

KEN KHALOUF

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OBJECTIVE

Seeking a position as a Health and Physical Education teacher

EDUCATION

Slippery Rock University of Pennsylvania, Slippery Rock, PA

Bachelor of Science in Physical Education and Health *Summa cum laude* 2007

Bachelor of Science in Exercise Science *Summa cum laude* 2005

TEACHING CERTIFICATIONS

- Pennsylvania: Standard Professional Health and Physical Education PreK-12
- Maryland: Standard Professional 2 Health and Physical Education PreK-12

WORK HISTORY

MONTGOMERY COUNTY PUBLIC SCHOOLS

2007-2016

Tilden Middle School

Eastern Middle School

Newport Mill Middle School

Physical Education and Health Education Teacher

- Designed and implemented lesson plans that reached all ability levels using the fitness, tactical, and sport education models
- Devised and incorporated behavioral modification strategies and personal incentive programs to enhance student motivation
- Developed interactive classroom lessons that incorporated differentiation strategies and promoted critical thinking
- Cultivated and preserved a positive and safe learning environment while educating diverse classes with over forty students
- Created engaging lessons that included student discourse, equitable practices, and modern technology
- Established a reflective environment by frequently checking for student understanding, collecting and analyzing a variety of student data, and adjusting instruction to best fit the needs of students

INDEPENDENT CONSULTANT

2007-Present

Bethesda, MD

Personal Trainer

- Educated clients on proper exercise technique, progressions, injury prevention, and goal setting strategies while exposing them to a variety of training modules and equipment

LEADERSHIP EXPERIENCES

Content Specialist/Department Head

2012- 2016

- Facilitated weekly department meetings to ensure alignment between department goals and the schools student improvement plan
- Created teaching schedules while coordinating collaborative teacher sessions to enrich instruction
- Observed teachers and wrote formal and informal reports to enhance teacher performance
- Supported teachers to improve their class management, student engagement, level of rigorous instruction, assessment strategies, and reflective practices
- Analyzed student data to identify patterns and adapted instructional focus to meet the needs of students
- Budgeted and ordered equipment while organizing an efficient storage system for all supplies
- Established an open and safe environment for productive communication while implementing new and challenging initiatives for the department

LEADERSHIP EXPERIENCES CONTINUED

- Athletic Coordinator** 2011-2012
- Recruited and managed coaches for various sports teams
 - Coordinated athletic schedules and monitored all home games to ensure positive sportsmanship
 - Implemented a database to monitor student compliance with athletic eligibility requirements
- Intramural Coordinator** 2011-2012
- Managed a team of program sponsors through the planning and implementation of an intramural sports schedule
- Program Sponsor** 2007- 2016
- Planned and organized dynamic learning experiences through after school programs while coaching the following activities: basketball, football, tennis, table tennis, volleyball, soccer, self-defense, resistance training, sport conditioning programs, and the health fair club
- Event Organizer** 2009-2016
- Coordinated a school wide fitness competition that motivated students to improve their health throughout the year and the event cumulated in a school wide fitness assembly that received media coverage from the Washington Post
 - Organized a student-run health fair that educated members of the Kensington community on living a balanced and healthful lifestyle. Over 400 people were in attendance and received free educational materials, healthy food, recipes, prizes, and enjoyed interactive educational booths and live music
 - Co-directed International Night, an event that brought over 600 community members together to experience ethnic food, cultural awareness and a talent show that highlighted student performances and celebrated diversity
- Mentor Teacher** 2015- 2016
- Provided support, guidance, and specific feedback to student teachers while helping them successfully acclimate to the teaching profession

EXERCISE AND SAFETY RELATED CERTIFICATIONS

- National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist 2006-Present
- American College of Sports Medicine (ACSM) Health/Fitness Instructor 2005-Present
- Adult CPR/AED For the Professional Rescuer (American Red Cross) Current
- First Aid and Safety (American Red Cross) Current

AWARDS/PRESENTATIONS/RESEARCH

- Maryland Association of Health, Physical Education, Recreation, and Dance (MAHPERD) Simon A. McNeely Award- A prestigious award given to honor excellence in the field of Health and Physical Education. 2014
- National Strength and Conditioning Association (NSCA) Challenge Scholarship- One of twelve recipients in the country to receive \$1,000, awarded by the (NSCA) Review Panel 2005
- National Strength and Conditioning Association (NSCA) Undergraduate Research Grant- One of two recipients in the country to receive \$1,300, awarded by the (NSCA) Review Panel 2005
- **Khalouf, K., Weary, K. Get the edge: taking the lead in student leadership.** Slide presentation. Mid-Atlantic American College of Sports Medicine 28th Annual Scientific Meeting, Wyndam Harrisburg-Hershey, Harrisburg, Pennsylvania, *November 2005*.
- Pierce, P., Herman, S., Santom, M., Weary, K., **Khalouf, K.**, Wright, L., & Batman, W. **Exposing the exercise core- Focusing on strength, balance and flexibility.** American Alliance for Health, Physical Education, Recreation and Dance. Philadelphia, Pennsylvania, *March 2003*.
- Pierce, P., Herman, S., Santom, M., Weary, K., **Khalouf, K.**, Wright, L., & Batman, W. **Getting down to the core: The key to balance, injury prevention and performance improvement.** Pennsylvania State Association for Health, Physical Education, Recreation, and Dance. Seven Springs, Champion, Pennsylvania, *October 2002*.
- Lynn, J., **Khalouf, K. The making of a muscle.** Poster Presentation. National Strength and Conditioning Association, National Conference, Washington, D.C., *July 2006*.