



# Amensisa kebede Legesse(Ph.D)

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## Summary

I am a Research Director at Ethiopian Sport Academy and Editor in Chief of Ethiopian Journal of Sport Science. I have been also a General Director of Terunesh Dibaba Athletics Academy since 2020. Moreover I have been a senior researcher and Instructor in the Ethiopian Sport Academy since 2019. I also serve as an [Assistant Professor of Sport Science](#) of Kotebe Education University as an affiliated staff. I have been dedicated to [Training Science, sport and health as well as sport as a development tool] research with hands-on experience and numerous records of accomplishments in [varies] fields. I am self-motivated and hardworking professional with methodical and detail-oriented approach. Over the course of my professional career, I have been deeply involved in offering supports for research efforts and completing independent projects. I am experienced in Athletics coaching and Talent Development. I have been successful and experienced in Academy Administrations as a Research Director, Development Director and Finally as General director of Sport Academies. I am experienced in using [advanced statistical analysis and software packages, including [SPSS, STATA, and MPlus](#)], with expertise in [Comprehensive Meta-Analysis](#) and in-depth understanding of both quantitative and qualitative research procedures. I am always eager to advance collective discipline knowledge and author high-quality scientific papers for publication in peer-reviewed international journals, coaching Manuals and Sport Science Books. Moreover, I have started the first sport science research symposium and research proceeding while I have been working as a research Director in the Ethiopian youth sports Academy in 2013.

I am also a good academic developer since I have developed the first national undergraduate and postgraduate 17 sport science programs till now. Apart from being an organized academic and research developer, I am highly skilled in Coaching practices and methodology development.

I am a dynamic Coach, Talent Developer and Sport Administrator who is well versed in the proven success of increasing Athletes success and results for more than four athletes at the Olympic only in 2021. There are more number of Athletes at the lower level Tournaments.

I am also an experienced Organizational Reform Developer since I have participated on the reform and organizational study , structure and Functioning's of National sport Commission, Football Federation, Sport Policy , Athlete Terunesh Dibaba Athletics Center and Jimma University .

I have also enrolled in amateur professional roles like a bole sub city Athletics Federations President, Jimma City Athletics Federations Technical Committee and National Policy and Sport Ministers Think-tank Team. I am bringing [more than 20](#) years of experience in

academic, Coaching and administrative roles to complement committed academic and research faculty members, Athletes and Organizations.

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## Skills

- Coaching and instruction
  - Administration and Leaderships
  - Organizational Reforms
  - Sport Policy Development
  - Academic advisement
  - Coaching Manual development
  - Academic publication
  - Academy management system
  - creativity and problem-solving
  - Team leadership and management
  - Exercise physiology and lab instructions
  - Analytical and computation
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## Experience

❖ **EDITOR IN CHIEF AND RESEARCH DIRECTOR OF ETHIOPIAN SPORT ACADEMY**

❖ **GENERAL DIRECTOR** TERUNESH DIBABA ATHLETICS ACADEMY | Since January 2020

❖ **SENIOR RESEARCHER AND INSTRUCTOR OF ETHIOPIAN SPORT ACADEMY SINCE 2019.**

❖ **Editor in Chief and RESEARCH DIRECTOR ETHIOPIAN YOUTH SPORTS ACADEMY Science** 2013-2019

❖ **ATHLETICS INSTRUCTOR AND Coach** since 2012-2021

❖ **LECTURER AND ASSISTANT PROFESSOR** | Since February 2016

### **Jimma University - Jimma, Ethiopia**

- [Taught] undergraduate and postgraduate students in the College of Natural Science and Sport Academy Sport Sciences since 2007 and teaching postgraduate students since 20015-16.
- [Developed] a new Curriculum in undergraduate sport sciences at national level and 4 universities (Jimma university, Ambo University, Medwelabu University and Arsi University) master's Degree, with specialization in Athletics Coaching, Sport Management, Football Coaching, Exercise Physiology, Teaching Physical Education, Coaching Racquet Games, Coaching Basket Ball, Coaching Volley ball and Coaching Handball, Jimma University, 2015-16.
- [Taught and advised] Masters. Students at Jimma and Kotebe Metrapolitan University Sports Academy, since 2016.
- Delivered practical and applied resources for Exercise Physiology and research laboratory testing and analyzing development practice; and employed [several applied learning] techniques to encourage student learning and build a skill within sport science measurement applications.

- Consulted and co-trained staff in [Training Science in sports, Coaching and Planning, Sport for Development, Advanced Research and Statistical Analysis] in National Sport Federations, Ministry of Peace and Ministry of culture and Tourism since 2016.
- Delivered training on [Understanding and Helping Children and Youth, Life Skills Development, Creativity, Innovative Thinking, and Teamwork], for Sport Academy, projects ( Maychew, Hagereselam and Bekoji Athletics Youth Projects), and Sports Behavior, Fair Play, and Life Skills Development for Children and their Caretakers at same location ,Somali and Oromya regional mass sport professionals as well as project and club youth organizations at the national Level.
- ❖ Lecturer at Ambo University in 2012 for one year.
- ❖ Assistant Professor in Sport Academy, Kotebe Metropolitan University Since 2016
- ❖ Assistant Professor at Addis Ababa University in 2019 for one year.

### ❖ **Bole Sub City Athletics Federation President 2017-19**

### ❖ **Jimma City Athletics Federation Technical Committee 2008- 2012**

### ❖ **Culture and Tourism Minister Sport Policy and Reform Developer and Thin-Tank Team Leader 2018-2021**

## **Education and Training**

Andhra University - | **Ph.D.**

Sport science and Physical Education, 2015

Addis Ababa University - | **Master of Science**

Sport Science (Athletics Coaching), 2007

Kotebe College of Teacher Education - Ethiopia | **BEd**

Health and Physical Education, 2004

Addis Ababa University - | **B.A Degree**

**Foreign Languages and Literature** 2004

Andhra University - | **Master of Commerce One Year Completion Certificate.**

**M.Com, 2014**

## **International Scholarship and Research Grant Awards**

- Recipient of ICCR Doctoral Fellowship Award, India, 2012.

## Accomplishments

- Earned certificate for an outstanding contribution as a **National Sport policy and national sport sector sport reform and 10 year strategic plan developer** (2018-2021)
  - Earned certificate for an outstanding contribution as a **researcher on reforms of National Athletics and Football Federations** (2018-2020)
  - Worked as **Senior Reform and Research Consultant** for University Sports Association Ethiopia (USAE), Ethiopian Youth Sport Academy, Tirunesh Dibaba Athletic Academy, Academy, national and Oromiya Sport Commissions, and Ministry of Culture and Tourism since January 2017.
  - A **quality assurance competency assessor** at national sport science and coaches licensing level, since November 11, 2017.
  - Presented research findings at **National and International conferences.**
  - Since 2017-19 **President** of the Bole Sub city **Athletics Federation**
  - Since 2016-17 as a Research **Team Director** for the Ethiopian Football Federations
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- 2006-2007 Participant Of The Ethiopian **Paralympics Federation** And Athletics Coach
  - 2008-2012 jimma city Athletics **Technical committee** member and Athletics Coach
  - Since 2017-19 as a member of the Ethiopian **Olympic Committee** Research , Culture and Education Team Member
  - Since 2015 Addis Ababa University, Haramaya University, Baherdar University and Jimma University **research external Examiner and advisor** for Post graduate Students.
  - 2011-2012- jimma University Sport Science **Department Head**
  - 2010-2012 - A Member of Jimma University Natural Science Faculty Employment and **Promotion Committee**
  - Since May 2013 – August 2020 Served Ethiopian Youth Sports Academy and Terunesh Dibaba Athletics Center **As A Coach** For Middle Distance Athletes, Research Committee Member, Athletes Selection And Other Related Responsibilities.
  - For Two Years As A **Vice Director of** A High School And An English Teacher
  - For More Than Six Years as a Grade 10 and Preparatory /Grade 11 &12/ Students Fulltime Physical Education Teacher.

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## Activities and Honors

- Reviewed the PhD Curriculum in **[Sport Management and Sport Science Curriculum]**, at **[the Department of Sport Sciences]**, **[Hawassa and Addis Ababa Universities, Ethiopia]**, June 2017 and November 8th, 2020.
- Reviewed the MSc Curriculum in **[Sport Management and Athletics Coaching Curriculum]**, at **[the Department of Sport Sciences]**, **[Medwelabu and Hawassa Universities, Ethiopia]**, June 2019 and November 8th, 2020.
- Offered Sport development training on “**Evidence-based Organizational Effectiveness** of Ethiopian Football Federation for the existing and newly recruited Staffs in Ethiopian Football Federation, January 2, 2020.

- Lead Consultant for **Institutional Reform Evaluation** Study of Tirunesh Dibaba Athletics Academy. *የጥሩነሽ ዲባባ አትሌቲክስ አካዳሚ የለውጥ (ሪፎርም) ጥናት. Since March 2019.*
- Consulted and co-trained staff in [**Advanced Research and Statistical Analysis**] in Ethiopian Youth Sports Academy (EYSA), Universities Sports Association Ethiopia (USAE), and Sports Science Department, , 2018.

## 1. Professional affiliations: Membership

- Membership to the Education Working Group in the [**Federation International Sports Universities**] (FISU), February 2020.

## 2. Editorial and Review Experience.

- **Editorial team** membership in Ethiopian Youth Sports Academy Research Proceedings and Awards.
- **Editorial team** membership in International Journal of Multidisciplinary Educational Researches.
- **Reviewed Coaching Manual** for Oromiya Sport Academy Athletics and Table Tennis Coaching Manuals (2020)

## 3. Recipient of Funding Award for Research Project.

- Research Team Member for **the mega research** entitled “Ethiopian Athletics Federation National reforms in five areas (Training and Talent Development, National and local Competition trend and success and Athletes and Coaches Recruitments),” *EAF, with funding from Development Fund, 2016.*
- Research Team Member for the **mega research** entitled “**Ethiopian Football Federation** National research study in five areas (Training and Talent Development, League organizations, Football Organization and structures, Club Licensing and Sports Violence in Soccer),” *EFF, with funding from Development Fund of FIFA, 2019.*
- Researches (Impact of **Altitude Training for middle and long distance Athletes** of the Academies in Ethiopia, Impact of Hill Training for middle and long distance Athletes of the Academies in Ethiopia, **Talent Detection and Identification** for middle and long distance Athletes of the Academies in Ethiopia and Assessment of Sport Injuries in Projects and Academies)Funding by EYSA 2016-2020
- **Attitude of students** for Fitness and Sports Skills Course for first year fresh man course Ethiopian Public Universities (2009) Funding by Jimma University

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## 4. Publications

International Peer-reviewed Articles.

1. Amensisa Kebede, and R.V.L.N Rathnakar Rao. (2012). The Psychological Aspects of Injury, *International Journal of Social Science & Interdisciplinary Research* 2(2), pp.1-14.
2. Amensisa Kebede, and R.V.L.N Rathnakar Rao. (2014). A cross sectional Study on Selected Physical Fitness Profile of Ethiopian Athletics Training Center Sprinters, *International Journal of Multidisciplinary Educational Research* (3)12(4), pp. 189-204.

3. Amensisa Kebede and Samson Wondirad (2015). A Cross Sectional Study on Athlete Satisfaction and Its' Relationship With Performance Of Tiruneshdibaba Athletics Training Center, *International Journal of Social Science & Interdisciplinary Research*, 4(1), 47-55.
4. Sirak Habtmariam and Amensisa Kebede. (2015). A cross sectional Study on Selected Physical Fitness Profile of Ethiopian Athletics Training Center Long Distance Athletes, *International Journal of Multidisciplinary Educational Research* (4)1(4), 1-13.
5. Amensisa Kebede Legesse, Wondimagegn Demissie and Dr. Sirak Habtmariam Kelelaw *Attitude of students & Physical fitness program at jimma university first year students (2013) ABHINAV Volume*
6. Buzeayehu Taregegn and Amensisa Kebede (2015) A Cross Sectional Study on Selected Physical Fitness and Anthropometric Profile of Middle Distance Athletes Ethiopian Athletics Training Centers *International Journal of Multidisciplinary Educational Research*(4)4(4), pp. 189-204
7. Amensisa Kebede Legesse (2015) Training Related and supportive Factors for the Occurrences of Overuse Injuries in Ethiopian Junior Athletes, *International Journal of Multidisciplinary Educational Research* (4)11(1), pp. 49-62
8. Teshome Kebede<sup>1</sup>, Amensisa Kebede<sup>2</sup>, Abiyot Tesfaye<sup>3</sup> "Contribution of sport training centres on development of Ethiopian athletics: in the case of Athlete Tirunesh Dibaba Sport Training Center" *International Journal of Advanced Education and Research Volume 4; Issue 2; March 2019; Page No. 125-129*
9. Amensisa Kebede Legesse<sup>1</sup> and Teshom Kebede<sup>2</sup> (2019) 'The Association And Differences Of Overuse Injury Occurrences And Training Related Supportive Factors In Ethiopian Youth Running Athletes' *International Journal of Advanced Research ,/ " International Journal of Advanced Education and Research/ Int. J. Adv. Res. 7(3), 1452-1460*
10. Amensisa Kebede Legesse<sup>1</sup> and Habtamu Dadi 2.: (2019)' Training Related And Supportive Factors For The Occurrence Of Acute Injuries For Junior Athletes At Ethiopian Athletics Training Centers ' *International Journal of Advanced Research ,/ Int. J. Adv. Res. 7(4), 1240-1249*

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## 5. Conference Proceedings

1. EYSA Sport Science first National Conference, Book of Abstract and Proceeding Publications 2008 -19 Organaizer, Editor and Chief Director.(6 Conferences , Book of Abstracts and Proceedings)
2. Legesse K. (2018) **Impact of hill Training on Middle Distance athletes Performance and Occurrence of Injury EYSA** Paper presented at the Sport Academy Annual Research Conference, , May 26, 2019, Addis Ababa, Ethiopia.
3. Legesse K.& Tarkegn Bezuayehu (2017) **Impact of Various Altitude training on Middle and Long Distance athletes Performance and Occurrence of Injury EYSA Athletes in Ethiopia** Paper presented at the Sport Academy Annual Research Conference, Medwelabu University, May 26, 2017, Addis Ababa, Ethiopia.
4. **Legesse K. & S Sentayehu (2021) Dynamic and Static Stretching on Middle and Long Distance athletes Performance and Occurrence of Injury National Defense Club**

5. Legesse k. (2018). *Incidence and Occurrence of Overuse Injury for middle and Long Distance Athletes at Youth sports Academies in Ethiopia* Paper presented at the Sport Academy Annual Research Conference, Bahir Dar University, May 26, 2018, Bahir Dar, Ethiopia.
6. Amensisa Kebede Legesse<sup>1</sup> and Habtamu Dadi <sup>2</sup>: (2019)‘ Training Related And Supportive Factors For The Occurrence Of Acute Injuries For Junior Athletes At Ethiopian Athletics Training Centers ’ International Journal of Advanced Research Paper presented at the Sport Academy Annual Research Conference, Medwelabu University, May 26, 2017, Addis Ababa, Ethiopia.
7. Sirak Habtmariam and Amensisa Kebede. (2016). A cross sectional Study on Selected Physical Fitness Profile of Ethiopian Athletics Training Center Long Distance Athletes, Paper presented at the Sport Academy Annual Research Conference May 26, 2016, Addis Ababa, Ethiopia.
8. Teshome Kebede<sup>1</sup>, Amensisa Kebede<sup>2</sup>, Abiyot Tesfaye<sup>3</sup> "Contribution of sport training centres on development of Ethiopian athletics: in the case of Athlete Tirunesh Dibaba Sport Training Center" Paper presented at the Sport Academy Annual Research Conference, , May 26, 2016, Addis Ababa, Ethiopia.
9. Amensisa Kebede and Samson Wondirad (2015). A Cross Sectional Study on Athlete Satisfaction and Its’ Relationship With Performance Of Tiruneshdibaba Athletics Training Center, Paper presented at the Sport Academy Annual Research Conference, Medwelabu University, May 26, 2017, Addis Ababa, Ethiopia.
10. Amensisa Kebede, and R.V.L.N Rathnakar Rao. (2014). A cross sectional Study on Selected Physical Fitness Profile of Ethiopian Athletics Training Center Sprinters, Paper presented at the Sport Academy Annual Research Conference, Medwelabu University, May, 2015, Addis Ababa, Ethiopia.

## 6. Published Books and Manuals/Texts

1. Tadesse, T., Bekele, Z., Sileshi, S., Tefera, W., Mengistu, S. & Legesse, k. (2020). የጥሩነሽ ዲባባ አትሌቲክስ አካዳሚ የለውጥ (ሪፎርም) ሰነድ: Netsanet Wolde Printing and Advertizing.
2. Legesse k, Bekele Z, Seleshi S, & Aleyu S. 2020). ኢትዮጵያ ስፖርት ኮሚሽን የለውጥ (ሪፎርም) ሰነድ: Selam Printing and Advertizing.
3. Legesse K & Tadesse T. (2019) **Ethiopian Youth Sports Academy Research Policy and Guidelines** Netsanet Wolde Printing and Advertizing.
4. Legesse K ,Bekel Z & (2021) **Oromiya Youth Projects Middle Distance Coaching Manuals.** Netsanet Wolde Printing and Advertizing.
5. Legesse K , Yesuf A & Nur M. (2021) **Oromiya Youth Projects Long Distance Coaching Manuals.** Netsanet Wolde Printing and Advertizing.
6. Legesse K , Yesuf A & Nur M. (2021) **Oromiya Youth Projects Jumping Coaching Manuals.** Netsanet Wolde Printing and Advertizing.
7. Legesse k, et.al. 2021). የአትሌት ጥሩነሽ ዲባባ አትሌቲክስ ማሰልጠኛ ማዕከል የምልመላና አትሌት መረጣ : Netsanet Printing and Advertizing.

## 7. Unpublished Thesis and other Research Reports

1. Legesse K, Bekel Z, Saji A, Tujuba N & Yayeherad (2016) **Ethiopian athletics Federation 3Training and Talent Development, National and local Competition trend and success and Athletes and Coaches Recruitments)** National Mega Research works principal researcher and chairperson **Athletics Federation.**

2. Legesse K, Tadess T, Seleshi S & Anbesse T. (2018) Ethiopian Football Federation 5 (Training and Talent Development, League organizations, Football Organization and structures, Club Licensing and Sports Violence in Soccer) National Mega Research works as a principal researcher and chairperson **Football Federation**
3. Legesse K, Sime W, Tesfaye A & Mengistu M. (2021) Prepared Ethiopian National Sport Transform road map for Ethiopian Sport and Policy E.F.D.R.E Minister of Culture and Tourism and Sport Commission)
4. Legesse K. (2021) **Impact of hill Training on Middle Distance athletes Performance and Occurrence of Injury EYSA**
5. Legesse K.& Tarkegn Bezuayehu (2021) **Impact of Various Altitude training on Middle and Long Distance athletes Performance and Occurrence of Injury EYSA**
6. **Legesse K. & S Sentayehu (2021) Dynamic and Static Stretching on Middle and Long Distance athletes Performance and Occurrence of Injury National Defense Club**

## **8. Has Prepared Teaching Materials And Modules For The Courses In The University**

- Organization and Administration of Sports Module(2013)
- Sport Rehabilitation and Nutrition (20012)
- Athletics Or Track And Field Teaching Module(2012)
- Sport Sociology Teaching Material /Handbook(2011)
- Sport Psychology Teaching Material (2010)
- Subject Area and Method Of Teaching Physical Education Module (2010)
- Sport Sociology Module(2009)
- Sport Nutrition Module(2009)

## **References**

1. Ato Habtamu Sisay (E.F.D.R.E Stat Minister of Culture and Tourism) +251911584564
2. Professor. Birhanu Belay (President of Enjibara University) + 251917550730
3. Ato. Ambesaw Enyew ( Main Director of Ethiopian Youth Sports Academy) +251911117964
4. Dr. Tariku Jebena ( Deliverology Director Addis Ababa University) + 251918776209
5. Esayas Jira (President of the Ethiopian Football Federations)

**Amensisa Kebede Legesse \_\_\_\_\_ January 14, 2022**

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