

# BENJAMIN ASAMOAH

LECTURER, DEPARTMENT OF PHYSIOTHERAPY & SPORTS SCIENCE, KNUST 📍 KUMASI, GHANA 📞 +233261757253/0503006659

## ◦ DETAILS ◦

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Date / Place of birth  
31 -10-1985  
Kumasi

Nationality  
Ghana

## ◦ LINKS ◦

[Researchgate](#)

## ◦ SKILLS ◦

[Curriculum Design](#)

[Lesson Planning](#)

[Electronic Presentation Skill](#)

[Monitoring and Progress Evaluation](#)

[Classroom Management](#)

## ◦ LANGUAGES ◦

[English](#)

[Asante Twi](#)

## ◦ HOBBIES ◦

Reading, Football, Watching movies

## 👤 PROFILE

*An enthusiastic and highly motivated lecturer with a passion for creating stimulating, interactive learning environments by using technological innovation for both in face and online teaching in the classroom. The teaching, learning, research and other academic activities in which I am actively involved for the past six years have allowed me to have a strong grasp on these fields and built an efficient administrative and organizational skills to execute any given responsibility individually and as part of a team in a timely and productive way. Ability to inspire and motivate students in accessing their fullest potential both in the academic field and different spheres of their lives. Excellent communicator and competent in facilitating research projects within designated time frames. Mr Asamoah is currently a PhD candidate at Stellenbosch University, South Africa where his research is centered on exploring elite Ghanaian football coaches and athletes' perception on mental toughness.*

## ★ AREAS EXPERIENCE

- Mental Skills Training and Performance Excellence in Sport
- Transitions and the Psychosocial Development of Intercollegiate Student-Athletes
- Leadership, Group Cohesion, and Synergistic Team Functioning
- Championship Team Building and the Psychology of Coaching
- Individual and Team Mental Toughness
- Stress Management and Interpersonal Coping Skills
- Psychological Considerations and the Injured Athlete
- Exercise and body conditioning
- Performance indicators and sporting excellence
- Physiological and anthropometric indices measurement

## ★ RESEARCH INTEREST

My research interest seeks to map the psychological interventional strategies that informs applied sports practitioners, coaches and athletes the theoretical principles underpinning effective psychological training programme which is often lacking within African context. The outcome of my research on psychological dimensions on sports have highlighted the need of integrating the development of the mind and the body to facilitate consistency and maintenance of performance excellence. Additionally, I am interested in how exercise modifications reduce specific physiological and cardiovascular events. Highly structured exercise has been referenced to condition any part of the body and used to improve health, maintain fitness as a means of physical rehabilitation and a major component of management of certain non-communicable disease. Due to the lack of comprehensive evidential findings in how specific physical activities influences specific health indices in the Ghanaian context. The findings of the studies contribute significantly to bridge the literature gap within Ghana. The outcomes of the studies reveal the need for an integrative multidisciplinary monitored exercise regimen be considered as a major component of preventive and rehabilitative interventional strategy for management of most non-communicable disease risk factor indices.

## 📁 EMPLOYMENT HISTORY

**Lecturer at Department of Physiotherapy and Sports Science, Kwame Nkrumah University of Science and Technology, Kumasi**  
August 2016

Facilitate teaching and learning experience of Sports psychology, Motor learning, Emergency health care, Rehabilitation of athletic injuries and mentoring class averaging 20 students. Supervise students' thesis.

**Assistant Lecturer at Department of Physiotherapy and Sports Science, Kwame Nkrumah University of Science and Technology, Kumasi**

January 2014 — August 2016

Taught course on the influence of sociological perspectives in sports and exercise, Motor learning and control, Care and prevention of athletic injuries, and rehabilitation of athletic injuries.

**EDUCATION**

**PhD Candidate in Sports Psychology, University of Stellenbosch, Stellenbosch, South Africa**

June 2019 — December 2022

Dissertation: A descriptive phenomenological exploration of mental toughness: Perceptions of Ghanaian football coaches and players

**Master of Sport Science (Cum Laude), University of Stellenbosch, Stellenbosch, South Africa**

February 2012 — December 2013

**Bachelor of Science in Sports and Exercise Science (Second Class Honours – Upper division)., Kwame Nkrumah University of Science and Technology**

August 2003 — June 2008

**RESEARCH PAPERS**

1. Osei, F., Moses, M.O., Pambo, P., Baffour-Awuah, B., **Asamoah, B.**, Afrifa, D., Appiah, E., Akwa, L.G., & Obour, A. (2020). Changes in cardiovascular parameters of a university football athletes associated with short duration pre-tournament training. *Scientific African*, 8, 1 – 6.
2. Appiah, E., Moses, M.O., Alhaji, M., Baffour-Awuah, B., **Asamoah, B.**, Akwa, L.G., & Osei, F. (2019). Physiological, anthropometric profiles and motor performance of urban and rural primary school pupils. *Gazzetta Medica Italiana Archivio Per le Scienze Medicine*, 178(5), 249 – 255.
3. Bonsu, A.B., Dzomeku, V., Apribu, F., Obiri Yeboah, S., **Asamoah, B.**, Mensah, B.K., Sakyiwa, A., Appiah, A.K., Donkor, P. (2018). Having a child with orofacial and Cleft: Initial reaction psychological experiences of Ghanaian mothers. *International Journal of African Nursing Sciences*, 8, 132-140.
4. **Asamoah, B.**, & Grobbelaar, H.W. (2017). Team cohesion performance during a University soccer championship: Two sides of the coin. *South African Journal for Research in Sport, Physical Education and Recreation*, 39(1), 17-31
5. MOSES, M.O., Osei, F., Appiah, E., Obour, A., Akwa, L.G., Baffour-Awuah, B., & **Asamoah, B.**, Sarpong, P.A., Adams, C., & D'Onofrio, R. (2017). Examining and comparing the health and performance indices of university undergraduate students according to year of study and gender. *Journal of Exercise Rehabilitation*, 13 (4), 405-412.
6. Akwa, L.G., & Moses, M.O., Emikpe, A.O., Baffour-Awuah, B., **Asamoah, B.**, & Addai-Mensah, O., & Annani-Akollor, M., Osei, F., & Appiah, E. (2017). Lipid profile, cardiorespiratory function and quality of life of postmenopausal women improves with aerobic exercise. *Journal of Human Sport and Exercise*, 12, 698-709.
7. Obour, A., MOSES, M.O., Baffour-Awuah, B., **Asamoah, B.**, Sarpong, P.A. & Osei, F., Akwa, L.G., & Appiah, E. (2017). Differences in Physical, Physiological and Motor Performance Traits between Volleyball and Basketball Athletes in a University in Ghana. *Nigerian journal of physiological sciences: Official publication of the Physiological Society of Nigeria*. 32, 27-31.

8. **Asamoah, B., & Grobbelaar, H.W.** (2016). Positional comparisons of mental toughness, psychological skills and group cohesion among soccer players. *African Journal for Physical Activity and Health Sciences (AJPHEs)*, 22(3:1), 747 -759.