

Ali Asjad Ch

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OBJECTIVE

My goal is to become associated with a company where I can utilize my skills and gain further experience while enhancing the company's productivity and reputation.

EDUCATION

Science of Exercise/2021
University of Colorado Boulder

Physical Fitness – How to Avoid Injuries and Train Safely/2021
Alison

Stanford Introduction to Food and Health/2021
Stanford University

Level-I Strength & Conditioning Coach/ 2021
Pakistan Strength and Conditioning Association

M.Sc. Tourism and Hospitality Management/ 2020
University of the Punjab (3.45 CGPA)

B. Com/ 2017
Punjab College

Inter / 2015
Garrison College

Matric / 2013
Iftikhar School

HOBBIES / INTERESTS

Sports
Physical Activities
Social Work
Traveling
Cooking
Reading

LANGUAGES

English, Urdu, Punjabi

SKILLS

Microsoft Word
Microsoft Excel
Microsoft Power Point
Communication
Boxing
Yoga
Pilates

EXPERIENCE:

Fitness Coach
At the Lahore Athletic
Football Club

- Conducted fitness classes and camps
- Personally trained athletes
- Assessed performance of athletes
- Assessed Fitness level of athletes
- Managed club events

Fitness Coach/Personal Trainer

At Pilates Fitness Studio

- Basic guidance to clients
- One-on-one personal training
- Boxing Training
- Pilates and yoga sessions

Intern

At Sentient Solutions

- Did bookkeeping for clients
- Performed inventory reviews
- Reconciled accounts
- Updated entries in QuickBooks

Volunteer experience

REFERENCE

Will be provided on demand.

- Media secretary at CEES Literature and Dramatic society, PU
- Volunteer work for management of CHANGE(NGO) seminars
- Working as a social worker for MEEM foundation since August, 2018