000222.
 9. Shiferaw, Tilahun,Bereded.(2018).A comparative Study of Physiological Characteristics of U17 Ethiopian Youth Sport Academy Football Players. *European Journal of Sports & Exercise Science*,(6)(1),24-29.
- 10. Workshop and short term certificate**
- ✓ certificate of participation in recognition to active participation in the university curriculum development process during the academic year 2007/8 at Gione Hotel organized by ministry of education
 - ✓ level II basket ball certificate training from march 26 2012 - April 4,2012
 - ✓ Certificate in Paralympics athletics from June 02, to June 08, 2012 in Addis Ababa city by Ethiopian Paralympics committee.
 - ✓ ambassador for peace: for 6 month in 2009
 - ✓ Sport festivals experience and certificate: in 2000 EC at Mekele university, in 2001 EC, at Gonder university, February 21- march 8,2011 at Bairdar university, February 21- march 8, 2009, and in 2004 EC at Ambo university.
 - ✓ football first level coaching certificate: december29, 2010 – January 8, 2011
- 11. Hobbies**

- Reading, exercising, visiting friends, watching sport and movie , working recreational activities

12. References

- Professor Paramvir Singh, professor, Punjabi University, Patiala, my Ph.D supervisor, email: tparamvir@yahoo.com
- Dr. Wondewosen Tefera, assistant professor, Kotebe university of Education, email: wondwosentefera@gmail.com, mobile:+251911434128
- Dr. wogene Waltengus, assistant professor, , Kotebe university of Education,email: wegu4025@gmail.com, mobile:+251940162909/+251923670360