**PRINCE DE-GUALLE DEKU**

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**PERSONAL OBJECTIVES**

I have a keen desire to serve the world with gifts and resources to the benefit of humanity and be a vessel used by GOD to convey the message of HIS infinite grace and love.

**CAREER OBJECTIVE**

-Positively exploit the science of sports and exercise, making fruitful and meaningful impact nationally and globally. Geared towards the betterment in the quality of life through intervention of sports science, physical therapy and rehabilitation in hands on practice and through academia. -To contribute to the improvement in the quality of life and wellbeing of individuals through service administration. 

**EDUCATION**

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| --- | --- | --- | --- |
| **School** | **Educational Level** | **Time Frame** | **Certificate** |
| GOD’S Grace International School – Accra, Tesano. | Primary and Junior High School | 2002 - 2010 | Basic Education Certificate Examination(**BECE**) Certificate |
| Odorgonno Senior High School – Accra, Awoshie. | Senior High School | 2010 - 2013 | West African Senior School Certificate Examination(**WASSCE**) Certificate |
| Kwame Nkrumah University of Science and Technology – Kumasi, Ghana | Undergraduate | 2014 – 2018 | Bachelor of Science Degree in Sports and Exercise Science |

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**EXPOSURE AND EXPERIENCE.**

**A. Teaching and Research Assistant** in the Department of Sports and Exercise Science (now Physiotherapy and Sports Science) as part of my National Service. Helping with research project thesis and aiding undergraduate students with their course work. Organizing tutorial classes for students in the department, performing administrative duties in the department. Helping lecturers during lectures and supervision of students.

Co-author in various research articles and others yet to be published.

Moses Monday Omoniyi, Asamoah Richmond, Doku Abigail Oforiwaa, Afrifa Daniel, Asamoah-Mensah Anthony, **Deku Prince De-Gualle**, Tiguridaane Isaac Azo (2018). Health Implications of Physical Activity Participation of Second Cycle School Students. Journal of Physical Education, Sport, Health and Recreations. 7 (3); 146 –

151. <http://journal.unnes.ac.id/sju/index.php/peshr>

Doku, Abigail Oforiwaa & MOSES, Monday & Acheampong, Isaac & Gyamfi, Isaac & Agbavor, Charles & Akwa, Lady & Osei, Francis & Appiah, Eric & Tiguridaane, Isaac **& Deku, Prince**. (2019). Physiological, anthropometric parameters, and balance skill response of healthy bankers to fitness training. Journal of Exercise Rehabilitation. 15. 242-248. 10.12965/jer.1836572.286.

**A.** **Aviation Social Center in Accra,** Cantonments. Worked as a Fitness Instructor intern. (Aerobics and Exercise Training)

***Duties***: Treatment of musculoskeletal disorders with therapeutic modalities including massage.

Exercise prescription for athletes, corporate groups and other individuals

Operate isokinetic machines during workout

**B.** **Physiotherapy Unit, Living Waters Hospital** Ejisu Krapa, Kumasi. Worked as an intern at the Physiotherapy and Rehabilitation Unit. (Electrotherapy, Physiotherapy, Rehabilitation and exercise therapy)

***Duties:*** Treatment of musculoskeletal disorders with therapeutic modalities including massage.

Exercise prescription for stroke patients.

Aid in exercise training for both stroke and non-stroke patients.

**C. Teaching Assistant:** Junior High School, Quality Toddlers Preparatory School in Koforidua.

***Duties***: Assist Teachers and Workers in discharging duties

Aid in assessment of students.

**D. Myoskeletal Rehabilitation:** Organized by the Association of Sports and Exercise Science, School of Medical Science, KNUST, 2015.

**E. Emergency First Aid/Life Savers Workshop:** Attended a workshop on first aid treatment and the Life Saver’s Course (Sporting Injuries). – *Certificate of Participation*

Organized by St Johns Ambulance, School of Medical Sciences, KNUST, 2016.

**F. Physiotherapy Treatment Workshop**: In collaboration with International Conference on Sports Physical Therapy and Stroke Rehabilitation and George Fox University, USA, June 2018 – ICONSPT REHAB 2018 – *Certificate of Participation*

**G. 2nd Edition-Physiotherapy Treatment and Training Workshop/Conference:** In collaboration with International Conference on Sports Physical Therapy and Stroke Rehabilitation George Fox University, USA, 10th – 21st June 2019. ICONSPT REHAB 2019 – *Certificate of Participation*

**H. Refereeing:** Refereed an intra departmental football match. KNUST, Department of Sports and Exercise Science.

**I. Volunteer as a Media Personnel and Graphic Designer:** Community Anti-drowning Literacy Project; social responsibility of Swim Africa Ghana, April, 2018- Present

***Duties:*** Handle all graphic designing for publicity

Create social media handles for publicity

Photographic documentary.

**J. Media Team** at Heaven Seekers Ministry, Videography and Photography

**Duties:** Video shooting during services

Live streaming online (HSM TV)

Photography during services

**K.** Personal Business (Eternity Graphics)

***Services*:** Graphic Designing- Fliers, Banners, Logos, Brochures etc.

Photography/Videography – Weddings, Events etc.

Shirt Screen Printing.

**K(b) Lifestyle Fitness**

***Services:*** Physical (manual) therapy, Massage therapy, stretch therapy, exercise therapy

For various forms of muscle pain, back pain, joint pain.

Pain alleviation through these treatments modalities.

Conditions such as stroke, postural imbalances. Etc.

**L. Sports Medic** for Team KNUST at GUSA Games 2020 - Official

***Duties:*** Ensure the wellbeing of the sports athletes in various sporting events

Treat injuries that occur on field of play and off field of play

Use stretch and sports massage and physical therapy to treat athletes for pain relief.

**N. Experience in Driving with Driving License**

License ID Number: 19018888A1

Driving Class B

**O. Roles**

Education and Exchange Chairman (Department of Sports and Exercise Science, Kwame Nkrumah University of Science and Technology), 2017 – 2018



**SKILLS.**

***Computer Skills***

General (Basic) Computing

Microsoft Word / Excel / PowerPoint

Typing

***Personal Skills***

Communication, Good human relationship, Analytical thinker, Good Time Management.

Team player, Responsible, Goal oriented.

***Interest/Hobbies***

Exercise activities, Olympic sports, Tennis, Weight training, Photography, Videography, Graphic Designing, Writing (Spontaneous), Music.



**AFFILIATIONS**

* Make a child smile (NGO), KNUST, Student Club.
* Volunteer work, helping needy and destitute communities with clothes, food and other amenities.
* Community Anti-drowning Literacy Project
* Volunteering Association for Special Needs Students (NGO), KNUST, Student Club.
* Volunteer work, helping needy and destitute communities with clothes, food and other amenities.
* Women and Children Network Development Foundations (NGO)
* Girls Keepers Foundation (CBO)

-Concerned with female health and promotion



**REFEREES**

**Dr Moses Monday Omoniyi (PhD)**

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Lecturer, Kwame Nkrumah University of Science and Technology

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**Mrs Lorraine Sallah**

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Department of Physiology

School of Medical Sciences

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