



# HAFIZ MANSOOR AKHTAR

## SPORTS COACH

I am a competent sports coach with experience of working in schools/colleges. I am resilient in my attitude, confident in my abilities, able to demonstrate excellent behaviour management as well as the skill to manage small groups in an appropriate and confident manner. I am looking for a position as a sports coach at secondary level.

HIGHLY MOTIVATED CREATIVE PASSIONATE ORGANIZED PUNCTUAL

### PERSONAL INFORMATION:

- CNIC: 42101-2434752-5
- Marital Status: Married
- Nationality: Pakistan
- Address: House No.3 Block No.110, Sector 5-G, New Karachi
- Religion: Islam
- Contact No: 0312-3373201
- E-mail: mlodhi990@gmail.com

### SPORTS SKILLS:

- Athletics
- Basketball
- Badminton
- Cricket
- Foot Volley
- Volleyball

### SPECIALIZATION:

- Fitness
- Athletic (Flat races)
- Foot Volley
- Volley Ball

### COMPUTER SKILLS:

- Microsoft Office
- Zoom Web Client

### WORK HISTORY

- Working as a PE teacher at The Learning Tree School
- Working as a part time coach at Pak-Turk Maarif International schools and college, Clifton campus, Karachi.
- Worked as a fitness trainer with different sports academies.
- Worked as an official in different sports events and managed various seminars.

### COURSES:

- Coaching and Officiating Course (PSB Karachi in 2015) - Attended.
- Basketball Referee and Coaches clinic (Custom Academy Karachi, 2015) - Attended.
- Level-I Strength and Conditioning coach (No.0406)

## **EDUCATION**

- University of Karachi  
PGDHRM (2018 to 2019)  
MHRM (2019 to 2020)
- Federal Urdu University of Arts, Science & Technology (FUUAST), Karachi (2014 – 2017).  
BS in Sports Science
- Board of Secondary Higher Education, Karachi (2011).  
Govt. Degree Boys College, Buffer zone, Karachi.  
Pre-Engineering (Math, Chemistry, Physics)  
Grade D.
- Board of Secondary Education, Karachi (2009)  
Auctor's Academy School, A Grade  
Medical Science (Biology, Physics, Chemistry, Mathematics).
- Wifaq-ul-Madaris:  
Hifz e Quran (2006)  
92 marks out of 100

## **PARTICIPATION & ORGANIZED EVENTS:**

- National Beach Games 2017 (Player of Arm Wrestling - Secured GOLD MEDAL).
- Organized seminar on fitness and Nutrition (FUUAST 2016).
- Worked as a Technical Official in various Events (Athletic Event: Aman Tech 2015, KMC 3rd games 2015).
- Technical official in Sports Gala (Reflection School 2015 & 2016).
- Gymnastic Technical Official (Baqai School and KN Academy 2014).
- Participated two times in Indoor Hockey.
- Table Tennis competition in college (2010 & 2011) and other participations in different games as a player and coach too.

## **INTERNATIONAL CONFERENCES:**

- 2<sup>nd</sup> Euro-Pak international conference on Sports science & Physical Education (Oct 11-13, 2019)
- 1<sup>st</sup> Euro-Pak International conference on sports science & Physical Education (Oct, 2017)
- 17<sup>th</sup> SMAP and AFSM Sports Medicine Congress (Dec, 2017)

## **INTERNATIONAL PARTICIPATION:**

- Thailand World Foot Volley Championship 2018 (Bangkok, Thailand on 24th to 27th April 2018).

## **INTERESTS**

- Going to the gym
- Indoor and outdoor games
- MMA