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Cianjur, Indonesia,  
Cianjur, 43285, Indonesia

## SKILLS

Gymnastics Coaching

Lecture of Physical Education

Quantitative Analysis

Research Methodologies

Publication in Academic Journals

Sports Instruction

## LINKS

### LinkedIn:

<https://id.linkedin.com/in/firdaus-hendry-b92232111>

### Researchgate:

<https://www.researchgate.net/profile/Firdaus-Hendry-Yudho>

### FIG Membership:

[https://www.gymnastics.sport/site/athletes/bio\\_detail.php?id=18701...](https://www.gymnastics.sport/site/athletes/bio_detail.php?id=18701...)

### ORCID:

<https://orcid.org/0000-0001-5322-6431>

# Firdaus Hendry Prabowo Yudho

LECTURER OF PHYSICAL EDUCATION AND SPORTS

## ABOUT ME

Experienced International Aerobic Gymnastics Athlete

Competed internationally in aerobic gymnastics, demonstrating high performance and dedication to the sport.

Physical Education Teacher (IB Curriculum) – International School

Delivered high-quality physical education instruction in an international school setting, following the International Baccalaureate (IB) curriculum, focusing on holistic student development and physical well-being.

Lecturer – Sports and Physical Education (10+ Years)

Over a decade of experience teaching sports science and physical education at the tertiary level, combining practical expertise with academic theory to shape future educators and professionals in the field.

## WORK EXPERIENCE

### Lecturer of Physical Education

UNIVERSITAS SURYAKANCANA / Aug 2015 - Present

- To Lecture and teach the students of physical education at higher education and help them to achieve the highest qualification to be a future physical educator.
- Conducting research and publications related to physical education and sports area a minimum of twice a year.
- To make public service based on physical education and sports knowledge so they can be more aware and educated especially on health and physical activity importance.

### Gymnastics Trainer

ROCKSTAR GYM INDONESIA / Nov 2016 - Jan 2024

- To give training in classes or private sessions of gymnastics exercise.
- To educate young gymnasts to practice their gymnastics lessons and exercises to positively contribute to their daily life.

### Physical Education Teacher

INTERNATIONAL SCHOOL OF BOGOR / Aug 2014 - Jan 2015

- To teach the students from early years of school up to middle school years in the field of physical education, physical activity, and healthy lifestyle.
- Together with all members of the school communities to organize annual and school term sports and swimming competition activities.
- Conducting physical exercise as a warming up for the school members before carrying out their daily activities.
- To run the student's school rock band, together with classroom and music teachers.
- To run a swimming club after school activity.

### Lecturer of Physical Education

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## LANGUAGES

Indonesian

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English

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## PUBLICATIONS

**Balancing Acts: A Case Study of Postural Stability Comparison Between Active and Retired Aerobic Gymnastics Athletes with Inclinometer Sensors**  
Retos / Jan 2024

**The Effect of Motivation on Increasing Students' Cognitive Ability Through Guided Discovery Learning**  
European Journal of Education and Pedagogy / Jan 2023

**The Effect of Self-Confidence Reinforcement on Changes in Students' Cognitive Ability in Collaborative Learning**  
European Journal of Education and Pedagogy/ 2022

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## PERSONAL DETAILS

**Date of birth**

16 Apr 1985

**Nationality**

Indonesian

**Visa status**

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**Marital status**

Married

### SINGAPERBANGSA UNIVERSITY KARAWANG / May 2013 - Jan 2014

- Lecturing and teaching the students of physical education at higher education and helping them to achieve the highest qualification to be a future physical educator.
- Conducting research and publications related to physical education and sports area a minimum of twice a year.
- To make public service based on physical education and sports knowledge so they can be more aware and educated especially in health and physical activity importance.

### Lecturer of Physical Education

### JAKARTA STATE UNIVERSITY / Aug 2012 - Jan 2013

- Lecturing and teaching the students of physical education at higher education and helping them to achieve the highest qualification to be a future physical educator.
- Conducting research and publications related to physical education and sports area a minimum of twice a year.
- To make public service based on physical education and sports knowledge so they can be more aware and educated especially in health and physical activity importance

### Staff

### Indonesian National Accreditation Body for Education / Cianjur / Feb 2021 - Present

Assessor, National Accreditation Board (BAN PDM) for Early Childhood and Secondary Education, Indonesia / July 2021 - Present

- Conduct comprehensive assessments of schools from early childhood education to high school levels as part of the national accreditation process.
- Evaluate the quality of educational institutions, ensuring compliance with national standards.
- Provide detailed reports and recommendations for school improvements, fostering higher educational standards and outcomes.
- Collaborate with school leadership, educators, and stakeholders to support the continuous development and enhancement of education quality across various levels.

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## EDUCATION

### Doctoral Candidate of Physical Education

### JAKARTA STATE UNIVERSITY / Jakarta

- Doctoral Candidate in Physical Education with a 4.00 GPA, actively progressing on dissertation.

### Master of Sports Education

### JAKARTA STATE UNIVERSITY / Jakarta / 2012

- Graduated very satisfactorily GPA 3.69 (4 Scale)

### Bachelor of Sports Coaching Education

### JAKARTA STATE UNIVERSITY / Jakarta / 2009

- Graduated from Honors Program, Cum Laude GPA 3.60 (4 Scale)