

Curriculum Vitae

Navot Milo

Education

June 79

Amakim High school graduation – Israel.

November 80

Army Physical trainer course.

October 83 – July 84

Volleyball coaches' course (incomplete).

January 86 – July 86

Pre-academic preparatory – Oranim college.

September 86 – June 89

Physical Education teaching – Seminar Hakibutzim Tel Aviv. A scholarship for excellence was awarded.

July 92 – August 93

Bachelor's Degree in Physical Education – University of New Mexico, USA.

June 95 – August 96

Master's Degree in Physical Education - University of New Mexico, USA.

June 99

Volleyball coaches course completion.

June 04

International volleyball coaches' course of FIVB, stage 2.

October 14 – Today

Doctoral student in the Physical Education and Sport department of Babes-Bolyai University.

Occupations

November 79 – November 82

Army service, Physical training instructor.

September 89 – June 90

Physical Education teacher, Amakim High School - Israel & Sagi Elementary School – Israel.

Volleyball coach of the youth team of Amakim High School.

Remarkable achievement – Third place in the National High School's Championship.

September 90 – June 10

Full-time Physical Education Teacher in Sha'ar Hanegev High School - Israel.

September 03 – June 07

Head of the Physical Education course in Sha'ar Hanegev High School.

September 02 – June 05

Coach in the girls' volleyball youth national teams and managing the southern girls' volleyball centers for excellence.

September 03 – Today

Lecturer in high-schools, courses in health Sciences and building physical strength through the improvement of physical activity, nutrition and sleep.

September 90 – June 18

Head coach of the volleyball department of the Sha'ar Hanegev High School & Sports Club.

Remarkable achievements:

- 17 times regional volleyball championships for high schools and middle schools.
- 2 times second place in volleyball national championships for middle schools.
- 5 years coaching the Sha'ar Hanegev women's volleyball team in the Israeli second division.

- 1 year coaching the Sha'ar Hanegev men's volleyball team in the Israeli second division.
- 4 years (2010-2014) coaching the Sha'ar Hanegev high school girls' volleyball team in the national high school's supper league.

October 10 – Today

Lecturer at the academic course for health promotion in Sapir College Israel. Improvement the processes of physical regeneration – The integration of physical activity, nutrition and sleep.

October 14 – Today

Teaches Exercise Sciences in courses for training sports instructors.

October 13 – June 14

Lectures and teaches volleyball at the Key College Be'er Sheva, Israel.

October 14 – Today

Lectures and teaches volleyball at the Academic College at Wingate, Israel

October 18 – Today

Lectures and teaches volleyball at the Key College Be'er Sheva, Israel.

October 18 – Today

Lectures and teaches volleyball at the Givat Washington Academic College of Education, Israel.