



Sadeef Hussain (Mechanical Engineer, Football Coach and Fitness Trainer)

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Islamabad, IS, 21060, Islamabad, Pakistan

About me: Effective coach bringing a number of years of experience guiding, mentoring, and developing type athletes. Driven and high-achieving with an award-winning career history in sports. Passionate about mentoring junior athletes to build sustainable training habits, supporting healthy lifestyles.

● EDUCATION AND TRAINING

Parachinar, Pakistan

MATRIC: SCIENCE – Parachinar Public School

08/07/2007 – 14/07/2010 – Kahuta, Pakistan

DAE MECHANICAL ENGINEERING – KRL Institute of Technology

01/08/2013 – 14/01/2017 – Islamabad, Pakistan

BSC ENGINEERING TECHNOLOGY IN MECHANICAL (MECHANICAL ENGINEERING) – Camwave Institute (Sarhad University)

● WORK EXPERIENCE

03/01/2020 – CURRENT – Islamabad, Pakistan

CERTIFICATED LEVEL I AND II FITNESS TRAINER AND CO

- Participated in continuous improvement by generating suggestions, engaging in problem-solving activities to support teamwork.
- Used coordination and planning skills to achieve results according to schedule.
- Conducted research, gathered information from multiple sources, and presented results.

08/02/2016 – CURRENT – Islamabad , Pakistan

FOOTBALL COACH AND FITNESS TRAINER

● MANAGEMENT AND LEADERSHIP SKILLS

Skills

- Individual and group coaching
- Athletic training and coaching
- Training and coaching
- Group and individual coaching
- Personal training and coaching
- Coaching and mentoring initiatives
- Team leadership and coaching
- Football rules and regulations

● HONOURS AND AWARDS

Certifications

Jul 2020 Immunity booster webinar

Jun 2020 [Fitness trainer] level 1-1 Strenght and Conditioning Coach

Jan 2021 Fitness trainer level II

Feb 2008 Best player of the football tournament

Sep 2021 Coaching of Pakistan tournament at Chaman