Date: Merch 2026

Name: Ph.D Iris Gil

CURRICULUM VITAE

1. Personal details

Permanent Home Address: Haefroni 211, Atzmon-Segev 2017000

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2. Higher Education

Period of Study	Name of Institution and Department	Degree	Year of Approval of Degree
2010 - 2013	Babes-Bolyai University, Romania, Education Studies	Ph.D Supervisor: Prof. Musata – Dacia Bocos	2013
2003 - 2006	University of Haifa, Gerontology Studies	M.A. Supervisor: Prof. Roth Dikshtein & Ph.D Netz Yael	2007
1987 – 1990 1997	Wingate College, Physical Education	Final Certificate B.Ed.	1991 1997

3. Academic Ranks and Tenure in Institutes of Higher Education

Dates	Name of Institution and Department	Rank/Position
October 25	Shannan Academic College	33% Tenure in Shannan College
** October 2023	Tel-Hai Academic College	Head of the Health Promotion Specialization

Dates	Name of Institution and Department	Rank/Position
**September 2022	Tel-Hai Academic College	100% Tenure in Ministry of Education
September 2022	Shannan Academic College	33% Position in Shannan College
September 2019	Ohalo Academic College	100% Position in Ministry of Education
September 2016	Ohalo Academic College	100% Lecturer Position
September 2014	Shannan Academic College	Lecturer
September 2014	The Kaye Academic College	Lecturer

4. Offices in Academic Administration

Dates	Name of Institution and Department	Rank/Position
** October 2023	Tel-Hai Academic College	Head of the Health Promotion Specialization
September 2022-September 2023	Shannan Academic College	Assistance in Developing Programs to Promote Kindergartens
September 2022-2023	Shannan Academic College	Member of the Environmental Quality Committee

5. Scholarly Positions and Activities outside the Institution

Articles Review for Peer Review Journals

Dates	Scientific Activity	Position
March	Israel Affairs	Reviewer

2025		
January 2025	The Spirit of Sport	Reviewer
August 2020	The Spirit of Sport	Reviewer
August 2019	The Spirit of Sport	Reviewer

6. Participation in Scholarly Conferences

A. Active Participation

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
June 2023	A Conference of Research and Study	Tel-Hai Academic College	Reducing gaps in Israel? Examining the Ability to Learn and Sensations of Jewish and Israeli-Arab Students after Participating in Feldenkrais Lessons	Presenter
June 2022	A Conference of Research and Study	Tel-Hai Academic College	The Feldenkrais Method	Presenter
July 2021	A Conference of Research and Study	Tel-Hai Academic College	Human Ability to Learn According to the Feldenkrais Method: From Writings to Practice	Presenter
January 2018	Research and Evaluation	The Kaye Academic	A new educational program for improving posture	Presenter

Date	Name of Conference	Place of Conference	Subject of Lecture/Discussion	Role
	Authority- Kaye 2018	College of Education	and quality of life among students.	
June 2016	International Conference Wingate Congress of Exercise and Sport Science	The Academic College at Wingate	The Feldenkrais method as a process for improving the society	Presenter
July 2013	International Conference: "Changing Reality through Education"	David Yalin Academic College of Education	A new educational program for improving posture and quality of life among students.	Presenter
May 2013	International Conference: “Education, Reflection, Development"	Bebes-Bolyai University	A new educational program for improving posture and quality of life among students.	Presenter

B. <u>Organization of Conferences or Sessions</u>

Date	Name of Conference	Place of Conference	Role
June 2022	A Conference of Research and Study	Tel-Hai Academic College	Head of Seat

7. <u>Research Grants</u>

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year
**Co-PI	Natan Rothschild	Characterizing the nutrition of physical education students at Tel Hai College and its effect on their academic achievements	The Research Authority Tel-Hai Academic College 20,000 ILS	16.4.2023-1.5.2025
PI		Reducing gaps in Israel? Examining the Ability to Learn and Sensations of Jewish and Israeli-Arab Students after Participating in Feldenkrais Lessons (article 7)	Tel-Hai Academic College The unit for the advancement of women 5000 ILS	2022
PI		Recognizing the importance of physical activity and cultivating body posture among Israeli-Arab kindergarten teachers (article 1) Body posture: the relationship between body posture and the well-known Feldenkrais method, and the relationship between body posture and the new program M.A.P. (article 6).	Shannan Academic College 4000 ILS	2022
PI		Human Ability to Learn According to the Feldenkrais Method: From Writings to Practice (article 3). Awarness of Kindergarde Teachers for the Importance of Body Movement and Correct Posture among Kindergarden children (article 2).	Shannan Academic College 4000 ILS	2021

Role in Research	Co-Researchers	Topic	Funded by/ Amount	Year
PI		Awareness of the Importance of Physical Activity Among Young People with Autism, for Both General Physical Activity and Physical Activity for Improving Equilibrium (article 4).	Ohallo Academic College 5000 ILS	2018

8. Scholarships, Awards and Prizes

Source of Funding	Purpose: Writing an Article	Sum	Year .9
Tel-Hai Academic College The unit for the advancement of women	Reducing gaps in Israel? Examining the Ability to Learn and Sensations of Jewish and Israeli-Arab Students after Participating in Feldenkrais Lessons (article 7)	5000 ILS	2022
Shannan Academic College	Recognizing the importance of physical activity and cultivating body posture among Israeli-Arab kindergarten teachers (article 1) Body posture: the relationship between body posture and the well-known Feldenkrais method, and the relationship between body posture and the new program M.A.P. (article 6)	4000 ILS	2022
Shannan Academic College	Human Ability to Learn According to the Feldenkrais Method: From Writings to Practice (article 3) Awarness of Kindergarde Teachers for the Importance of Body Movement and Correct Posture among Kindergarden children (article 2)	4000 ILS	2021

Source of Funding	Purpose: Writing an Article	Sum	Year .9
Ohallo Academic College	Awareness of the Importance of Physical Activity Among Young People with Autism, for Both General Physical Activity and Physical Activity for Improving Equilibrium (article 4)	5000 ILS	2018

10. Teaching

Courses Taught in Recent Years

Year	Name of Course	Type of Course Lecture/Seminar/ Workshop	Degree	Number of Students
2018-present	From Theory to Practice	**Workshop** Tel Hai/Ohalo Academic College	B.Ed.	14-30
2018-present	Method and Means of Developing Physical Abilities	**Lecture & Workshop** Tel Hai/Ohalo Academic College	B.Ed.	14-30
2017-present	Health Promotion Through Physical Activity	**Seminar** Tel Hai/Ohalo Academic College	B.Ed.	14-22
2013-2021	Anatomy	**Lecture** Ohalo Academic College	B.Ed.	40-60
2013-present	Kinesiology	**Lecture** Tel Hai/Ohalo Academic College	B.Ed.	30-70
2013-2014	Biomechanics	**Lecture** Ohalo Academic College	B.Ed.	60
2010-2011	Health Diet	**Lecture** Ohalo Academic College	B.Ed.	30
2008-present	Correct Posture	**Lecture & Workshop** Tel Hai/Ohalo Academic College	B.Ed.	20-30

11. Professional Experience

Year	Name of Course	Type of Course	Degree
2019	Correct posture	**Lecture & Workshop** Pisga, Nazareth	B.Ed.

2017-present	Healthy Diet for Early Childhood	**Lecture** Shannan Academic College	B.Ed.
2014-present	Physical aspects - from infancy to childhood (0-6)	**Lecture & Workshop** Shannan Academic College	B.Ed.
2014-2018	Correct posture	**Lecture** The Kaye Academic College of Education	B.Ed.
2014-2018	Kinesiology	**Lecture** The Kaye Academic College of Education	B.Ed.
2014-2018	Anatomy	**Lecture** The Kaye Academic College of Education	B.Ed.
2014-2018	Feldenkrais	**Workshop** The Kaye Academic College of Education	B.Ed.
2014-2018	Biomechanics	**Lecture** The Kaye Academic College of Education	B.Ed.
1997-2018	Technion Institute	**Teacher & Workshop** Feldenkraiz Method Correct Posture	B.Ed.
2012-2016	Ort Braude College	**Teacher & Workshop** Feldenkraiz Method Correct Posture	B.Ed.
1996-1999	Haifa University	**Teacher & Workshop** Feldenkraiz Method Health Gymnastics	B.Ed.
1996	Pisga, Haifa	**Teacher & Workshop** Health Gymnastics	B.Ed.

Publication

A. Ph.D. Dissertation

Gil, I . A New Educational Program to Improve Posture and Quality of Life among Students by Means of the Feldenkrais Method and a New Program: MAP - Motion and Posture. English. Bebes-Bolyai University, Education. Supervised by Prof. Musata – Dacia Bocos. Degree received 2013. Number of page – 205 (publication 8).

B. Articles in Refereed Journals

Articles – Publication

1. **Gil, I**. " Standing balance – static and dynamic – in older women who practice the Feldenkrais Method." *Boreal Environment Research*. 30 (6) (2025), pp 2-23. https://borenv.com/bore/journals/published/1745826910_GDXMG.pdf

2. **Gil, I**. "Body posture: the relationship between body posture and the well-known Feldenkrais method, and the relationship between body posture and the new program M.A.P." *The Spirit of Sport*.10 (2024), pp 83-104.

3. **Gil, I.** "Reducing gaps in Israel? Examining the Ability to Learn and Sensations of Jewish and Israeli-Arab Students after Participating in Feldenkrais Lessons". *Israel Affairs*.30 (3) (2024), pp 556-572. (Q1).https://www.tandfonline.com/doi/full/10.1080/13537121.2024.2342151

4. **Gil, I** . "Recognizing the importance of physical activity and cultivating body posture among Israeli-Arab kindergarten teachers"**.** *Journal of Education and Training Studies.* 10 (4) (2022), pp. 79-89. *https://redfame.com/journal/index.php/jets/article/view/5668*

5. **Gil, I** & Zirene, T." Awarness of Kindergarde Teachers for the Importance of Body Movement and Correct Posture among Kindergarden children (samply study) ". *The Spirit of Sport*. 8 (2022), pp. 27-48. (Heb).

6. **Gil, I**. "'Human Ability to Learn According to the Feldenkrais Method: From Writings to Practice". *Journal of Education and Training Studies*". 9 (2) (2021), pp 1-13. *http://redfame.com/journal/index.php/jets/issue/view/276*

7. **Gil, I** & Iluz, L. "Awareness of the Importance of Physical Activity Among Young People with Autism, for Both General Physical Activity and Physical

Activity for Improving Equilibrium". *The Spirit of Sport*. 4 (2018). pp. 69-82. (Heb).

8. **Gil, I**. "A New Educational Program to Improve Posture and Quality of Life among Students by Means of the Feldenkrais Method and a New Program: MAP - Motion and Posture". *Journal of Education and Training Studies*.6 (11) (2018), pp 1-11. *http://redfame.com/journal/index.php/jets/issue/view/166*

C. Other Scientifct Publication

****8. Gil, I .** A New Educational Program to Improve Posture and Quality of Life among Students by Means of the Feldenkrais Method and a New Program: MAP - Motion and Posture.2013. Wingate Library. Number of page - 205.

Summary of my Activities and Future Plans

As a researcher and lecturer in academia, I focus on the various aspects of body movement as a positive factor that affects our physical and mental health. As a researcher, the populations that I study are diverse, from children in early childhood to students, Jews and Arabs, and from preschool teachers to the general population, up to the elderly. The studies focus on relatively "soft" types of sports, such as light exercises and the Feldenkrais method, and their beneficial effects in aspects that have not yet been studied, such as learning abilities and body posture.

As a lecturer, I integrate theoretical content dealing with sports science, such as the analysis of body movements, with practical content, such as training the students for their work in the education system and the free market. This integration is done using face-to-face learning, learning through different digital technologies, and the students' experiences in studying different populations (adults, children, and preschoolers).

My plans for the future in the field of teaching are to expand my influence in training students for physical education. The goal is to improve, as much as possible, A) their personal abilities to deal with various situations and B) their professional abilities to promote health for the entire population through body movement. In the field of research, I plan to continue researching the connection between nutrition, physical activity and learning ability; various effects of the Feldenkrais method (on balance; on different Israeli populations) and to investigate the development of movement in the first year of life and its various effects.