



## PROFILE

13-year Experienced high sport trainer as well as a coach of football in abudhabi (UAE).

I love this field of sport and i really appreciate working and taking part in social works. I have a strong passion to join a teamwork where I can developpe my abilities and skills.

## SOFTWARESKILLS

- Microsoft excel
- Microsoft Power Point
- Microsoft Word

## LANGUAGES

- Arabic (Native)
- French (Fluent)
- English (Fluent)

## HOBBIES

- Football
- Voluntary work
- Reading
- SPORT

## EXPERIENCE

**2017 → 2022**

**Al Quadra trading company, Abu Dhabi United Arab Emirates**

Sport trainer of UAE armed forces

- Plan, deliver and evaluate gym and fitness session.
- Operate within the requirement of the Armed forces structure and culture.
- Following up the soldier through training programs and a balanced diet.
- Lead engage and Inspire group.
- Operating and emergency action procedures or equivalent in the area of responsibility.

**04-2011 → 03-2017**

**ARMED FORCES OFFICERS CLUB(AFOCH)**

**ABUDHABI United Arab unis**

Sport Trainer

- Accurately assessed the needs of soldiers and designed Individualized exercise programs to maximize physical wellnes.
- Educated Military aboute exercices to strengthen muscules and prevent Injury.
- Evaluate Military level by a physical test

**05-2010 → 04-2011**

**ONE TO ONE company Abu Dhabi United Arab Emirates**

Sport Trainer

**08-2009 → 05-2010**

**Olympique Safi club Football Morocco**

Coach and a physical Trainer

- Physical Trainer for all category as well as a coach junior rank

## QUALIFICATIONS & CERTFICATES

- Training Certificate (ATARAXIA)  
The Diving Method for Aerobic training  
(February29,2020)
- Training Certificate (ATARAXIA)  
The science to optimize bodybuilding  
(January 20 ,2018)
- Training Certificate (ATARAXIA)  
Muscles workout and bearing the expenses of sport Injuries.  
(May 24/25 , 2017)

- Certificate In sport conditioning HIT Training workshop skill aspects.  
(January 2015)
- Certificate (ATARAXIA)  
Planification of cardiovasculair Training  
(May 24 , 2017)
- Certificate (MASTER TRAINED)  
Devy Gravity Galisthemics workshop  
(November 11, 2014)
- Certificate from Technology Training Induction Wellness.  
(May 21,2014)

## EDUCATION

### **2005 ➔ 2009**

**A bachelor degree from the royal institute of sport staff training  
football speciality**

Institute molay rachid ,Rabat Morrocco

### **2003 ➔ 2005**

**High Institute of Technologie hotel and  
tourisme,Marrakech Morrocco**

Adegree speciality (Touristic Management)

### **09-2001 ➔ 06-2002**

**Hassan 2 High school**

Bachelor degree (physical Education)

## PERSONAL SKILLS

- Group program Development.
- Nutrution counseling.
- Friendly and professional.
- Reliable & Consistant.
- Passionate Certified sport coach.
- Seriousness and Discipline to work rules.