

# Muhammad Majid

## (Director of Physical Education)

Experience : 4 Years  
D.O.B : 19<sup>th</sup> March 1992.  
Contact : 0344-8693238.  
Postal Address : FFC Township, Mirpur Mathelo  
District Ghotki Sindh, Pakistan.



### STRENGTH & SKILLS

A dedicated Physical Education Director/Instructor with 4 years of experience & maintains a passion for instilling in children the importance of lifelong learning, health, and fitness. Serves as a role model through extensive participation in fitness activities and coaching of competitive (Cricket & Table Tennis) and non-competitive activities with a focus on team sportsmanship, physical strength, endurance, and flexibility.

### ACADEMIC QUALIFICATION:

Academics	Grade / Division	Year	Board / University
MA (Physical Education)	1 <sup>st</sup> Division	2019	Sargodha University
Bachelor of Arts	1 <sup>st</sup> Division	2016	S.A.L.U Khairpur
Intermediate	1 <sup>st</sup> Division	2013	BISE Sukkur
Matriculation	1 <sup>st</sup> Division	2011	Federal Board

### EXPERIENCE:

Post	Institute	Duration
Physical Education Instructor/ Warden	The Multan Alma High School & College	Jan-2020 to Dec-2020.
Director of Physical Education	FFC Grammar School and College MM	Jan-2021 to Continue.
Cricket Coach	FFC Youth Cricket Academy MM	Jan-2022 to Continue.

### SPECIAL DUTIES DURING JOB

- Created and implemented own lessons in the health and physical education curriculum, such as a Fitness Unit.
- Coordinated class schedules, oversaw student grading, and attended regular administrative meetings while acting as, physical education coordinator.
- Incorporated various teaching methods to effectively deliver an academic based Fitness for Life curriculum.
- Applied multiple skill-based and knowledge assessments to evaluate learning targets and student achievement.
- Developed a safe environment and adapted lessons appropriate for a student on an IEP (individual educational plan with multiple disabilities).
- Effectively communicated with students, parents and administration to implement disciplinary action plans for sports.
- Plan and deliver Cricket coaching sessions and sports activities.

- Provide feedback and give advice on players' performance, physical and technical skills.
- Develop and discuss tactics and strategies for both individual and team play.
- Research good practice of innovative and successful coaching.
- Advise players on how to keep up a positive mental attitude and discipline, inspiring confidence and self-belief.
- Work with students to use sports as a means of personal and social development.
- Act as a role model, gaining the trust and respect of the people you work with.
- Organize the college annual Sports Award celebrations.
- Ensure students train to a high level of health and safety at all times in institute.
- Adhere to Trust policies and procedures in relation to safeguarding and health and safety requirements.

## **SPORTS ACHIEVEMENTS**

- Professional Development Course from **PSCA level-I and II.**
- Being a Cricket Coach working at **FFC Youth Cricket Academy.**
- Professional Development Course from **Pakistan Sports Board, Lahore.**
- Best Batsman Player Award in Punjab Business Collage KWL.
- Second Position in Hundred Meter Race in FFC-MM.
- Table Tennis Winner in Annual sports Punjab Business Collage KWL.
- Best Player of the FFC football Team.

## **SPORTS CLUB MEMBERSHIPS**

- |                                   |           |
|-----------------------------------|-----------|
| • Member of FFC Table Tennis Team | 2005-2009 |
| • Member of FFC Cricket Team      | 2005-2018 |
| • Member of FFC Football Team     | 2013-2018 |

## **REFERENCES**

**Will be furnished on demand.**