

PROFILE

I am a Fitness trainer, instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercises (exercises for the heart and blood circulation), strength training, and stretching. Being a Fitness Trainer I create tailored fitness and wellness plans for individuals and groups. I assign exercise routines based on clients physical needs and monitor their progress.

CONTACT

PHONE:
+92-321-6547793

EMAIL:
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HOBBIES

Baseball or softball
Hockey
Taekwondo
Boxing
Athletics

EDUCATION

University of Karachi

2018 - 2021

MSc. Health & Physical Education & Sports Sciences

Allam Iqbal Open University

2011 - 2013

Bachelor in Arts

CERTIFICATION

Kukkiwon (World Taekwondo Headquarters)

21-Feb-2018

Certification from Kukkiwon, also known as World Taekwondo Headquarters

Pakistan Strength & Conditioning Association

2021

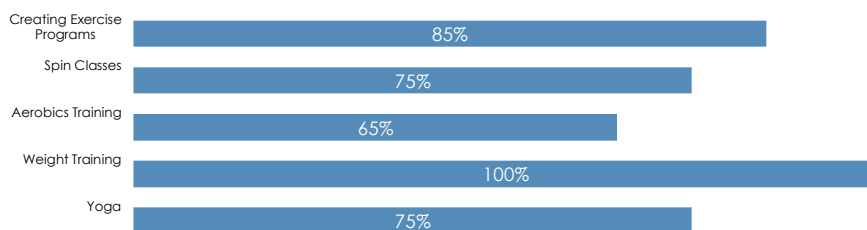
Certification for Level-I & Level-II, from Pakistan strength & conditioning association to promote the importance of S&C along with the slogan of MFN (Mission Fit Nation)

All Pakistan Capt. Nasrullah Shaheed Hockey

1999

Certification of hockey player for the tournament

SKILLS





SYED MUHAMMAD AOUN SHAH

TRAINER FIELD OF EXPERTISE

- Fitness trainer
- Yoga
- Zumba
- Futsal
- Baseball coach
- Hockey coach
- Boxing coach
- Taekwondo international player & coach.
- Archery coach.
- Athletic coach & player

FOR GUIDANCE REGARDING FATLOSS - NUTRITION - PERSONAL TRAINING - ONLINE TRAINING - FITNESS METHOD - & OTHER SPORTS COACHING DON'T FORGET TO CONTACT US :

0321-6547793 || 0311-3843541



CERTIFICATION

18th All Punjab Open Martial Arts Championship

1996

Certification for participation in 18th All Punjab Open Martial Arts Championship

2nd All Punjab Chinese Martial Art Open Championship

1999

Certification for participation in 2nd All Punjab Chinese Martial Art Open Championship

2nd All Punjab Gold Cup Taekwondo Championship

2003

Certification for participation in 2nd All Punjab Gold Cup Taekwondo Championship
Bhakkar.

Jashan-e-Baharan 2012 Mianwali

2012

Certification from Management for Boxing Player

Physical Agility & Combat Efficiency System

2012

Certification for Fitness & Gymnasium Training Instructor Course

Junior Leaders Academy

2012

Certification for the course in Physical and Range Efficiency Test and Instructor Abilities

Pakistan Taekowondo Association

2014

Certification for the Dan-1 is commonly used in Korean martial arts to denote a black belt.

Pakistan Army

2020

Certification for Best Sportsman 2010-2015

JOB EXPERIENCE

Pakistan Army as Physical Training Instructor

2010-2018

A key role in developing, maintaining the health, fitness, and well-being of our soldiers. In the Army, physical fitness is essential in maintaining good health. As a PT I was responsible for ensuring that personnel and physically capable to conduct their operational duties and continue to be 'Fit to Fight' throughout their careers. Being PT also contribute to our soldier's mental health, resilience, support well-being and leadership development through team-based activities.

Pakistan Army as Assistant Sports Officer

2010-2020

Aid the sports coach in their day-to-day activities. Organize and schedule sports events as ordered by the sports management. Maintain and manage sports equipment, sports kit, and sports materials. Maintain and manage inventory control of all sports materials in a proper manner.

Pakistan Army as Physical Training Instructor

2020-2021

Support the development and delivery of fitness programs.
Assist members in reaching individual goals.
Assist in maintaining and improving the goals of the organization.
Ensure the safety of clients during training sessions.
Conduct an initial assessment of clients' body measurements.
Monitor BMI on a regular basis.
Motivate clients who have reached a plateau in weight loss.