



# ABDUL BASIT

## OBJECTIVE

Enthusiastic PT professional eager to join your institution and collaborate with a dynamic team in a challenging yet supportive environment. Committed to enhancing my skills and knowledge while contributing to the growth of the organization by promoting health and wellness among students through engaging physical education programs.

## EDUCATION

- **MSc HPED (Health and Physical Education) in progress**  
University of Karachi
- **BS in Islamic studies with Computer Technology (2018–2022)**  
University of Karachi
- **HSSC- Pre Engineering (2016-2018)**  
Govt. Degree Science and Commerce College  
Gulshan-e- Iqbal, Karachi
- **SSC – Computer Science (2014-2015)**  
The King's School Karachi

## WORK EXPERIENCE

- 01 year experience as Physical Training Instructor at Bahria College Karachi NORE-I
- 01 Year experience as Football Coach at National Soccer Academy Karachi
- Experienced football coach for Bahria College Karachi NORE-I, leading teams to 1st and 2nd positions in various tournaments. Guided winning team at DHA CSS All Karachi Football Tournament

## PERSONAL INFORMATION

- Date of Birth : 13-October-1999
- Father Name : Jawaid Ahmed Baloch
- CNIC No. : 42301-1958162-3
- Nationality : Pakistani
- Religion : Islam

## TECHNICAL SKILLS

M.S Office, Internet Browsing,  
Windows, E-Commerce

## ADDRESS

Flat#D-10 Crown Garden  
Gulistan-e-Johar Block-4 Main  
University Road Karachi.

**MOBILE:** 0335-3600539

**EMAIL:**

***abdulbasitjwd10@gmail.com***

## COURSES

- Athletics (Track & Field)  
Technical Official Course in  
(2023)
- Mikto's Football Workshop in  
(2024)
- PSCA Pakistan Strength and  
Conditioning Association  
Level-II course (2024)
- PSCA Elite Rehab Level –II  
course (2024)
- Pakistan Sports Board Anti  
Doping and Nutrition  
Awareness course (2024)
- Pakistan Sports Board  
Refresher Coaching Course  
(2024)
- Pakistan under water  
Federation swimming Life  
Guard course (2024)