

Muhammad Saleem

National Athlete

CONTACT:

WhatsApp & Mobile # 0092-300-6176305

Email: saleem.zain87@gmail.com

OBJECTIVE:

Dedicated individual with sixteen (16) year experience in the field of sports industry. Seeking A position of Sports Coordinator, Administrator, Supervisor, Event Manager. Having demonstrative abilities to connect with athlete to improve their fitness and physical health. To learn new methodologies and intellectual capabilities for promising career.

EDUCATIONAL BACKGROUND:

M.Sc. Health , & Sports Sciences	<i>University of Karachi , Pakistan</i>
Graduation	<i>University of Karachi , Pakistan</i>
Intermediate	<i>Faisalabad Board</i>
Matriculation	<i>Faisalabad Board</i>

PROFESSIONAL EXPERIENCE (16 years):

Institution	Served As	Duration
PAKISTAN NAVY	<i>National Player</i>	<i>April 2006 To 03-09-2017</i>
BOL NEWS / AXACT	<i>Sports coordinator</i>	<i>April 2017 To March 2020</i>
BAQAI CADET COLLEGE	<i>Swimming coach</i>	<i>06 Month</i>
BEACON HOUSE SCHOOL SYSTEM	<i>Sports Teacher</i>	<i>26-10-2017 To 04-09-2020</i>
HAQUE ACADEMY	<i>Senior Swimming Coach</i>	<i>September 2017 To Present</i>
KARACHI BOAT CLUB	<i>Swimming Coach</i>	<i>September 2019 To December 2020</i>

THE CITY SCHOOL PAF CHAPTER	Senior Swimming Coach	August, 2018 To present
Pakistan Lifesaving Federation	Secretary General/ Swimming and Lifesaving In Charge	December 2019 To Present
SUFFAH SAVIOUR SCHOOL	Sports Coordinator	March, 2021 To Present

PROFESSIONAL SKILLS:

- **Instructor of Pakistan Navy Physical Training School.**
- **Pakistan Navy Swimming Team Coach.**
- **Fitness Trainer of Pak Navy Sports Camp.**
- **Participated in National & Inter Services Swimming Championships**
- **Performed duty as Technical official in National & provincial Swimming Championships.**
- **Performed duties as official in Pakistan Navy Swimming & Pentathlon Championships.**
- **Organized different National and International Events like Squash, Swimming, Athletic, Football, Cricket, Volley Ball and Pentathlon etc.**

- * **Sports Event Management** * **Sports Coordinator**
- * **Physical Fitness** * **Swimming training**
- * **Training Programs** * **Diet Management**
- * **Goal Setting** * **Strength and Conditioning** * **Sports Coaching**

PROFESSIONAL COURSES:

COURSES	YEAR	PLACE
<i>BOOT CAMP</i>	<i>2006</i>	<i>PAKISTAN NAVY</i>
<i>PTI</i>	<i>2007</i>	<i>PAKISTAN NAVY</i>
<i>NBCD & Fire Fighting Course</i>	<i>2007</i>	<i>PAKISTAN NAVY</i>
<i>Swimming Coaching Course</i>	<i>2011</i>	<i>PAKISTAN SWIMMING FEDERATION</i>
<i>Technical Official & Swimming Coaching Course</i>	<i>2012</i>	<i>PAKISTAN SWIMMING FEDERATION</i>
<i>Technical Official & Athlete Coaching Course</i>	<i>2013</i>	<i>PAKISTAN SPORTS BOARD</i>
<i>First Aid & CPR Course</i>	<i>2014</i>	<i>LIAQUAT NATIONAL HOSPITAL KARACHI</i>
<i>Technical Official & Athlete Coaching Course</i>	<i>2015</i>	<i>PAKISTAN SPORTS BOARD</i>
<i>Certified Level-I Course</i>	<i>2018</i>	<i>PSCA</i>
<i>First Aid & CPR Course</i>	<i>2019</i>	<i>PAKISTAN NAVY</i>
<i>Life-saving/Lifeguard Course</i>	<i>2019</i>	<i>PAKISTAN LIFESAVING FEDETAION</i>

<i>Officiating track & Field Course</i>	<i>2020</i>	<i>NFHS, USA</i>
<i>Officiating Football Course</i>	<i>2020</i>	<i>NFHS, USA</i>
<i>Covid-19 Coaches & Administration Course</i>	<i>2020</i>	<i>NFHS, USA</i>
<i>Officiating Swimming Course</i>	<i>2020</i>	<i>NFHS, USA</i>
<i>Sudden Cardiac Arrest Course</i>	<i>2020</i>	<i>NFHS, USA</i>
<i>Collapsed Athlete Course</i>	<i>2020</i>	<i>NFHS, USA</i>
<i>Sports Event Management Course</i>	<i>2020</i>	<i>IOC</i>
<i>Sports Nutrition Course</i>	<i>2020</i>	<i>IOC</i>

SPORTS ACHIVEMENT:

(National & National Games /Inter services)

- *06 national Silver Medals*
- *03 national Bronze Medals.*
- *01 Silver Medals In Inter services Swimming Championships.*
- *03 Bronze Medals In Inter Services Swimming Championships.*

REFERENCES:

- *Mr. Muhammad Wasif Nisar*
- *Lecturer Health & Sports Sciences Department University Of Karachi, Pakistan*
- *Mobile #0092-311-2888272 - 0092-301-2452425 – 0092-330-2888272*