

# Fatemeh Sheybani



**Name :** Fatemeh Sheybani

**Nationality :** Iranian

**Mobile number :** +989376621324

**Email :** [fateme.bani@yahoo.com](mailto:fateme.bani@yahoo.com)

**Website :** <https://fatemehsheybani.com/>

**Wikipedia page :**

[https://fa.wikipedia.org/wiki/%D9%81%D8%A7%D8%B7%D9%85%D9%87\\_%D8%B4%DB%8C%D8%A8%D8%A7%D9%86%DB%8C](https://fa.wikipedia.org/wiki/%D9%81%D8%A7%D8%B7%D9%85%D9%87_%D8%B4%DB%8C%D8%A8%D8%A7%D9%86%DB%8C)

**Instagram :** rope-skipping\_fars

Fatemeh\_sheybani66

**Facebook :** <https://www.facebook.com/fatemeh.sheybani.1989>

**Skype :** <https://join.skype.com/invite/T6OAWYx0CPb9>

**Twitter :** @Sheybani1987

**Graduate degree:** Master of Physical Education and Sports Science, majoring in sports physiology

## **Profession:**

- Physical Fitness, Rope and Basketball Coach – jump Rope Judge
- Chairman of Fars Province Rope skipping Committee
- President and coach of Fars Mythology Club
- Official jump rope instructor of the Iranian Public Sports Federation
- Physical education teacher

**Club address:** Shiraz, Shams Tabrizi St., Shahid Beheshti Sports Complex, Fars Mythology Club

**Home Address:** Shiraz, Shahid Rajaei Blvd., Ehsan Sq., Shahid Jazayeri Alley, Golshid Building, 7th Floor, Unit 32

## **Educational background**

1. Diploma in Physical Education from the Physical Education Conservatory
2. Associate of Physical Education and Sports Sciences from Islamic Azad University, Sama Shiraz Branch
3. Bachelor of Physical Education from Islamic Azad University, Shiraz Branch
4. Master of Physical Education and Sports Science (Sports Physiology) from Fars University of Science and Research

**Thesis topic:** The effect of pyramidal and inverted pyramid exercises on serum myostatin level

Company / Institution	Of the year	Until	position
World Jump Rope Union Federation	2021	4 year	Member of the Youth Commission of the World Rope Federation
Asian Jump Rope Union Federation	2020	2 year	Member of the Technical Committee of the Asian Rope Federation
Iran national jump rope team	2018	Until now	International coach of the girls team
Fars Province Student Sports Committee	2020	Until now	President of the fars girls jump Rope students Association
Fars Province Public Sports for all Board	2014	Until now	Chairman of Fars Province Rope skipping Committee
Public Sports for all Federation	2017	Until now	Member of the judges committee
The first fars jump rope selection competition	2018	-----	Superintendent
The second selection competition of Fars province virtually	2020	-----	Supervisor and judge
Sports associations and education in District One of Shiraz	2017	Until now	President of the girls jump Rope students Association
Arjan Sports Education Associations	2010	-----	President of the Physical Fitness Association
Dajbal national competitions	2018	2018	Member of the Executive Committee
Scientific Association of Physical Education, Islamic Azad University, Sama Branch, Shiraz	--	--	President of the Women's Association of Physical Education
Physical education teacher	2010	Until now	Physical Education teacher

**Research records, authorship and translation**

History Name	Title	Place of presentation	Date	explanations
Article	The effect of pyramidal and inverse pyramidal resistance training on serum myostatin strength and level in healthy non-athlete women	Faculty of Physical Education and Sport Sciences, Islamic Azad University, South Tehran Branch	2014-2-19	The first national conference on new approaches in sports science and physical education in the form of a lecture
Article	The effect of pyramidal and inverse pyramidal resistance training on serum myostatin strength and level in healthy non-athlete women	Isfahan University of Medical Sciences	2014-02-21	National Conference on Women's Health
Article	The effect of pyramidal resistance training on serum myostatin strength and level in healthy non-athlete women	Islamic Azad University of Sama, Ghaemshahr Branch	2014-03-08	National Conference on New Scientific Achievements in Physical Education and Sports Science in Poster
Article	The effect of pyramidal and inverse pyramidal resistance training on serum myostatin strength and level in healthy non-athlete women	Al-Zahra University of Tehran	2014-03-04	National Conference of Sports Physiology Students in Poster
Article	The effect of reverse pyramid resistance training on serum myostatin levels in healthy non-athlete women	Shiraz university of medical sciences	2014-05-21	Third International Seminar on Women's Health
Translation	The book of rope skipping rules and regulations 2016 edition	Iran Rope skipping Association of Public Sports for all Federation	2016	-----
Translation	Terms and Conditions of the World jump Rope Federation	Iran Rope skipping Association of Public Sports for all Federation	2015 2017	-----

**educational experience**

Title	Location	Date
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Participate in the training course for empowering the head coaches and coaches of the national women's teams of the Iran country	Ministry of Sports and Youth-Tehran-Iran	2020
↑ Participate in the 2020 World jump Rope Federation judging Course, Speed judge 1, Speed judge 2, presentation judge, difficulty judge , require element judge in <b>IJRU</b>	Online training and exam	2020
Participate in the 2019 World jump Rope Federation judging Course, Speed judge 1, Speed judge 2, presentation judge, difficulty judge in <b>WJRF</b>	Online training and exam	2019
Participate in the Asian jump Rope championships 2018	Thailand	2018
Participate in the judging and successful judging course of the Asian jump Rope championships	Thailand	2018
Participate in the management workshop and familiarize yourself with the latest jump rope and rules and regulations	Shiraz-Iran	2015
Participate in the Asian jump rope coaching and judging course	Malaysia	2017
Participate in the jump rope arbitration justification course	Golestan province	2016
Participate in the 2018 World jump Rope Federation judging Course, Speed judge 1, Speed judge 2 in <b>WJRF</b>	Online training and exam	2018
Participate in a public sports planning and management workshop	Tehran-Iran	2018
Participate in the first national conference of instructors of the Federation of Public Sports	Tehran-Iran	2018
Participate in the training course of the teacher of the Public Sports Federation	Tehran-Iran	2018
Participate in a public sports planning and management workshop	Tehran-Iran	2018
Participate in the International Workshop on Sports and Family	Shiraz-Iran	2017
Participate in the workshop on management and leadership of public sports for sports associations and committees	Tehran-Iran	2018
Participate in a workshop introducing new training methods	Tehran-Iran	2018
Participate in a specialized workshop on sports nutrition	Shiraz-Iran	2008
Participate in the specialized course of Fars corrective movements	Shiraz-Iran	2016
Participate in a workshop on speed and agility exercises in Fars province	Shiraz-Iran	2016

Participate in a workshop on musculoskeletal disorders related to physical education teachers	Shiraz-Iran	2016
Participate in the retraining workshop on the rules and regulations of student ropes in the country	Ramsar-Iran	2015
Participate in the training and physical activity workshop for children and adolescents in Fars province	Shiraz-Iran	2015
Participate in a sports law workshop	Shiraz-Iran	2014

**Training, coaching and refereeing certificates**

Title	Place	Year	Grade	Judging	Coaching	Judging instructor	Coaching instructor
Track and Field	Shiraz	2005	3	•			
basketball	Shiraz	2015	3		•		

Jump rope-Remember	Ramsar	2007 & 2009	3		•		
Jump rope	Tehran	2018	3				•
Jump rope	Tehran	2016	3				•
Jump rope	Esfahan	2014	3			•	
Jump rope	Tehran	2016	2	•			
Jump rope	Shiraz	2013	3	•			
physical fitness	Shiraz	2003	3		•		
Brighton	Shiraz	2017	3		•		
Jump rope	Malaysia	2017	Asia		•		
Jump rope	Malaysia	2017	Asia	•			
Jump rope	THAILAND	2018	Asia	•			
Jump rope- speed 1	Online training and exam WJRF	2018	World	•			
Jump rope- speed 2	Online training and exam WJRF	2019	World	•			
Jump rope- Speed 1	Online training and exam WJRF	2019	World	•			
Jump rope- Speed 2	Online training and exam WJRF	2019	World	•			
Jump rope - presentation	Online training and exam WJRF	2019	World	•			
Jump rope	Online training and exam WJRF	2019	World	•			
Jump rope- speed 1	Online training and exam IJRI	2020	World	•			
Jump rope- speed 2	Online training and exam	2020	World	•			
Jump rope -require element 1	Online training and exam IJRI	2020	World	•			
Jump rope- require element 2	Online training and exam IJRI	2020	World	•			
Jump rope	Online training and exam	2019	Asia	•			
Jump rope- difficulty	Online training and exam IJRI	2020	World	•			
Jump rope - presentation	Online training and exam IJRI	2020	World	•			

### Sports history as a teacher

Title

Year

Instructor of the virtual course of matching the jump rope teachers of the country	<b>2021</b>
Instructor of virtual jump rope workshop for coaches of jump rope sports teams with the subject of speed skills	<b>2020</b>
Selected as the best and exemplary teacher in the country in the first national conference of teachers of the Iranian Public Sports Federation in Tehran	<b>2018</b>
Shiraz 3rd grade jump rope coaching instructor	<b>2016</b>
Instructor of Shiraz jump rope judging workshop	<b>2014</b>
Teaching in the training course of coaching and refereeing jump rope in Tehran	<b>2014</b>
fars jump rope coaching instructor grade 3	<b>2017</b>
Teaching in a management workshop and getting acquainted with the latest rules and regulations of ropes in Shiraz	<b>2015</b>
Teaching in coaching and special refereeing retraining courses for rope teachers in Tehran	<b>2016</b>
Assistant instructor of Shiraz 3rd grade jump rope coaching course	<b>2015</b>
Instructor of Shiraz 3rd degree jump rope judging course	<b>2017</b>
Shiraz 3rd grade jump rope coaching instructor	<b>2017</b>
Darab jump rope coaching instructor	<b>2017</b>
Instructor of rope-making workshop for provincial rope-making teachers	<b>2016</b>
Course instructor while serving Abadeh Tashk physical education training	<b>2016</b>

**Sports history as a coach**

Title	Description	Year
Coach of Fars Mythology Club	Private and semi-private	<b>2021</b>
Coach of Iran's national jump rope team to participate in the Asian Championship in South Korea	Win the first to third Asian title	<b>2019</b>
Coach of Iran's national jump rope team to participate in the World Championship in China	Win the fifth and seventh world titles	<b>2018</b>
Coach of Shahid Chamran Larestan Cultural and Sports Club	Three-year contract	<b>feb2018until feb2021</b>
Coaching sports teams of different schools to participate in regional competitions	Sports and years are different	<b>2014 until now</b>
Instructor of the jump ropes team of elementary students in Fars province	Earn different national titles	<b>2017</b>
Representative of Fars province coaches in the election assembly of Fars Public Sports Board	-----	<b>2018 Until 2021</b>
Head of high school jump ropes team of a student of Fars province in Ramsar	Earn different national titles	<b>2017</b>
Instructor of the jump ropes team of elementary students in Fars province in Ramsar	Earn different national titles	<b>2015</b>
Instructor of the jump ropes team of elementary students in Fars province	-----	<b>2014</b>
Instructor of Fars Province students jump rope team in Ramsar	Earn different national titles	<b>2017</b>
Instructor of Fars students jump rope team in Isfahan	Earn different national titles	<b>2012</b>
Instructor of physical fitness of free chances of Shiraz Municipality	----	<b>2015</b>
Shiraz Municipality Free Chance Basketball Training Coach	----	<b>2017</b>
Instructor of physical fitness of free chances of Shiraz Municipality	----	<b>2018</b>

**Sports history as a judge**



Title	Place	Year
Judge of the national jump rope team selection online competitions	Online	2020
Judge of Asian & pacific championships 2019 korea	Korea	2019
Judge of Asian & pacific championships 2018 thailand	Thailand	2018
Judge of the national jump rope team selection competitions	Hamedan city	2014
Judge of the national jump rope team selection competitions	Shahre kord city	2018
Judge of the national jump rope team selection competitions	Zanjan city	2015
Judge of the national jump rope team selection competitions	Golestan city	2016
Judge of the national jump rope team selection competitions	Bojnord city	2017
Head judge of the Iran student jump rope competitions	Shiraz city	2016
judge of physical fitness competitions	Shiraz city	2015
judge of Fars physical fitness provincial competitions	Shiraz city	2005
judge of Track and Field competitions	Shiraz city	2005
judge of Fars student jump rope competitions	Shiraz city	2013
judge of the provincial competitions of Fars student physical fitness	Shiraz city	2011

**Cultural and sports titles as a athlete & teacher**

عنوان	مکان	تاریخ
Winning the third place in the scientific and sports competitions of the country's physical education conservatories	Ramsar city	2003
Winning the first place in the country's high school physical fitness competitions	Tehran city	2005
Winning the third place in 1,500 meters of high schools in District 2 of Shiraz	Shiraz city	2003
Achieving the second and third place in physical fitness of high schools in the province	Shiraz city	2004
Winning the first place in the 400 meters of Shiraz city	Shiraz city	2006
Winning the first place in the basketball competitions of Islamic Azad universities in region one of the country	Shiraz city	2008
Winning the third place in the handball competitions of the universities of the region of one country	Larestan city	2010
Winning the second place in the country in the festival of the best models of teaching physical education	Kerman city	2012
Achieving the first place of the best models of teaching physical education in the region and the province	Shiraz city	2012 & 2016
Winning the first place in Arjan education scientific and specialized competitors	Arjan city	2012
Win several different championship titles in different school sports	In province & city	2012 until now

### languages

Name	level
English	<b>B1</b>