

CURRICULUM VITAE

September, 2025

CONTACT ADDRESS

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PERSONAL INFORMATION

NAME: Haileyesus Gedefaw Molla

SEX: Male

DATE OF BIRTH: 26 February, 1986

MARTIAL STATUS: Married

NATIONALITY: Ethiopian

DRIVING LICENCE: BD087888

EDUCATION

<i>Institutions :</i>	Bahir Dar University
<i>Date:</i>	From September, 2003 to July, 2006
<i>Degree :</i>	Bachelors of education in Major Physical Education and Minor Biology.
<i>Action Research Topic</i>	Reducing challenges of being a female physical education teacher.

<i>Institutions :</i>	Addis Ababa University
<i>Date:</i>	From September, 2008 to July, 2010
<i>Degree :</i>	Masters of Education in teaching Physical Education.
<i>Thesis topic</i>	Perceived constraints to physical activity participation among University Students.

<i>Institutions :</i>	Andhra University
<i>Date:</i>	From September, 2013 to February, 2017
<i>Degree :</i>	Doctor of Philosophy in Physical Education and Sports Sciences.
<i>Dissertation topic</i>	Running Success: An examination of Anthropometric, Morphological and Psychological characteristics of Ethiopian athletes.

**Additionally Post Graduate Diploma in Travel and Tourism Management from Andhra University.*

EMPLOYMENT EXPERIENCES

<i>Date :</i>	From October, 2006 To October, 2007
<i>Organization</i>	Dilla University
<i>Position / Acc. Rank</i>	Graduate Assistant-I (GA-I)
<i>Description</i>	GA-I in Pedagogical Science Department, Physical Education and Sport Unit, Faculty of Education. Responsibilities: teaching, research, and extracurricular activities.

<i>Date :</i>	From October, 2007 To October, 2008
<i>Organization</i>	Dilla University
<i>Position / Acc. Rank</i>	Graduate assistant-II (GA-II)
<i>Description</i>	GA-II in Physical Education and Sport Department, Faculty of Education. Responsibilities: teaching, research, and extracurricular activities.

* September, 2008 - July, 2010, Assistant Lecturer Academic Rank (on Study Leave at AAU)

<i>Date :</i>	From August, 2010 To August, 2013
<i>Organization</i>	Dilla University
<i>Position / Acc. Rank</i>	Lecturer
<i>Description</i>	Lecturer in the department of sports sciences, School of Life and Sport Science. Responsibilities: teaching, research, and extracurricular activities.

* September, 2013 - February, 2017, Lecturer Academic Rank (on Study Leave at AU, India)

<i>Date :</i>	From March, 2017 To November 2020
<i>Organization</i>	Dilla University
<i>Position / Acc. Rank</i>	Assistant Professor
<i>Description</i>	Ass. Prof. in the department of sports sciences, College of Natural and Computational science. Responsibilities: teaching, research, & community service.

<i>Date :</i>	From December, 2020 To now
<i>Organization</i>	Bahir Dar University
<i>Position / Acc. Rank</i>	Assistant Professor
<i>Description</i>	Ass. Prof. in the department of sports sciences, Sport Academy. Responsibilities: teaching, research, & community services.

COURSE TAUGHT/ SUPERVISED

Bachelor Degree Courses

- PEds 101: General Fitness
- PEds 221: Didactics of Athletics
- PEds 241: History and Concept of Physical Education and Sports
- PEds 334: Didactics of Gymnastics
- PEds 351: Recreational Activities
- SpSc 231: Basic Gymnastics
- SpSc 222: Apparatus Gymnastics
- SpSc 422: Conditioning Exercises
- SpSc 471: Exercise Nutrition
- SpSc 462: Measurement and Evaluation in Sports
- SpSc 411: Introduction to Adaptive Physical Exercises and Sports
- SpSc 461: Introduction to Sport Psychology
- SpSc 3162: Research Methods and Report Writing in Sports
- SpSc 2083: Kinesiology
- SpSc 2082: Exercise Physiology
- SpSc 2082: Health and Fitness
- Biomed1072: Human Physiology
- SpSc 3142: Introduction and Structure of Coaching
- SpSc 3131: Swimming and Recreational Activities
- Phed 3131: Subject Area Method I
- Phed 3152: Subject Area Method II
- PGDT 421: Subject Area Method- II
- SpSc 3152: Measurement and Evaluation in Sport

Master's Degree Courses

- SpSc 501: Applied Sport and Exercise Psychology
- SpSc 503: Applied Sport Psychology and Sport Sociology
- SpSc 529: Psychological Aspects of Sport Injury Rehabilitation
- SpSc 527: Mental Aspects of Sport and Physical Performance
- SpSc 524: Advanced Laboratory Techniques
- SpSc 502: Exercise Physiology
- SpSc 526: Advanced Knowledge in Sport and Exercise Psychology
- SpSc 503: Advanced Exercise Physiology
- SpSc 611: Teaching Practice
- SpSc 506: Research Methods in Physical Education
- SpSc 528: Counseling Skills in Sport Psychology
- SpSc 524: Applied Social Psychology in Sport
- SpSc 502: Research Methods in Sport Science
- SpSc 514: Applied Measurement and Evaluation in Physical Education
- SpSc 602: Research Methods in Sport Science

WRITTEN MATERIALS

- 📖 Physical Education and Sports Bachelor Degree Curriculum (Developer), (2006)
- 📖 History and concepts of Physical education and sports” teaching Module (Writer) (2007).
- 📖 Didactics of Athletics teaching module, 2007 (Editor)
- 📖 Sport Science Teaching Module, 2007 (Editor)
- 📖 Introduction to Sport Psychology Distance Module, 2011 (Writer)
- 📖 Sport Sociology distance module, 2011 (Editor)
- 📖 School of life and Sport Science Quality Audit Report, 2012 (Co-writer)
- 📖 Health and fitness Masters Curriculum, 2017 (Developer)
- 📖 Sport and Exercise Psychology Masters curriculum, 2017 (Developer)
- 📖 Physical Fitness Module (Writer) <http://ndl.ethernet.edu.et/handle/123456789/78189>
- 📖 Journal Policy Document Preparation for JSSPE – 2023 (Member)
- 📖 Sport Science Program Self Evaluation Document Preparation, 2023 (Member)
- 📖 Grade 9 Student Textbook and Teacher Guide, 2022 (Illustrator), MOE
- 📖 Grade 10 Student Textbook and Teacher Guide, 2022 (Illustrator), MOE
- 📖 PGDT Subject Area Methods –I Module Review, 2022 (Reviewer), BDU

PUBLICATIONS

1. Haileyesus Gedefaw, Dr. RC Reddy. Comparison of Body Composition among Female athletes of Different Intensity running Events. International Research Journal of Natural and Applied Sciences Vol. 3, Issue 4, April 2016.
https://simdos.unud.ac.id/uploads/file_penelitian_1_dir/d44a773bb5a8fb74d243f7f88d8237be.pdf
2. Haileyesus Gedefaw, Dr. RC Reddy. Psychological Skills of Ethiopian Male Athletes. Int J Appl Res 2016;2(4):314-317.
<http://www.allresearchjournal.com/archives/?year=2016&vol=2&issue=4&part=E&ArticleId=1787>
3. Haileyesus Gedefaw, Seid Suleiman. Athletic coping skill variations among Sprinters, Middle and Long Distance Runners in Female Athletes. International Journal of Multidisciplinary Education and Research ISSN: 2455-4588; Volume 1; Issue 2; April 2016; Page No. 47-50
<http://www.educationjournal.in/archives/2016/vol1/issue2/1-3-32>
4. Seid Suleiman, Haileyesus Gedefaw. Level of Mental Toughness and Its Impact on the Performance of Ethiopian Football Player. International Journal of Multidisciplinary Education and Research ISSN: 2455-4588; Volume 1; Issue 2; April 2016; Page No. 43-46.
<http://www.educationjournal.in/archives/2016/vol1/issue2/1-3-33>
5. Molla, Haileyesus Gedefaw. A Review of Anthropometric Characteristics of Runners.
<https://iiste.org/Journals/index.php/JTHS/article/view/35655>
6. Haileyesus Gedefaw, Dr. RC Reddy. Body Composition Variances among Ethiopian Male athletes of Different Intensity Running Events. International Journal of Multidisciplinary Educational Research. ISSN: 2277-7881; Volume 5, Issue 4(5), April 2016. [http://s3-ap-southeast-1.amazonaws.com/ijmer/pdf/volume5/volume5-issue2\(5\)-2016.pdf](http://s3-ap-southeast-1.amazonaws.com/ijmer/pdf/volume5/volume5-issue2(5)-2016.pdf)
7. Haileyesus Gedefaw Molla. Skinfold thickness of sprinters, middle and long distance runners in male subjects. International Journal of Multidisciplinary Educational Research. Volume 6, Issue 2(5), February 201. [http://s3-ap-southeast-1.amazonaws.com/ijmer/pdf/volume6/volume6-issue2\(5\)-2017.pdf](http://s3-ap-southeast-1.amazonaws.com/ijmer/pdf/volume6/volume6-issue2(5)-2017.pdf)
8. Getahun Mognnet Achenef, Elsabet Mesfin Wubaye, Kalkidan Abebe Miraf, Dr Haileyesus Gedefaw Molla, & Dr Abera Dessalegn Wole. (2023). Effect of Circuit Training Intervention on

the Muscular Fitness Ability of 13 to 15 Years Old Female Students.

<https://doi.org/10.5281/zenodo.8414143>

9. Haileyesus Gedefaw, Gashaw Tesema, and Tesfaye Dessalegn (2024). Body Density Disparities Among Female Athletes of Different Running Events Estimated by 7-Site Skinfold Equation. *Ethiopian Journal of Sport Science (EJSS)*, Vol. 5, Pages 117-123.
10. Gashaw Tesema, Alemnew Desalegn, Haileyesus Gedefaw (2024). Training Field Size Matters: Impacts on Decision-Making Skills in Football. *Ethiopian Journal of Sport Science (EJSS)*, Vol. 5, Pages 132-146.
11. Gashaw Tesema, Tesefaye Desalegn, Haileyesus Gedefaw, & Mala George, (2025). Cardio skeletal muscle stress markers responses against two different intensity endurance training zones in novice athletes. *Ethiopian Journal of Science and Technology*, 17(3), 187–200.
<http://journals.bdu.edu.et/index.php/EJST/article/view/2771>
12. Gashaw Tesema, Haileyesus Gedefaw, Tesfaye Desalegn, & Mamush Kassaw, (2025, January). A comparative analysis of soccer and aerobic dance training effects on students' attention span. *Choke Journal of Science and Technology*, 5(1). Retrieved from <http://www.dmu.edu.et/journal/download/a-comparative-analysis-of-soccer-and-aerobic-dance-training-effects-on-students-attention-span/>

CONFERENCES PARTICIPATED

- 5th Annual Sport Science Research Conference, Bahir Dar University, 2021 (Presenter & Reviewer)
- 6th Annual Sport Science Research Conference, Bahir Dar University, 2022 (Reviewer)
- 7th Annual Sport Science Research Conference, Bahir Dar University, 2023 (Presenter, Reviewer & Organizing Committee Member)
- 8th Annual Sport Science Research Conference, Bahir Dar University, 2024 (Reviewer & Organizing Committee Member)
- 9th Annual Sport Science Research Conference, Bahir Dar University, 2025 (Reviewer & Organizing Committee Member)
- 10th Annual Sport Science Conference , Ethiopian Sport Academy, 2025 (Presenter & Reviewer)

ADVISORY EXPERIENCE

- ✓ Academic Advisor
- ✓ Senior Essay Advisor
- ✓ Practicum (I, II & III) Advisor
- ✓ Action Research Advisor
- ✓ Gym Advisor
- ✓ Thesis and Dissertation Advisor

COMMITTEE INVOLVMENT

- Position Recruitment Committee, Dilla University
- Research committee (School of Life and Sport Science), Dilla University
- Modularization Committee (School of Life and Sport Science), Dilla University
- Quality Audit Committee (School of Life and Sport Science), Dilla University

- Grade Approval committee (Sport Science Department) Dilla University
- Curriculum & Standard Committee (Sport Academy), Bahir Dar university
- Research Group (Sport Academy), Bahir Dar university
- Staff Recruitment & Promotion Committee (Sport Academy), Bahir Dar University
- Research Ethics Review Committee (Sport Academy)), Bahir Dar university
- Program Accreditation Committee (Sport Academy)), Bahir Dar university
- Various ad-hoc committees (at University, College, and Department levels), DU & BDU

ADMINISTRATIVE WORKS

- School of Life and Sport Science Curriculum and Quality Enhancement Team Leader (October, 2012-June,2013), Dilla University
- Post-graduate Program Coordinator of Sport Science Department (October, 2017-October, 2018), Dilla University
- Academic Program V/director for Staff Development (November,2017- November, 2020), Dilla University
- Batch Advisor (2021-2023), Physical Education Stream, Sport Academy, Bahir Dar University
- Course Chair at Sport Science Department (2022 - present), Bahir Dar University

CERTIFICATES & AWARDS

- English Language Proficiency Certificate (IELTS)
- SPSS Training Certificate (Andhra University)
- Introductory Course for Basic Sport Massage (Level-1 By Roberto Ciurleo)
- Gymnastics Coaching Certificates (level-1&2)
- Comprehensive overview of the Scopus, Science Direct and Mendeley workshop attendance Certificate by Elsevier (Online)
- Sport Marketing (Online at Northwestern University)
- The Science of Training of Young Athletes (Online at University of Florida)
- Psychological First Aid (Online at John Hopkins University)
- Research Ethics Training Participation Certificate (Ministry of Education)
- Employability Skills and Job Readiness Training by dereja. com & BDU
- Curriculum Development Certificate (DU)
- Module, Text Book and Teachers Guide Preparation Recognition Certificates (MoSHE and MOE)
- Various Coaching Certificated at Higher institution sport Competitions
- Various Recognition Certificates for Professional & Community Service Engagement (DU, BHU, HU, WU, ESA, BDU)
- Master-class Master Class for Teaching Online (Open edX), Arizona State University, MoE & BDU
- 10+ courses on the [e-SHE Portal](#) (Arizona State University, MoE & BDU)

TRAINING OFFERED

- Psychological skill For Football Players for Amhara League Clubs Psychological skill For Football Players for Amhara League Clubs, 2021
- Employability Training for graduating Class, 2022
- Research Gap, Literature Search Strategy and Scientific Writing Assisted with Research Software for Postgraduate Students, 2022
- Developing Winning Mentality For Football Players for Amhara League Clubs, 2022

PROFESSIONAL WORK EXPERIENCE

- ☞ Delivering fitness training to Dilla University and the local community.
- ☞ Teaching material (module) preparations, and editing.
- ☞ Guest teacher at Arba Minchi University, Bule Hora University
- ☞ Master's Thesis Examiner at Hawassa , Arba Minchi, Wolaita Sodo, Bule Hora, Gondar Wollo, Debre Markos & Dilla Universities.
- ☞ Coaching and leading University team in various Sports held in various institutions.
- ☞ Curriculum developer and Reviewer, Dilla, Bule Hora, Bahir Dar & Gondar Universities.
- ☞ Associate Editor of Ethiopian Journal of Sport Science hosted by Ethiopian Sport Academy.

FIELD EXPERIENCE

Sport Team Leadership Role:

- ✚ Ethiopian higher institutions sport competitions held at Adama University (1999)
- ✚ Ethiopian Public higher institutions sport competition held at Mekele University 2000)
- ✚ Ethiopian Public higher institutions sport competition held at Hawassa University 2002)
- ✚ Ethiopian Public higher institutions sport competition held at Bahir Dar University (2003)
- ✚ Ethiopian Public higher institutions sport competition held at Ambo University (2004)
- ✚ Ethiopian Public higher institutions sport competition held at Arba Minch University (2005)
- ✚ Ethiopian Public higher institutions sport competition held at Adama University (2007)

Field Trip Leadership Role:

- ◆ Field trip with 2011 graduates for the fulfillment of the course of Swimming and Recreational Activities
- ◆ Field trip with 2012 graduates for the fulfillment of the course of Swimming and Recreational Activities
- ◆ School Council Experience Sharing at Various Institutions, 2013
- ◆ Field trip with 2017 graduates for the fulfillment of the course of Adapted Physical Activity
- ◆ Field trip with 2018 Summer program students for the fulfillment of the course of Swimming and Recreational Activities
- ◆ Field trip with 2019 Summer program students for the fulfillment of the course of Swimming and Recreational Activities

SPORT SKILLS

- Basic skills on various Ball Games, Gymnastics, Swimming, and Physical Fitness related activities.

OTHER SKILLS

- Computer skill (application, installation, and minor maintenance)
- First Aid (took training but not certified)

LANGUAGE SKILLS

<i>Language</i>	<i>Proficiency</i>	<i>Remark</i>
Amharic	Mother tongue	Excellent in all speaking, listening, writing and reading.
English	6.0 in IELTS exam	the score is of all band score of speaking, listening, writing and reading
Sign Language	In progress	Beginner, but interested

HOBBIES

- Watching Games & Documentaries
- Reading & Writing Academic Materials
- Participating in Tour/ Recreational Activities

INTEREST AREAS

- ⇒ Research in integrated areas of Physical Education & Sports Science disciplines including Sport & Exercise Psychology, Sport Pedagogy, Measurement and Evaluation in Sport, Sport Anthropometry, Health and Fitness, Exercise Physiology, Sport Training, Sport Performance optimization, Sport Nutrition & Kinesiology.
- ⇒ Course module preparation which involves developing and structuring academic course modules that effectively deliver content on various topics in Physical Education and Sports Science.
- ⇒ Teaching and learning material, such as students' textbook and teachers; guide preparation.
- ⇒ Curriculum designing, reviewing, and improving curricula for Physical Education and Sports Science programs.
- ⇒ Examination preparation for program entrance and exit in Physical Education and Sports Science programs.
- ⇒ Academic Mentorship, Research Advising, Community Service, and Interdisciplinary Collaborations.

REFERENCES

<u>Name</u>	<u>Tel.</u>	<u>E-mail address</u>
Prof. Vijay Mohan	+919703831117	vijaymohansports@gmail.com
Dr. R.C.Reddy	+918500641597	drcreddy72@gmail.com
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