



# KALIM ULLAH

Level-I-II strength & Conditioning Coach

Certified sports and fitness professional with extensive experience in coaching, nutrition, and rehabilitation. Hold Level-I and Level-II coaching certifications, and skilled in yoga, strength and conditioning. Founder and CEO of SWAT INTERNATIONAL CRICKET ACADEMY, with a passion for education as a lecturer. Committed to excellence and ongoing growth in the field.

## EDUCATION

- Ms Pak Study  
Completed in 2010

## CONTACT

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## ACHIEVEMENTS

- 2021-2023  
Level-II Coach (PCB) 2021-22-23
- 2021  
Elite Rehab Level-I (PSCA, physio-gic & RIPHAH International University)

## PROFESSIONAL EXPERIENCE

- Nutrition (ICFN) 2019
- Level-I Coach (PCB) 2020-21
- Level-II Coach (PCB) 2021-22
- Yoga for Fitness (SHVASA) 2020
- Level-I strength & Conditioning Coach (PSCA) 2021
- Elite Rehab Level-I (PSCA, physio-gic & RIPHAH International University) 2021
- Attended Level-II Strength & Conditioning Coach (PSCA) 2022
- Attended Level-II Strength & Conditioning Coach (PSCA) 2022
- Level-II Elite Rehab Coach (PSCA & Physio-gic) 2022
- Basic First Aid Training Course (Amal College of HMS & ION) 2023
- Level-I Lecturer Strength & Conditioning Coach PSCA) 2023
- Visiting Lecturer Refresher Coaching Course PSB 2023
- Founder Of SWAT INTERNATIONAL CRICKET ACADEMY
- CEO of SWAT INTERNATIONAL CRICKET ACADEMY
- Trainer Of Swat International Cricket Academy Since 2018 Till Date

## TOP SKILLS

- Skill Development
- Team Physical Training
- Fitness assessment
- Physical and endurance training
- Sports injuries training
- Players safety
- Performance Improvement
- Game rules
- Exercise Planning
- Supervision
- Computer usage skills