

Ali Bergmann, PhD Candidate
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Professional Summary

Dynamic sports educator and researcher with extensive experience in physical education, pedagogy, and psychophysiology. Proven track record in athletic training, community engagement, and curriculum development. Currently completing a PhD in Physical Education and Sports Pedagogy with a focus on psychophysiology. Passionate about fostering inclusive sports environments and enhancing student-athlete performance.

Current Projects

- Book on Exercise Physiology & Physical Education: Currently working on finishing writing my book in the field of Exercise Physiology and Physical Education.
- Mental Training for Students and Athletes: Developing a program focused on mental training techniques to enhance performance and well-being.

Sports Achievements

- 11 National Records in Race Walking for Lebanon
- IAAF World Cup Participant, May 2012, Republic of Saransk, Russia

Education

- PhD in Physical Education & Sports Pedagogy (Expected Defense: End of 2025)
Russian National University of Physical Education, Sports, Youth and Tourism, Moscow
September 2018 - Present
- Master's Degree in Sport Physiology
National University for Physical Education and Sport of Ukraine, Kiev
2011 - 2012
- Bachelor's Degree in Olympic and Professional Sports
National University for Physical Education and Sport of Ukraine, Kiev
2007 - 2011

Professional Experience

- Manager
Private Clinic for Mental and Physical Recovery & Physical Therapy
2022 - Present
 - Oversee operations using modern methods and technologies to help individuals recover from stress and depression without medications.
 - Reference: www.alibrecovery.com
- Practicing Massage Therapist
Since 2008
 - Providing massage therapy for professional athletes and non-athletes.
 - Hold a massage certificate from the Ministry of Health and Youth in Ukraine (2008).
- Practicing Therapeutic Physical Culture
Since 2008
 - Developed and implemented my own therapeutic physical culture program available on my YouTube channel (ALib Recovery).
[YouTube Channel - ALib Recovery](#)
- Lecturer
Infiz National Sports University of Ukraine
2010 - 2011
 - Taught Exercise Physiology & Sports Biochemistry to first-year university students.
- Lecturer & Practical Instructor
Moscow State University of Physical Education and Sports
2019 - 2020
 - Conducted lectures and practical sessions on psychophysiology.
- Freelance Athletic Trainer
Self-employed, Germany
2016 - Present
 - Developed tailored training programs for athletes in various sports.
 - Provided health consulting focusing on mental and physical recovery.
- Trainer for "Integration through Sports" Project
Community Sports Association of Osnabrück e.V.
2016 - 2017
 - Led initiatives to promote integration through sports for refugees.
- Physical Education Teacher
High School, Kiev, Ukraine
2009 - 2010
 - Taught grades 7 to 13 in swimming, football, athletics, and mental/social games.

Recommendation Letter

- On January 25, 2016, I received a recommendation letter from Sergey Bubka, Olympic Champion, Senior Vice President of IAAF, and President of the Ukrainian Olympic Committee.

Social and Volunteering Activities

- Scout Bouy Participant (1994-2006): Participated actively during summer vacations.
- Scout Leader (2006): Led scout activities and mentoring younger scouts.
- Athletic Trainer U17 at SF Lotte: Independent implementation of athletic training (2013-2017).
- Volunteer Work at Gymnastics Federation of Osnabrück: For Til Schweiger Foundation (2016). [Til Schweiger Foundation](#)
- Ambassador of Goodwill for Peace: Awarded by the University of Human Rights Organization registered at UNESCO in Lebanon (December 2016).
- Athletic Trainer for Swimming Team SG Osnabrück e.V.: Working with ages between 5 and 15 (2015–2016).

Research & Publications

1. Authored 11 scientific publications related to sports pedagogy and psychophysiology.
2. Completed dissertation on psychophysiology in physical education.
3. Patent registration in process for creating a method to recover people from stress and depression without using medications.
4. Registered 7 Industrial Design Patents in Germany (2016–2021).

Certifications & Further Education

Physiotherapy Verband Courses:

- Various courses related to physiotherapy practices.
- Medical Training Therapy Courses.

Additional Certifications:

- Osteopathy Education from East European School of Osteopathy (2021).
- NFV Soccer Coach License.
- LSO Fitness License C&B in Rehabilitation Sports from the German Olympic Committee.

Current Education:

- Currently enrolled in a Paramedic Education Course (First Aid) in Lower Saxony, Germany.

Languages

- Arabic (Native)
- German (Fluent)
- English (Fluent)
- Russian (Fluent)
- Ukrainian (Fluent)

Personal Information

- Date of Birth: December 20, 1984
- Marital Status: Single
- Children: Two

Hobbies & Interests

- Competitive athletics (National Lebanese Team in Race Walking)
- Innovation (industrial designs) – registered *7 patents* in Germany
- Music (Singing and songwriting)