

Dr. Yitsik Ben-Melech (born 1953)

Today:

Director of the Center for Sport Medicine & Methodology and the School for Coaching Certification at the Academic College at Wingate

Director of the Competitive Sport Unit of the Ayelet Association

Strategic adviser for projects and programs to promote sport and physical activity in sport organizations and association, and CEO of Strategy in Sport, which builds programs for residential settlements and communities.

Manager of conferences, workshops and study days for the Israel Football Association, the Israel Basketball Association, other federations and the Academic College at Wingate.

Past activities:

- National and Olympic (Los Angeles, 1984) athlete in Track & Field
- Founder and director of the Elite Sport Unit in Israel (1997-1985)
- Director of Sports Academies in South Africa (1997-2000)
- Director of combined education-sport programs for young football players in peripheral areas and disadvantaged neighborhoods in Israel (2000-2016)
- Physical fitness coach and scientific manager of the Maccabi Tel Aviv and Maccabi Netanya football clubs (on and off, 1986-2016)
- Chair of the Sports Division of the 16th Maccabiah
- Coordinator of courses and director of athletics coaching course (1997-2001)

Education

Completed Physical Education Teaching studies at the Wingate College (1977), Athletics Coaching course (1974)

1981-1983 – Completed Training Theory studies at the Trainerakademie in Cologne, Germany (only Israeli there to date)

1991 – Completed M.A. degree in Training Theory at Leipzig University, East Germany (only Israeli there to date)

1994 – Completed Ph.D studies at Leipzig University, Germany (only Israeli there to date)

1971-1974 – Served in the IDF Artillery Corps

Has written books, and many articles and booklets on physical fitness, and training and competition theory in the sport sciences