

Ahmad Habashneh

(updated May 2022)

Passionate for physical health and humanitarian work with 9 years of experience of working closely with refugees of different ethnicities, nationalities, age groups, and level of education.

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WORK EXPERIENCE

AlgoTech Centre, Montreal — Kinesiologist/Massage Therapist

May 2026 – Present

Conducted functional assessments and developed individualized exercise programs for clients with chronic conditions, mobility limitations, and diverse health needs to improve functional capacity, mobility, strength, balance, and quality of life through safe exercise interventions. Provided therapeutic massage services including Swedish, chair, and mobility-focused treatments to support recovery, pain management, and well-being. Educated clients on posture, movement mechanics, injury prevention, and healthy lifestyle habits. Applied exercise and manual therapy techniques to improve strength, flexibility, balance, and overall physical function. [Contact: LeithTohme, leith.tohme@gmail.com]

Cummings Jewish Center, Montreal — Specialist Kinesiology

May 2026 – Present

Provide one-on-one personal training for clients with chronic conditions, mobility limitations, and diverse health needs focusing on strength, mobility, balance, endurance, and functional independence. Led and adapted group exercise sessions to meet mobility, strength, and functional needs. Supervised gym floor activities and ensured safe exercise practices for members of varying fitness levels and medical conditions. [Contact: Maria Fragapane, Maria.Fragapane@cummingscentre.org]

School of Health, Montreal — Kinesiology student

May 2024 – August 2024

Assisted in conducting patient assessments, collecting and analyzing health fitness data, help in designing, implementing rehabilitation exercises for clients of diverse populations under the guidance of supervising kinesiologists. I contributed in maintaining an accurate patient record and updating SOAPIE notes. I engaged with clients directly, providing guidance and motivation during exercise sessions. [Contact: Christina Weiss, christina.weiss@concordia.ca]

Le Gym, Montreal — Kinesiologist trainer

August 2022 – Present [Contact: Liz Breton, liz.breton@concordia.ca]

UNHCR, Jordan — RST Associate

July 2018 – Dec 2021

Took part in assessing cases for resettlement by counseling refugees about resettlement policies and procedures, conducting interviews, monitoring procedural compliance and maintaining quality of case submissions. Perform follow up on the status of cases from submission to departure including effective in-country communication on the status. I assist in supervising, coaching, and training junior staff, and assisting in implementing

SKILLS

Client Relations

Time management skills

Team building

Process improvement

LANGUAGES

Arabic, Native Proficiency

English, Bilingual Proficiency

French, between Elementary
and intermediary Proficiency

organizational objectives and priorities. [[Contact: Jennifer Ghikas, ghikasj@unhcr.org](#)]

UNHCR, Jordan — [RSD Associate](#)

October 2016 - July 2018

Conducted RSD interviews, drafted legal and exclusion assessments, and made recommendations on refugee status in accordance with UNHCR guidelines. Conducted a research, compiled and analyzed Country of Origin Information (COI) and other relevant information related to RSD activities of the Operation. Prepared and conducted RSD related training including training on "Assessing Credibility" and "Interviewing techniques".

[[Contact: Kamini Karleka, karlekar@unhcr.org](#)]

UNHCR, Jordan — [Senior Registration Assistant](#)

February 2013 - October 2016

Registered and updated information for refugees and asylum seekers in English with completed confidentiality. Identified, flagged, and assisted in assessing welfare and providing assistance for vulnerable cases outside camps and in prisons.. [[Contact: Kamini Karleka,](#)

[karlekar@unhcr.org](#)]

UNHCR, Jordan — [Senior Quality Control Assistant](#)

December 2012 - February 2013

Under the direct supervision of the registration officer, I assisted in reviewing statistical reports and generated data sheets from database, identified errors and refer cases back for interviewers for corrections. [[Contact: Nihad Hota, hota@unhcr.org](#)]

JorAmco — [Engineering Trainee](#)

January 2011 - February 2011

Underwent full one-month training in the Avionic Shop and Hangars on performing tests and maintenance for electrical components in commercial aircrafts.

EDUCATION

Concordia University, Montreal, Canada — *Kinesiology.*

Winter 2022 - Winter 2026

Bachelor degree in Kinesiology and exercise science with GPA of 3.97

Princess Sumaya University for Technology (PSUT), Amman, Jordan — *Electronic Engineering*

2006 - 2011

Earned a bachelor degree in Electronic and Electrical engineering graduating with total GPA of (83.6%).

National Orthodox School, Amman, Jordan — *High School Degree*

2005

Graduated with a I.G.C.S.E certificate with total GPA of (91.3%).

PROJECTS/VOLUNTEERING

Wellness Week (Organizer of WW 2025) — March 2025

Built a team of students, reached out to sponsors, and organized 3 day wellness event where classes promoting health and selfcare (including 10 min massages, Taekwondo, running, mobility and body movement awareness, yoga, line dancing, etc) were offered for free for students and university staff all part to bring awareness and raise funds for Champions for Life non-profit organization that aim to bring after school exercise program for children in unprivileged regions in Canada.

Special Olympics (FUNfitness at McGill university) — March 2024 -2025

Volunteered at PT clinic providing individualized and comprehensive physiotherapy screening athlete's for flexibility, strength, balance, aerobic capacity, followed by a summary and education for athletes.

YMCA WestMount— Volunteer

2022-2023

3 Hours a week, volunteered in the weight room building rapport with clients and ensuring safe use of equipment's.

CERTIFICATES

Certified Swedish massage therapist (FQM member) — September 2025

Successfully completed 415 hours of level 1 Swedish massage from IKRA academy and a registered Swedish massage therapist and a member of Fédération québécoise des massothérapeutes able to issue insurance receipts.

Certified member of Fédération des Kinésiologues du Québec (FKQ) — Aug 2026

Managing Your Health: The Role of Physical Therapy and Exercise — 17 February 2021

Successfully completed and received a passing grade in this online course from University of Toronto.

Managing Your Health: The Role of Physical Therapy and Exercise — 17 February 2021

Successfully completed and received a passing grade in this online course from University of Toronto.

Project Management for Development course (PMD) – 13 September 2020

Completed a 24 hours course for Project Management for Development.

Nutrition, Exercise and Sports – 24 October 2020

Successfully completed and received a passing grade in this online course from Wageningen University & Research.