

Curriculum Vitae

PERSONAL DETAILS:

Name: Ayat Abdallah Zawateieh

Date of birth: 16/8/1991

Nationality: Jordanian

Gender: Female

E-Mail: ayatabdallah.aa@gmail.com

EDUCATION:

2017-2022 Ph.D.'s degree. Human Nutrition and Dietetics, the University of Jordan, Amman-Jordan (2022). An excellent GPA of 3.64 from 4.

2013-2016 Master's degree. Human Nutrition and Dietetics, the University of Jordan, Amman-Jordan (2016). Very good estimate 3.49 from 4

2009-2013 B.Sc. Clinical Nutrition and Dietetics, the Hashemite University, Zarqa-Jordan (2013). Good estimate 2.81 from 4

COURSES and TRAINING:

- Worked as a **nutritionist/dietitian** at a governmental hospital from 2016 to 2019.
- Worked as a **nutritionist/dietitian** educator at the Jordanian Ministry of Health 2020-2022.
- **Ph.D. thesis** was about metabolically healthy obesity its prevalence and characterization in terms of anthropometric adiposity indices, insulin resistance, lipid profile, atherogenic indicators, and inflammatory status in a sample of men and women in Jordan.
- **Master's thesis** was a study of the relationship between blood pressure, obesity indices, physical activity, and macronutrient intakes in a group of schoolchildren aged 6-10 years in Madaba, Jordan.
- An article with the title "Current prospects of metabolically healthy obesity" was published in **Obesity Medicine**.

Certificates

- Member of the Association of Agricultural Engineers.
- Practicing The Profession Certificate accredited by the Ministry of Health.
- Member of the Jordanian Society of Food and Nutrition.
- Training course in the use of modern teaching methods and educational technology in teaching and learning.
- Toefl ibt score 92 out of 120 accredited by Educational Testing Services ETS/United States.
- ISO-22000 course accredited by the Ministry of Labor.
- Kefaya Arabic exam accredited by Jordan Academy of Arabic.
- The 3rd international medical conference at al-Nadeem government hospital in 2016.
- The 2nd international medical conference of the sub-committee of the medical association

- 2018.
- CPR course at al-Nadeem government hospital 2021.
- Basic life skills course at al-Nadeem government hospital 2022.

Skills

- Fluent in Arabic reading, writing, and speaking.
- Very good English reading, writing, and speaking.
- Excellent communication skills including verbal, presentation, and written.
- Excellent Microsoft office knowledge and practice skills.
- Excellent research skills.
- Experienced with the statistical analysis program SPSS and the food processor program ESHA.
- Creative and critical thinking.
- Excellent communication and counseling skills.
- Strong dietary knowledge and understanding of human nutrition.

