

**Contact:****Address**

House no. 3 street no. 3  
sector A. Qayyumabad Karachi

**Mobile**

0333 2246145

**Email:**

dagc107.sa@gmail.com  
Omarshahid107@gmail.com

**Interest:**

- Reading Islamic books
- Games
- Sports

**References:**

References will be provided on request

# CURRICULUM VITAE

## SHAHID ASLAM

**CAREER OBJECTIVES:**

To secure a challenging position which provides opportunity to fully utilize and improve my knowledge and education in a congenial atmosphere.

**EDUCATIONAL QUALIFICATION**

QUALIFICATION	University/ Bard	YEAR	GRADE
<u>M.SC</u> <u>Health and Physical</u> <u>Education</u> <u>And Sports sciences</u>	University of Karachi	2008/2009	1 <sup>st</sup> Division
<u>B.A general group</u>	Allama Iqbal Open University	2006 / 2007	1 <sup>nd</sup> Division
<u>Intermediate</u>	F G.College Karachi cantt	2001 / 2002	Passed
<u>S. S. C</u>	F G.boys high school no 2 Multan cantt	1998 / 1999	passed

**WORK EXPERIENCE:**

1. Physical Trainer/Coach since 15 May 2004. In DHA Golf Club Karachi.
2. Physical Trainer/Coach In Al Abid Health Club.(2000)
3. Physical Trainer/Coach In Pakistan Steel Officers Mass.(2002 / 2003)

## **National Level :**

### **As a team Leader**

Directorate Federal Government Educational Institutions G.H.Q Rawalpindi. Inter college hockey Championship (2001).

Duty as a Sport Supervisor DHA Country and Golf Club.

## **Misc work:**

- Certificate Fitness trainer and coaches course Level-I from Canadian Educare system & Pakistan strength & Conditioning Association (PSCA ) (2018)
- Certificate Elite Rehab Level-I Course (2020) Pakistan strength & Conditioning Association (PSCA)
- Pain Management & Sport injury Level-I Course from University of Karachi.(20 )
- Workshop on Mastering Modern Sports Management Techniques (2008) In University Of Karachi.
- Work On Physical Fitness Test Camp In The City School (2008).
- Participated In Seminar “Prevention Of Osteoporosis Through Physical Activity”.(2008)

## **PERSONAL INFORMATION:**

- **Father’s Name:** Muhammad Aslam
- **Place of Birth:** Karachi (Pakistan)
- **Date of Birth:** 11-07-1983
- **CNIC No:** 42301-3540098-9
- **Religion:** Islam
- **Nationality:** Pakistani